

## **Essential Trip Information**

### **Trekking in Nepal Trips:**

Trekking in Nepal designs its itineraries to cater for all the needs and requirements of its clients with safety being the main consideration.

### **Joining Arrangements and Transfers:**

Trekking in Nepal covers all airport transfers including airport pickup on arrival day and transfer on departing day. Trekking in Nepal's representative will meet you at the airport and assist in your transfer to your hotel.

### **Group Size and Trip Status:**

All trips are guaranteed to run once the minimum numbers of participants are signed-up. There is a minimum number of participant requirements of two for restricted areas where Special Restricted Area Permit is required but for all other areas one is the minimum number required for a trek to run.

### **Accommodation:**

In Kathmandu, Pokhara and Nepalgunj Trekking in Nepal provide 3 Star hotel accommodations. Whilst on the trip, accommodation will either be provided in local lodges or in comfortable spacious tents. In the cities rooms are generally provided on a twin sharing basis unless you have requested single room occupancy in which case there will be an additional cost supplement. If you are travelling by yourself you will be paired up with someone of the same sex and age. On the trip you may be asked to use multi-bedded rooms.

### **Meal Plan:**

The city hotel arrangements will be based on B & B only e, g. in Kathmandu and Pokhara, but once on the trip, all meals (Breakfast, lunch and dinner) will be included.

### **Food & Water:**

On the Lodge based treks the group will take meals in the lodge, in the case of a camping trek food will be served in the designated dining place by the Trekking in Nepal kitchen crew. A wide variety of Nepalese, Chinese, Continental and Indian cuisines are provided during the trip.

It is not advised to drink untreated water since water-borne diseases can cause stomach upset and diarrhea in the worst case. Bottled and boiled water is available at the lodge to purchase at an additional cost. If anyone has special dietary

requirements, please let Trekking in Nepal know in advance. With a focus on environmentally friendly trekking 'Trekking in Nepal' would request that a reusable drinking bottle system is used by clients to prevent the build-up of a plastic waste mountain in the rural areas

**Trip Team Leader & Support Staffs:**

The trip will be led by highly experienced, qualified and professional Nepalese team leader and supported by helpful, friendly and experienced support staffs.

**Domestic Flights:**

Trekking in Nepal uses only reliable and safe domestic carriers. STOL (Short Take Off and Landing) flights are weather dependable. In the extremely unlikely event of bad weather, fixed wing flights might be cancelled, but chartered helicopters can still fly. Trekking in Nepal, in consultation with clients, will consider the use of chartered helicopters, at the time but additional cost may be incur.

**Baggage Allowance:**

Trekking in Nepal recommends that clients take only one duffel bag and one day bag. The duffel bag will be carried by a porter or pack animals and should not weigh more than 10 kg, the day bag maxi 5 kg. Maximum baggage allowance for all domestic flights of mountain sector is only 15 kg. This weight allowance is strictly enforced and excess baggage will be charged.

**Altitude:**

Some of Trekking in Nepal's treks involve walking and spending nights above 5,000meters. The human body is quite capable of adapting to a very wide range of altitudes, but it is important to allow enough time to get acclimatized. Trekking in Nepal's holidays are well crafted taking altitude acclimatization factors into the greater consideration. However, you are advised to consult your personal doctor before signing the holiday agreement form that involves walking at high altitudes is suitable for your physiology.

**Money Matters:**

Approximately USD 500 or equivalent in Euro, GBP etc. should be sufficient for miscellaneous expenses including lunch and dinners in the cities (Kathmandu and Pokhara), trip crew tips, small souvenirs, soft drinks and snacks etc. Using debit or credit cards during the trip will not be accepted, thus it is recommended to carry cash in Nepalese Rupees. However, debit or credit cards are accepted in major restaurants in Kathmandu and

Pokhara. It is also possible to withdraw money from ATMs in Kathmandu and Pokhara.

### **Equipment Check List:**

Proper equipment is required to make your trip all the more enjoyable and memorable. Thus, Trekking in Nepal recommends you to click on the Equipment Check List link and view it as a guideline. While purchasing holiday equipment, please consider buying lightweight, warm and quick drying items in order to keep weight as minimal as possible. However, you may store your extra luggage in your Kathmandu hotel free of cost.

### **Passport and Visas:**

All foreigners need a valid passport and valid visa to travel in Nepal. Validity of passport should be at least six month from the entry date in Nepal. For further information, please follow this link: -<http://www.nepalimmigration.gov.np/page/tourist-visa>

Trekking in Nepal requests you to send our office your passport details once you confirm the trip. Your passport details are needed to book hotels, reserve flights and prepare necessary trekking permits. Trekking in Nepal's representative will collect your passport for the trips in the Restricted Area where Special Restricted Area Permit is required once you arrive in Nepal. Your passport will be returned to you either in the same evening or in the following morning.

### **Health & Inoculations:**

A healthy body, physical fitness and a positive frame of mind are key for a successful and enjoyable trip. Thus, Trekking in Nepal recommends you to consult your personal doctor for the appropriate check-ups regarding health and inoculations.

### **Power Supply and Plug:**

Regular power supply is available in the major cities and popular trekking destinations of Nepal. When power is available in the villages or lodges on trek it will be solar. In some areas power is not available so it is recommended that you carry a backup power bank with the right kind of adaptor for your electrical devices and maybe spare camera batteries. Please open this link for further information if you need an adaptor for your electrical devices.

<https://www.worldstandards.eu/electricity/plugs-and-sockets/>

### **Preparing for your Trip:**

It is always recommended to come on the trip with a healthy body and an adequate level of physical fitness to ensure a more

enjoyable experience. Before confirming the trip, get a check-up with your personal doctor and follow his advice. Spending more hours running in the hilly country, swimming, cycling and practicing breathing exercise are good for developing cardio vascular fitness and stamina. Develop a habit of increasing fluid intake as this practice helps to get acclimatized easily. Reading books about history, geography and culture of Nepal helps you to have better understanding of Nepal, its customs and festivals.

### **Best Holiday Seasons:**

Generally, there are four seasons in Nepal: - Spring (March to May), Summer/monsoon (June-August), Autumn (September-November) and Winter (December-February). Spring and autumn seasons are popular trekking seasons in Nepal because the weather remains clear and the mountains are stunningly visible. During the summer monsoon period there are frequent rain showers and it will get cold during winter season, but it is less crowded than peak trekking season (Autumn).

### **Guidance in Tipping:**

Tipping is the best way of saying thanks to your trip team leader and support staffs. Your trip team leader will advise the group on an appropriate level of tipping. It is always nice for a member of the client group to hand out tips personally. To save any embarrassment it is a good idea to place the tip money in an envelope, so collect sufficient envelopes before your trek starts. Remember some of the staff might not complete the whole trek with you.

### **The cost includes**

- All ground transports including Kathmandu airport transfers
- Domestic flights (except Everest mountain flight) and all airport transfers
- Meal: - Only breakfast in the cities (Kathmandu and Pokhara) are included and all three meals during the trip are included
- Service of professional and qualified Nepalese tour leader and support staffs
- Trek permits, national park tickets, conservation fees and restricted area permits
- Guided sightseeing in Kathmandu with all applicable entry fees unless mentioned otherwise
- Free duffel bag, down jacket and sleeping bag are available for the holiday on request

- Comprehensive First Aid Medical Kit

**The cost does not include**

- Nepalese Visa fees
- International flight fares (from/to your home country)
- Travel, medical and emergency evacuation insurances (if needed)
- Pure personal nature expenses, e. g. bar bills, mineral water, laundry, telephone etc
- Personal trekking equipment of any kind
- Extra nights hotels in Kathmandu in the event of late departure and early arrival due to unforeseen circumstances
- Lunch and dinners in the cities, e. g. in Kathmandu and Pokhara
- Any other costs not specified in the cost include section, but maybe incur due to unforeseen circumstances including rescues
- Tips for guide and support staffs

**Recommended Books :**

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Everest: A Trekkers Guide. Kev Reynolds. Cicerone
- Into Thin Air. Jon Krakauer
- A History of Nepal. John Whelpton
- Birds of Nepal. Richard Grimmett, Carol and Tim Inskipp
- Wild Mammals of Nepal. Hem Sagar Baral and Karan Bahadur Shah

