



Nagarjun Rock Climbing

Duration: 6hr
Difficulty: 4a-7a

DoT No. 1888
NRB No. 1573
PAN No. 601340433
NMA. AM#1171, TAAN
Govt. Regd No. 115217

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Season: Spring/Fall/Winter

Overview

Nagarjun Rock Climbing is one of our favourite Rock climbing and we'd be delighted to help you explore this impressive spot in Nepal.

Nagarjun Rock Climbing is one of the popular and closet Climbing Site of Kathmandu valley. It is located 3km in the northwest of Kathmandu valley in Nagarjun Forest Reserve. From you can continue to sacred Buddhist site Langlungten, Padmasambhava (Guru Rinpoche in Tibetan) took his meditation there. Beside, you will see good view of the Annapurna, Langtang Lirung, Machhapuchare, Manaslu and Ganesh Himal, Kathmandu valley.

We ascend more than 21 routes about 55m high on a dizzying limestone cliff. Nagarjun Rock climbing is suitable for all sorts of climbers from beginners to experts. Rock climbing is appreciate outdoor activities, it evaluate your strength, tolerance, activity and balance.

All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure climb to Nagarjun Rock Climbing.

Highlights:

- + Popular Rock Climbing in Kathmandu Valley
- + Suitable for all sorts of climbers from beginners to experts

A Day Description

A short private drive through city and forest bring us to Nagarjun Forest. The Initial trip begin with a short train by Rock climbing guide. You will ascend more than 21 routes about 55m high on a dizzying limestone cliff. The adventure rock climb will make your dream come true. There you are offer by tea/coffees/ soft drinks and lunch. After we transfer you to your hotel by private transportation.

[Included meals: Lunch/tea/coffee/soft drinks]

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Your Package:

- + 6hr Nagarjun Rock Climbing
- + Climbing Guides
- + Lunch
- + Round trip ground transportation

Price: USD 110 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please **contact us** for details.

Trek Duration:

Standard itinerary – 6hr. Can be shortened or extended depending on time and fitness.

Includes:	Excludes:
<ul style="list-style-type: none">+ All ground transport. We'll pick you up personally+ Private climbing with an English speaking government licensed climbing guide with meals, salary and insurance+ All necessary permits and entrance fees for all members+ First aid medical kit carried by the guide+ Necessary climbing equipment+ Lunch/tea/coffee/soft drink during the trip+ All government taxes	<ul style="list-style-type: none">- Travel & Health Insurance- Any alcoholic beverages, boiled mineral water as well as snacks.- Tips for Guide & Porter- Any other costs not specifically included. Please feel free to ask if in doubt.

Additional Options:

+ **Optional Extended Route [continue to following destination]**

If you prefer to extend the trip and continue to **Langlungten Buddhist Pilgrimage Tour** rather than return to Kathmandu, this can also be arranged.

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Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan

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some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and

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mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

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