

MUSTANG, THE LAST HIMALAYAN KINGDOM

Explore the small, ancient kingdom of Mustang; trek through this fabulous region with Tibetan cultural influences. Discover hidden villages, ancient monasteries and Buddhist chortens with a stunning backdrop of the snowy Annapurna and Dhaulagiri massifs... An ideal setting for a trek. Close to Tibet, and somewhat isolated from the rest of Nepal, immerse yourself in a land of contrasts, a world of arid high mountains and rich fertile lands, of colourful prayer flags and monochrome snow-capped peaks which run to infinity. Our small group sizes are limited to 10 people and we facilitate meetings and exchanges with the local population of Mustang, who welcome and accommodate us. Thanks to its geographical location, this small Himalayan kingdom, has always maintained privileged ties with Tibet. In addition, the absence of very high passes means that Mustang forms a natural passage between India and Tibet through the valley of Kali Gandaki. Discover the buzzing atmosphere of Kathmandu, the walled city of Lo-Manthang with its many monasteries and take a beautiful mountain flight from Jomsom to Pokhara.

 Region	Mustang
 Activity	Hiking & culture
 Duration	18 days
 Group	2 to 10 people
 Code	NEPMUS-EN
 Price	From €1,494
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 Kathmandu



Welcome to Kathmandu! Your guide will greet you and escort you to your hotel. Depending on your arrival time, perhaps your trip leader can show you the old streets of Ason Tole and Indra Chowk and introduce you to the Nepalese way of living.

Accommodation: Hotel

Meals not included

Day 2 Route Kathmandou - Pokhara



After breakfast, early in the morning, we take the route to Pokhara on a Tourist Bus. We leave Kathmandu via Thankot Pass (1400m) giving us our first glimpses of the Ganesh Himal (7400m), Langtang (7200m) and Manaslu (8163m) massifs. We drive through several valleys and along the rivers Trishuli and Marsyangdi to Pokhara Valley at the foot of the Annapurna.

Accommodation: Hotel

Transport: 6 hours drive

Day 3 Flight Pokhara - Jomsom - Chhusang (3000 m)



We take a domestic flight between Pokhara and Jomsom (2700 m); this short mountain flight offers, weather permitting, simply magnificent views of the Annapurnas, Kali Gandaki valley and the Dhaulagiri massif... At Jomsom, we take a vehicle to Chhusang, a pretty village inhabited mainly by Gurung and Thakalis people. The Kagbeni is our entry point to Upper Mustang. Here we complete the Government formalities relating to the Mustang Special Permit before entering the multicoloured mineral universe.

Elevation: + 300m

Transport: Domestic flight

Accommodation: Lodge

Day 4 Chusang - Chele (3100 m) - Taklam Pass (3625 m) - Dajong Pass (3660 m) - Samar (3600 m)



We begin our walk after breakfast. We cross the Kali Gandaki gorge and it is a short climb up to the small village of Chele. After Chele, a beautiful trail, carved into the rock, leads to Taklam-La (3625 m) and then Dajong-La. From here, it is a beautiful walk down to Samar (3600m), a very old village found in the middle of a wooded grove alongside a stream.

Hiking: 5 hours

Elevation: + 650m/-150m

Accommodation: Lodge

📍 Day 5 **Samar - Chungsi Cave - Syanbodche (3800 m) - Geling (3570 m)**



Today's hike begins with an uphill stretch and then descends to Chungsi Cave. According to local legends, the 8th century Buddhist monk who introduced Buddhism to Tibet, the Guru Rinpoche or Padmasambhava, meditated in this cave. Our trek continues gently upwards to Syangboche (3800 m) where we stop for lunch. Then, we continue to Geling village (3570 m) and visit the old fortress and Sakya school monastery with its beautiful Tantric Buddhism murals.

Hiking: 6 to 7 hours

Elevation: + 750m/-800m

Accommodation: Lodge

📍 Day 6 **Geling - Nyi la pass (4000 m) - Ghemi pass (3765 m) - Ghemi - Dhakmar (3820 m)**



Today, we cross two mountain passes: Nyi La (3950 m) and Ghemi La (3765 m). We stop in Ghemi village (3510 m) for lunch. Here, we visit the small monastery in the heart of the village, it is surrounded by caves which, in the past, served as a shelter against invaders. This afternoon's agenda features an easy climb in one of the most dazzling places ever along the iconic red Mustang walls which dominate the village of Dhakmar.

Hiking: 6 to 7 hours

Elevation: + 860m/-610m

Accommodation: Lodge

📍 Day 7 **Dhakmar - Mui La Pass (4100 m) - Ghar Gompa (3920 m) - Marang La Pass (4230 m) - Chogo pass (4320 m) - Lomanthang (3840 m)**



After a good nights sleep at the foot of the red cliffs, we begin the longest day of our trek. Today is not the most challenging hiking day but it is the longest. It is an easy uphill walk to Mui la pass (4100 m) and towards the oldest Mustang monastery, Ghar Gompa. This Nyingmapa School monastery has beautiful, newly renovated frescoes which are well worth a visit. After lunch, we cross the Marang and Chogo passes and plunge into Lomanthang, the capital of Mustang which is surrounded by striking scenery.

Hiking: 7 to 8 hours

Elevation: + 900m/-850m

Accommodation: Lodge

📍 Day 8 **Lomanthang: Rest day and discovery**



Lomanthang is a small, walled city featuring early iconic 15th century monasteries. Stroll through the winding streets of the village to discover the two historic monasteries of Jamba Lhakhang and Tukche, and their sumptuous frescoes. Lomanthang is very close to Tibet and Tibetan cultural influences can be observed.

Accommodation: Lodge

📍 Day 9 **Jhong - Nyiphu - Chossar - Lomanthang**



We take Jeeps towards the Tibetan border Sicha Khola valley. We leave the Jeeps at the foot of Jhong Cave, a real troglodyte skyscraper! On our way back, we visit the monastery of Nyiphu. We return to Lo-Manthang, through the fabulous lunar landscape of Chossar and several charming villages.

Transport: 30 min drive in jeeps

Hiking: 4 hours

Elevation: + 100m/-100m

Accommodation: The same lodge

📍 Day 10 **Lomanthang - Dhi - Yara (3640 m)**



Today we climb up to Loday Pass (3950 m). We walk along a plateau at 4050m above sea level and then hike down to Dhi. We cross the Kali Gandaki River and arrive at the village of Yara.

Hiking: 5 hours

Elevation: +500m / -700m

Accommodation: Lodge

📍 **Day 11 Yara - Luri - Yara**



Discover the unique Luri Gompa monastery and its ancient Buddhist art. We visit the Luri caves and beautiful 15th century Buddhist frescoes before returning to Yara.

Hiking: 3 hours

Elevation: + 200m/-200m

Accommodation: Lodge

📍 **Day 12 Yara - Sertang Pass (3945 m) - Tangge (3420m)**



We cross a desert rocky plateau, far from any civilization. It is a short descent to Dhechyang Khola River (the black river) where there are lots of fossils! From here, we climb to Sertang Pass (3945 m) where we picnic. Extraordinary views of the peaks of Dhaulagiri and Nilgiri await us. We descend via several stages to the village of Tangge.

Hiking: 6

Elevation: + 800m/-1000m

Accommodation: Homestay

📍 **Day 13 Tangge - Cho Cha La Pass (4210m) - Chusang (2980m)**



Early morning departure for a long day of hiking. We cross Yak Khola and climb up to Cho Cha La Pass at 4210 m. Then, it's a short descent to our lunch spot in Paha. A beautiful afternoon walk along the ridges awaits, then we make the steep descent into the valley of Nursing Khola and join Chusang village.

Hiking: 8 to 9 hours

Elevation: + 120m/-1600m

Accommodation: Homestay

📍 Day 14 **Chhusang - Gyu La Pass (4070m) - Muktinath (3800m)**



Today begins with an easy climb to the beautiful village of Tetang at 3040m. Then, we climb to Gyu Pass (4070m). Along the way we can enjoy beautiful views of the 'white mountain' Dhaulagiri (8165m), the 'blue mountain' Nilgiri (7061m) and the villages of Muktinath and Jharkot. We walk down to the temple of Muktinath, dedicated to the Hindu god of liberation and flanked by 108 taps where Hindu and Buddhist pilgrims take holy showers to cleanse their karma.

Hiking: 6 hours

Elevation: + 1200m/-450m

Accommodation: Lodge

📍 Day 15 **Muktinath - Lupra - Jomsom (2720m)**



We leave Muktinath through a small Mountain Pass at 4000m with beautiful alpine landscapes. On the way, with a little luck, we will see the bhral 'blue sheep' of the Himalayas. A steep descent leads us to Lupra, a village which sits well-hidden in the gorge of Lupra Khola. Lupra is rarely visited by tourists and maintains a charming authenticity. After a quiet break in this village, we head back to Jomsom following the Kali Gandaki River.

Hiking: 5 to 6 hours

Elevation: + 100m/-1200m

Accommodation: Lodge

📍 Day 16 **Flights: Jomsom - Pokhara and drive to Kathmandu**



Early morning flight from Jomsom to Pokhara, a lovely journey above the Kali Gandaki, the deepest canyon in the world, flanked by the Annapurna and Dhaulagiri massifs. we arrive in Pokhara, then we take a tourist Bus from Pokhara to Kathmandu.

Accommodation: Hotel
Dinner not included

📍 Day 17 **Visit Kathmandu**



Bodhnath, the largest Buddhist stupa in the world and home to the the Buddha's discerning eyes as well as several surrounding monasteries. After the Buddhist stupa, we visit Pashupatinath Temple. This is the most important Hindu temple, it belongs to the God of destruction and reconstruction. Thousands of Hindu pilgrims from Nepal and India pray, dance, sing and make offerings in this temple every day. Traditionally, when Hindu people die, they are cremated. This is the most important site for cremations that take place on the bank of the holy river called Bagmati.

Accommodation: Hotel
Meals not included

📍 Day 18 **End of stay**



End of stay

The details in this programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

DATES & PRICES

International departures:

No departure for now

Trip code: NEPMUS-EN

Included

- All in-country transfers by private vehicle as detailed in itinerary
- Accommodation in 3 * hotel / B&B in Kathmandu (Hotel Tibet, Manaslu or similar)
- Trek includes full-board and lodging
- Full accompaniment by an English speaking Altaï Guide
- Domestic flights: Jomsom - Pokhara - Katmandou
- Visits as per itinerary: with a cultural guide in a private vehicle
- Luggage transport - up to 12kg maximum per person during the trek
- Trekking support team: assistants and porters
- Trekking permits: ACAP and TIMS
- Staff Insurance
- All local taxes

Not included

- Entrance fees to historical sites & monuments
- Meals in Kathmandu & Kathmandu Valley
- Nepalese visa: US \$ 25 to U\$ 40
- Mustang Special Permit: 600 US\$ (12 days)
- International flights
- Insurance: Repatriation, Medical & Helicopter Services
- Drinks, tips and personal expenses - all that is not in "THE PRICE INCLUDES"

Notes

For many years, we put our know-how and our experience of Himalayan destinations to the service of travelers from different horizons. You may find yourself in an international group with participants from our various partners.

Level 3/5

This trips demands a very good physical condition, suitable clothing and good hiking boots. Regular and serious training (running, swimming, brisk walking...) during the 2 to 3 months prior to your trip is recommended. This trek includes an average of 5 to 6 hours of hiking per day and daily elevations of +/- 1000m.

Terms and conditions

Booking conditions

Booking a trip with Altaï Nepal implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Altaï Nepal reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Altaï Nepal require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Nepal receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Nepal may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Nepal reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel with Altaï Nepal for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altaï Nepal as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

Based in Kathmandu for many years, Altai Nepal guarantees you an active travel experience, thanks to our guides and our logistical infrastructure. During your trip, you are accompanied by our Altai trekking guides, 100% mobilized to help you discover unusual places in the heart of nature. Let yourself be guided...

- This trip is led by an English-speaking Nepalese trekking guide
- A local team assists you during the trek. Here is its composition (variable depending on the size of the group and the logistics required):

- Porters: during the trek, our belongings are carried by porters. Porterage is a historical tradition in Nepal, necessitated by the very rugged topology of the place. Thus, it is not uncommon to come across locals carrying loads of more than 50 kg on the trails! Being very concerned about the working conditions of our teams, we ensure that our porters work in the best possible conditions (a fair salary, limited charges, insurance, and suitable equipment are made available to all). On our trips, we provide one porter for every two travellers. The load is limited to 30 kg per carrier on our trips to lodges.

- Assistant-guides: in addition to the guide, assistant-guides are present too. They are responsible for providing active assistance to travelers, and make sure all participants to walk at their own pace.

Food

The traditional Nepalese dish is 'dal bhat', rice and lentils, accompanied by some spicy vegetables. In Kathmandu, it is possible to eat a good variety of dishes, but in the mountains, the choice is relatively limited: the lodges (local tea houses) offer menus that are often similar and less varied (e.g. dal bhat, fried noodles, momos, fried rice, pasta with tomato sauce, fried potatoes, etc).

On our group trips: three meals and a snack per day will be served. On long trekking days, you will also have an energy supplement (cereal bars and/or dried fruits).

During lodge treks, we try to offer you the most varied meals possible, with the dishes or ingredients available in the lodges. Some examples: dal bhat (Nepali daily meal), stir-fried rice with vegetables, potatoes with cheese, fries, pasta with tomato sauce, and sometimes even pizza! Note that fresh meat is rare and sometimes not recommended for Western stomachs.

Here are examples of the meals served on our trips:

- Breakfast: toast, pancake or Tibetan bread with butter/jam/honey + eggs + tea or coffee.
- Lunch: a main dish.
- A small snack at the end of the day is offered (biscuits and tea).
- Dinner: a soup, a main course, and a dessert (eg fruit in syrup)

+ a cup of tea and/or coffee is offered with all meals.

In Kathmandu and Pokhara, we often exclude meals, so that everyone can enjoy the variety of restaurants in the cities according to their tastes.

In the mountains, you can fill your water bottles at the tap or at the water sources (on the advice of the guide), but it is essential to filter it or treat it with purifying tablets. The purchase of bottled mineral water may also be possible in lodges, in town, or in restaurants. However, we encourage all to minimize plastic consumption: there is no recycling on site.

Accommodation

In Kathmandu and other cities, you will normally be accommodated in 3 * hotels. In more rural areas, we use homestay accommodation with varying comforts (they all have functioning beds, mattresses, tables, chairs, toilets, etc.) We love using homestay accommodation options which offer insights into Nepalese life and support local families. In addition, the use of lodges

considerably reduces the number of porters and cut down the infrastructure of trekking.

Transportation

Transport/transfer by bus, private minibus & plane.

Budget & exchange

The local currency is the Nepalese Rupee NPR.

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw Nepalese Rupees from in-country ATMs in Kathmandu and credit cards are accepted except in shops and hotels. Please budget for meals in Kathmandu, drinks, tips and other personal expenses.

Tips

Tipping is very present in Nepal. It is an integral part of the 'tourism' culture of the country: independent of salary levels, your tip is seen as a sign of appreciation. The amount depends on your satisfaction with the services rendered and your generosity. Your guide will help you on this subject. Like money, if you have clothes to give, do not hesitate to seek advice from your guide who will make a fair distribution. We ask that you do not to give sweets and / or energy bars / chocolate to local children as there are virtually no dentists here in the mountains. The same rules apply to medicine, western medication is not necessarily adapted for the Nepalese and, moreover, following the correct dosage is extremely important.

Vital equipment

- Warm Sleeping Bag
- Water purifiers (micropur, aguatabs ...)

From head to toe:

- A cap or sunhat
- 1 or 2 sets of thermals: long-sleeved thermal tops and full-length long johns
- Long sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable wind proof, waterproof jacket (Gore-Tex...)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers
- A pair of high-rise walking boots - strength, good grip of the foot and ankle (high stems) and impermeability are essential. Choose shoes with non-slip soles (vibram).
- A pair of trainers/sandels or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves, hat and scarf (it can be chilly in the mountains)

Do not forget

- Your personal toiletries and a fast drying towel
- Water bottle(s). Min. 2 litres, light and isothermal
- A good pair of sunglasses (think min. category 3)
- Sun-cream, face and lips
- Head torch and spare batteries
- A pocket knife
- A pair of hiking poles
- A waterproof bag cover (or plastic bags) to protect your belongings
- Toilet paper
- Anti-bacterial hand gel
- Your camera
- Notebook or travel diary

Material

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from

water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool.

The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax. Soft shell layers are effective against the wind.

Our advice for keeping warm

Weather conditions in the high mountains can be variable, please think carefully about what clothes you pack especially for our winter trips and remember that the layers you wear next to your skin can make the biggest difference.

We recommend:

- No cotton
- Always carry dry spares of everything, including underwear and gloves

Wear multiple layers including:

1. A warm breathable base layer
2. A second thermal layer
3. Wind and water proof protective outer layers

Luggage

Your luggage must be divided into two bags:

- A rucksack (35-40L or 45-50L) for use as a day bag. This will contain your (vital) personal belongings for the day (sweater, spare t-shirt, water bottle, picnic-lunch, sunglasses, small things ...)
- We use porters to transport our other belongings when trekking. Please bring a flexible travel bag with zips for easy access max 80L and max 13kg (16kg with camping gear). Please do not bring suitcases or other hard bags which the porters cannot transport.
- You may also be able to store some belongings securely at the hotel in Kathmandu.

To protect your bags, we will provide solid waterproof Altaï Bags.

Medicine

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers. And of course, do not forget to bring medicines that you have to use regularly. And of course, do not forget to bring medicines that you take regularly, if any.

Passport

Your passport should be valid for at least six months after the last day of your stay. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

Visa

It is your responsibility to confirm your specific visa requirements. Please bring valid passport photos with you to obtain a visa upon arrival.

To obtain trekking permits, your passport and photo ID is also required. Please provide us with good quality scans of your passport and 2 photos of identity.

For an individual visa, obtained on the spot as you arrive in Kathmandu, rates are as follows:

- 15 days : 30 US\$
- 30 days : 50 US\$

Mandatory vaccines

No mandatory vaccinations are required. Recommended vaccines include Typhoid, Hepatitis A, Hepatitis B, Rabies, Japanese Encephalitis, and Influenza.

Health information & recommendations

It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your

doctor is a prerequisite for any trip and we advise you to visit your dentist too as untreated cavities have an annoying habit of waking up with altitude.

Hygiene Recommendations

Water is not drinkable in Nepal. It is always possible to buy bottled water but in order to limit pollution and preserve natural areas, we strongly recommend that you drink purified water. For that, think to bring a water bottle of minimum 1.5 liters and purifying tablets (micropur, aquatabs ...). Consume only treated water or water which has been boiled for 30 minutes and then filtered. Be sure to wash your hands frequently, and definitely before each meal (anti-bacterial hand gel is recommended) and take care to disinfect any skin wounds. Avoid drinking natural drinks like pressed fruit juice and do not consume ice cream or "lassi" (a milk-based beverage) bought in the street. Meat and fish / shellfish should be well cooked before consumption.

Weather

From the eternal snows of high peaks to the tropical lowlands, Nepal has a wide variety of climates.

- **In autumn** (October to mid-December) the days are very beautiful but can be fresh at altitude. At 3000 m altitude, temperatures can drop to -10 °C (14°F) at night.

- **In winter** (mid-December to mid-February): The nights are generally cold and the climate is dry. If night time temperatures drop easily below 0 °C (31°F) to 3000 m, the days are often sunny. Treks below 4000 m are very pleasant. There are very few tourists at this time.

- **In spring** (March to end of May): in this season, Kathmandu is in full bloom and the rhododendrons are magnificent. The weather is pleasant, it is getting hotter with some night storms. Temperatures vary between 10 and 28 °C (50 - 83°F), but can rise to over +30 °C (+86°F). Between 2000 and 3000 m, temperatures rarely drop below 0 °C (32°F). A few rare frosts or snowfalls are possible in March from +4000 m.

- **In summer**: it is the monsoon season. This interrupts the majority of trekking from June until the end of September. However, certain regions of the "Trans-Himalayan" zone, Mustang and Dolpo remain sheltered from the monsoons - these are the only circuits available in Nepal in the summer.

Electricity

In recent years, due to a lack of hydropower facilities, electricity and water outages are becoming more frequent in Nepal, especially in Kathmandu (mainly in winter and spring). The hotels have generator but the electricity is limited. It is the same for the consumption of water.

Local time

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +5.45. Daylight Saving Time (DST) is not observed here.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as

possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities. We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.