

Trekking Notes

A. Itinerary

The Itinerary and information herein should be viewed as a guideline. Weather conditions, road blocks, local political conditions, flight cancellations, mechanical breakdown or other such unforeseeable circumstances can lead to the change in itinerary or means of transport. Where such a delay or change does occur, we will take every effort to minimize the effects, but we will not be held responsible for such delays or changes which are out of our control. The information provided in the itinerary is to the best of our knowledge, marginal variances in the actual distances and altitudes is possible.

B. Accommodation & Food on Trek

We are using the Tourist Standard Teahouse Lodges on Twin/Double Room sharing basis with neat and clean rooms with attached bathrooms (wherever possible and subject to availability).

Dinners and Breakfast are provided from the same lodges. Lunch will be provided along the route either on the lodges of the same property (if available) or at other good restaurants. Timing for breakfast, lunches, and dinner can be more or less changed due to the availability of lodges or guest preferences.

(Guests having any specific meal dietary requirements should inform us in advance.)

C. Documents and Permits

At every trekking, we need to get some local permits such as National Park Permits, Conservation Area Permits, Restricted Area Permits and TIMS Card. Besides National Park Permits, all other permits mentioned above should be received in Kathmandu prior to the beginning of trekking. The offices that issues permits are as below:

1. Conservation Area Permits: Department of National Parks and Wildlife Conservation, Nepal Tourism Board, Kathmandu
2. Restricted Area Permits: Department of Immigration (DoI), Kalikasthan, Kathmandu
3. TIMS Card - You can get E-TIMS through the online portal of E-TIMS Permit.

National Park Permits can be purchased at the entrance of National Park at every region.

D. SIM Cards

If you need to use the internet frequently, it's better to purchase a local SIM card and activate the data packages. You can buy it at the Airport. You have two choices: '**NCELL SIM Card**' or '**Nepal Telecom SIM Card**'. The network of both SIM cards will not be supported at all places on trekking routes. The selection of local SIM card will vary according to the region you are traveling. Please choose the appropriate SIM Card for the better quality of internet. The choice is yours, whether to buy SIM Cards or not. A local SIM card will be beneficial to contact a tour guide or trekking guide, Travel Company, team members, etc.

E. Physical Fitness

The trek is slightly difficult due to the increases on the altitude. This trek involves walking 6-8 hours daily, more on few days). Previous walking experience on high altitude is helpful. These treks involve walking on defined trails for long days with a walking duration of average 6-8 hrs a daily. Net height gain on few of the days can be below 500 or more. Physical fitness & previous walking experience in the outdoor is essential.

F. Insurance

It is important to purchase a comprehensive travel insurance policy against illness, hospitalization, flight delays, and loss of luggage, cancellations and amendments due to weather conditions, political disturbances or natural calamities as well as emergency helicopter evacuation. Before purchasing Travel Insurance, please ensure that the policy covers for adventure activities and or trekking activity above 3,500 meters. You can check the reliable insurance company of your own country so that you can claim for it after you return to home country. You can go through the insurance company such as

- Europ Assistance (For Europeans)
- World Nomads (For Canadians, American and even Asians)
- Travel Assurance, Alliance Insurance, Daman, Helix Insurance if you live in UAE

G. Baggage & Porters

- Some of the airlines of Nepal, especially rural sector flights, offers baggage allowance of 15 Kg / 33 lbs. for a passenger (luggage + hand carry). Flight to Lukla, Jomsom, Suketar, Dolpa, Simikot, etc. will measure the total weight of hand-carry baggage and luggage at once and calculate the ratio of 15 Kg per passenger. If the weight exceeds in total, they will charge around 90 cents per Kg for extra weight. However, we will provide services for an extra 5 kg of Baggage. (In total, 20 Kg of Baggage per passenger including hand-carry Baggage.)

- During the trek, porters will carry duffel bag of 2 trekkers and ranges up to a maximum of 30 Kg/ 60 lbs. Guests are expected to carry only a small rucksack while walking to carry all the essentials such as water bottle, extra jackets, cameras, pack lunch, etc.
- If the guest wishes to hire a porter so that he can walk along the guest, then an extra porter can be arranged on request in advance, for which the guests must make an extra payment. The costs for an extra porter will be USD 20.00 per day. The porter will carry maximum 15 kg / 33 lbs. from camp to camp. After reaching the camp, he will be free.

H. Medical & First Aid

On this trek, professional medical help is not available. It is your responsibility to ensure that you are physically fit and able to complete the itinerary or your chosen trek, before booking the trek. It would be advisable to speak to your physician if you are unsure of your physical levels. In case you have an existing medical condition or disability, you must inform us before the trek confirmation, in the Personal Information Form and also to the "Trek Leader" at the beginning of the trek.

We carry a comprehensive first aid kit as suggested by doctors. For the daily checkup of your body temperature and oxygen level, we recommend you bring a personal Thermometer and Oximeter that measures oxygen level and pulse rate. In case of any health problems that you may face on the trek, it would be advisable to speak to your trek leader/local guides. Please note that all these treks are not accompanied by a medical doctor.

These treks are at high altitudes above 3000m; extra precaution is needed before you acclimatize to these altitudes. This itinerary is designed to enable every trekker to acclimatize to this altitude. Any medical and evacuation expenses incurred for the guest will have to be borne personally.

We recommend you take your medicine with you and if you will have a regular follow-up with doctors, please inform us about the days and times on the information form. We help you to give reminders.

I. Risk & It's Overcome

The risks can be the altitude sickness as we will trek above 3,000m. To avoid the risk of altitude sickness, we will gain height slowly and acclimatize with the new environment at Khumbu Region. We will do check daily health assessment. Under altitude sickness, its different forms can be seen like Acute Mountain Sickness (mild form), High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE). Along this, we need to concern about drinking water and foods that we will take in order to avoid Diarrhea.

J. Money

If you want to buy anything in Kathmandu, eat at any restaurant, or give tips and gratuities, it will be easy to pay in Nepalese Rupees. You will find many money exchange shops at Airport and Thamel Areas or even at the hotel. However, the hotel will provide low exchange rate than the market value. In some areas, hotels and local shops do not accept INR rupees and may accept dollars at very low exchange rates. If you become cashless at trekking, you can borrow from a trekking guide and settle the amounts in Kathmandu. You can withdraw Nepalese Rupees from ATMs in Kathmandu, and other big cities with a charge of a minimum of NPR 250 per transaction.

K. Tips and Gratuities

As in other parts of the world, tipping is quite common in the service industry in Nepal too. It is an additional expense you want to give to the service provider when you are pleased and satisfied with their services. Like other countries; in Nepal also tips are taken as a token of love and as a gesture of pleasure from the guests.

Though tips are not mandatory and nobody can force you to tip the people, your guide, Sherpa and the team of porters expect some tips from you at the end of the trip. Unlike other regions, porters in the Khumbu region have to stay at porterhouses and pay for food and accommodation from their earnings.