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-ST AUGUSTINE

AN ADVENTURE TOUR COMPANY IN HIMALAYAS.

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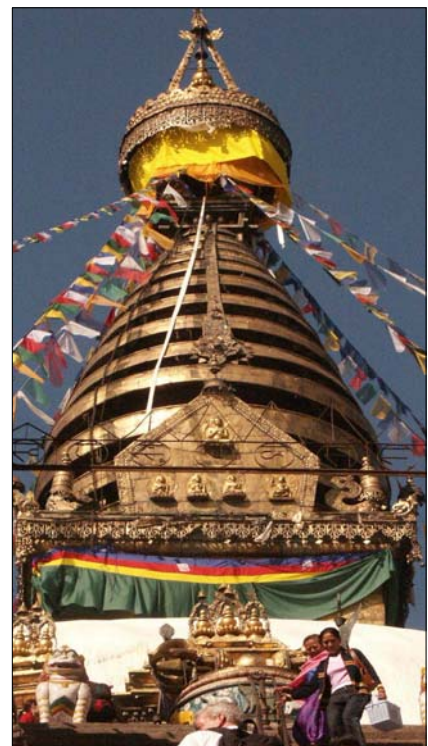
About Nepal:

"The biggest natural museum in the world"

Nepal is one of the richest countries in the world in terms of biodiversity due to its unique geographical position and latitudinal variation. The elevation of the country ranges from 70m above sea level to the highest point on earth, Mt. Everest at 8848 m, all within a distance of just 150 km with climatic conditions ranging from subtropical to arctic. This wild variation fosters an incredible variety of ecosystems, the greatest mountain range on earth, thick tropical jungles teeming with a wealth of wildlife, thundering rivers, forested hills and frozen valleys.

Within this spectacular geography is also one of the richest cultural landscapes anywhere. The country is a potpourri of ethnic groups and sub-groups who speak over 70 languages and dialects. Nepal offers an astonishing diversity of sightseeing attractions and adventure opportunities found nowhere else on earth. And you can join in the numerous annual festivals that are celebrated throughout the year in traditional style highlighting enduring customs and beliefs.

Nepal is considered one of the best adventure destinations in the world. Nepal's geography packs an extremely varied landscape into a small area. The immense contrasts in altitude and climates found here support a spectacular mix of lifestyle, vegetation and wildlife. Nepal is probably the only country in the world where you can climb the biggest mountains, trek in the scenic countryside with the icy pinnacles always in the background as well as enjoy jungle safari in



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forests, considered to be the densest in the entire South Asian region.

Hectic schedules, deadlines to meet and jet setting around the world certainly deserve a break. How about a trip to paradise?

Imagine a place where you could gaze at the wonders of the world's highest mountain range whose beauty is a feast to behold, trek to the lower slopes where a whiff of fresh air and scent of exotic flowers greet you at every step, raft down a snow fed river, fly across the country by helicopter for candle-lit dinner in the mountains under the clear blue sky with Mt. Everest for company, and enjoy the sunrise as it splashes hues of red on blushing mountain ranges. You think your imagination is working over time? Well, think again. Paradise is closer than you think.

Welcome to Nepal – the most happening incentive travel destination in the world – a heady mixture of unique culture proudly preserved, mind boggling adventure and remarkable natural beauty. A land where you can revitalize your mind, body and soul amidst scenery that is simply knocks you out. Age-old traditional hospitality is an added bonus, of course.

TREKKING GENERAL INFORMATION

INTRODUCTION:

The Nepal Himalaya has always been known as “the abode of the Gods”. Many of the primordial history, religion, culture and tradition as well as legends and myths emanate from the awesome

Himalaya. The Nepal Himalaya harbors many holy temples and shrines, monasteries and sacred lakes in the wilderness and remote parts of the region. These sites are frequently visited by pilgrims. It is a land of piety and stillness. The Himalayas is the youngest and highest mountain chain on earth. A full third of its stretches the formidable Great Himalayan Range of 800 kilometers lies within the Nepal Himalaya. It has convergence of 1310 magnificent peaks over 6000 meters, including 8 of the world's highest 14 peaks above 8000 meters. Nestling in the rain shadows of these unique vistas of soaring summits unravel a profusion of lofty foothills, the home of the many Nepalese who delight in warm hospitality and friendship. These verdant terraced hills meander down to lush green valleys with turbulent rivers and to the tropical lowland and jungles teeming with countless wildlife.



In its immensely diverse and undulating topography, varied climate and mix of people, Nepal combines

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to produce a magical attraction for outsiders. Many foreign visitors come to trek one or more beautiful trekking regions. To trek, one does not have to be bizarre, neither a mountaineer not a athlete. Anyone with a pair of strong legs, and the spirit for adventure to explore the exotic, will enjoy the thrills of trekking in the hills of Nepal. Walking in the interior of the country follows ancient foot trails which meander through the scenic river banks, intricately terraced fields and the forested ridges connecting picturesque hamlets and mountain villages. These highly developed and well defined trails have been used for centuries and are the hive of activities to come in contact with the locals.

For visitors on extended holiday and with less restraints, there is an even more varied spectrum of adventure-be it rafting on the sparking rivers, safaris in the jungles, trekking to explore deeper into the alpine valley with perpetual snow and glistening glaciers. The more intrepid traveler may venture further up to scale any of the 18 minor trekking peaks.

REGION:

Nepal offers an astonishing topographical variation with th altitude ranging from 70 meters to 8848 meters amidst a width of 193 kilometers. Similarly, within its limited area and bounds, Nepal enjoys all the climates with alpine, temperate and the tropical jungle regions determined by its incredible altitude variation.

What Is a Trek?

A Trek is Not a Climbing Trip:

Whether you begin your trek at a roadway or fly into a remote mountain airstrip, a large part of it will be in the Middle Hills region at elevations between 500 and 3000 metres. In this region, there are always well-developed trails through villages and across mountain passes. Even at high altitudes there are intermittent settlements used during summer by shepherds, so the trails, though often indistinct, are always there. You can easily travel on any trail without the aid of ropes or mountaineering skills. There are rare occasions when there is snow on the trail, and on some high passes it might be necessary to place a safety line for your companions or porters if there is deep snow. Still, alpine techniques are almost never used on a traditional trek. Anyone who has walked extensively in the mountains has all the skills necessary for an extended trek in Nepal.

Though some treks venture near glaciers, and even cross the feet of them, most treks do not allow the fulfillment of any Himalayan mountaineering ambitions. Nepal's mountaineering regulations allow trekkers to climb 18 specified peaks with a minimum of formality, but you must still make a few advance arrangements for such climbs. Many agents offer so-called climbing treks which include the ascent of one of these peaks as a feature of the trek. There are a few peaks that, under ideal conditions,

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are within the resources of individual trekkers. A climb can be arranged in Kathmandu if conditions are right, but a climb of one of the more difficult peaks should be planned well in advance.

A Trek Requires Physical Effort:

A trek is physically demanding because of its length and the almost unbelievable changes in elevation. During the 300-km trek from Jiri to Everest base camp and return, for example, the trail gains and loses more than 9000 metres of elevation during many steep ascents and descents. On most treks, the daily gain is less than 800 metres in about 15 km, though ascents of as much as 1200 metres are possible on some days. You can always take plenty of time during the day to cover this distance, so the physical exertion, though quite strenuous at times, is not sustained. You also can stop frequently and take plenty of time for rest.

Probably the only physical problem that may make a trek impossible is a history of knee problems on descents. In Nepal the descents are long, steep and unrelenting. There is hardly a level stretch of trail in the entire country. If you are an experienced walker and often hike 15 km a day with a pack, a trek should prove no difficulty. You will be pleasantly surprised at how easy the hiking can be if you only carry a light backpack and do not have to worry about meal preparation.

Previous experience in hiking and living outdoors is, however, helpful as you make plans for your trek. The first night of a month-long trip is too late to discover that you do not like to sleep in a sleeping bag. Mountaineering experience is not necessary, but you must enjoy walking.

KIND OF TREKKING:

In Nepal there are numerous ways to arrange a trek because of two major factors. Firstly, inexpensive (by Western standards) professional and non-professional labor is available to carry loads and to work as guides and camp staff. Secondly, you can almost always find supplies and accommodation locally because there are people living in even the most remote trekking areas.

The many possible ways of trekking can be categorized into two major approaches:

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Tea-House Trek:

The development of locally managed lodges along the popular trekking trails in the Annapurna, Everest and Langtang/Helambu areas have resulted in an increasing number of trekkers making use of these facilities. In recent years with the help of Government as well non-Government agencies many of these lodge owners have gone through training programmes aimed at raising the quality of services as well as instilling environmental awareness. Most lodges have all the basic requirements for trekkers to stay overnight - a dormitory, several private rooms, an attached restaurant, toilet and a shower room. The quality of food offered may vary from lodge to lodge but most serve simple and hygienic meals.



The quality of food offered may vary from lodge to lodge but most serve simple and hygienic meals.

Clan Treks has found it very attractive for trekkers to use these lodges in some of the routes instead of operating camping style treks. One of the main reason being that along these popular routes almost every house offers bed and meals and many camping trekkers find it incongruous to camp near a lodge and not be able to experience the warmth and hospitality of the friendly Nepali hosts. The other important reasons being that this helps the local economies directly by using the facilities along the route.

Keeping this in mind we have been operating Lodge-Treks in some of these classic routes. To make sure that our guests do not get disappointed we stay in simple yet comfortable and interesting lodge in each place. With larger groups we reserve all the beds in a lodge thus making sure that we have the place to ourselves. Our groups are provided with an excellent Guide and porters - possibly from the area you are trekking in - to guide you and carry your luggage while you hike only with a day-pack. Majorities of our Lodge Trekkers have been overwhelmed by the homely atmosphere and the grace of their hosts and many have made great friends with them.

If you have an urge to trek in some of the most beautiful places in Nepal, interact and make friends with the local people without having to sleep in a cold and lonely tent, Lodge Trekking is just the thing for you. Make sure you are with Clan Treks and we will make sure that you have a memorable time without having to spend a small fortune.

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A fully organized camping trek:

A fully organized trek is one which is self sufficient. There are guides, cooks, sherpas and porters to take care of all the technical and logistical aspect of the trip. All food and camping equipment is provided. Porter carries everything, including your personal gear. All you have to do is walk with your camera, meet the local people, take in the breathtaking views, and eat three hearty meals a day! You trust your diet to cooks who can bake cake on the hillside stove.



We can camp at "wilderness" sites away from the main trails, a fact you will particularly appreciate especially when awakened by the kitchen hand armed with a steaming mug of tea- there's nothing better than snuggling in your sleeping bag looking out at the first rays of sun of the peaks.

We will recommend you to make this type of trek if you are doing trek to non tourist area where there are no hotel.

VISA & TREKKING PERMITS:

Unlike some countries with strict Visa regulations, Nepal extends trouble-free issuance of Visa to all the citizens worldwide. India Nationals do not require Visa to Nepal. The Nepalese Embassies or Consulates abroad and at entry point's Immigration Offices provide a Visa upon the presentation of a valid passport, two passport size photos and payment of Visa fees. Visa can be extended at Department of Immigration, Thamel, Kathmandu or at Immigration Office, Pokhara. A trekking permit is required to trek in any part of Nepal. If trekking is planned in two different areas, two trekking permits are needed. Each trekking permit details and outlines the trekking route and region and is necessary that trekkers do not deviate from the prescribed routes and regional boundaries.

The Department of Immigration located at Tridevi Marg, Thamel issues trekking permit for the tourists who intend to trek any part of the country. Trekking permit fee for different trekking areas are fixed as follows:

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S.N.	Area	Fee (Per person)
1	Dolpa and Kanchenjunga	Equivalent to US \$ 10 per week for the first four weeks and US \$ 20 per week thereafter
2	Manaslu	US \$ 75 (December â€ August) per person per week. US \$ 90 (September â€ November) per person per week.
3	Simikot	US \$90 per person per week. Extra US \$ 15 per day per person
4	Mustang and Upper Dolpa	US \$ 700 per person for the first 10 days and US \$ 70 per person per day thereafter.

Note : Trekking to Dolpa, Kanchenjunga, Manaslu and Mustang can be undertaken through registered trekking agencies only.

Fourteen areas of Nepal have been designated National Parks, Wildlife Reserved and Conservation areas. To trek in any of parks area a permit is necessary which can be obtained from the department of Immigration. There are several government registered trekking agencies in Nepal to conduct such trekking programs. In order to have assumed quality and safe treks it is advisable to use one of them.



National Park & Conservation Fees:

If you trek in the Annapurna, Makalu or Kanchenjunga regions, you will enter a Conservation Area and must pay a **conservation fee** of Rs 1000 (Rs 2000 for Annapurna). This must be paid in advance in Kathmandu. A **national park fee** of Rs 1000 is also collected at the time you enter a national park.

Climate:

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Nepal has four distinct seasons. Spring, from March to May, is warm and dusty with rain showers. Summer, from June to August, is the monsoon season when the hills turn lush and green. Autumn, from September to November, is cool with clear skies, and is the most popular trekking season. In winter, from December to February, it is cold at night and can be foggy in the early morning, but afternoons are usually clear and pleasant, though there is occasional snow in the mountains.

Because Nepal is quite far south (at the same latitude as Miami and Cairo) the weather is warmer and winter is much milder at lower elevations, including Kathmandu at 1400 meters. It rarely snows below 2000 meters.

The monsoon in the Bay of Bengal governs the weather pattern. The monsoon creates a rainy season from the middle of June to the middle of September. It is hot during the monsoon and it rains almost every day, but it is a considerate rain, limiting itself mostly to the night. During this season, trekking in most of Nepal is difficult and uncomfortable. Clouds usually hide the mountains and the trails are muddy and infested with leeches.

It usually does not rain for more than one or two days during the entire autumn season from mid-October to mid-December. During winter and spring there may be a week or so of rainy evenings and occasional thunderstorms blanket the hills with snow. The Himalaya makes its own localised weather, which varies significantly over a distance of a few km. Despite the sanguine assurances of Radio Nepal that the weather will be "...mainly fair throughout the country", always expect clouds in the afternoon and be prepared for occasional rain.

Most of the precipitation in the Himalaya occurs during the summer monsoon. There is less snow on the mountains and on many of the high trails during winter. Everest itself is black rock during the trekking season, becoming snow-covered only during summer. There are always exceptions to this weather pattern, so be prepared for extremes. Winter snowstorms in December and January may make an early spring pass crossing difficult and can present an avalanche danger, especially on the approach to the Annapurna Sanctuary.



In Kathmandu, spring and autumn days are comfortable and the evenings are cool, usually requiring a light jacket or pullover. Winter in Kathmandu brings cold foggy mornings and clear evenings, but pleasant day temperatures with brilliant sunshine most days after the morning fog has lifted. It never snows in Kathmandu, though there is frost on cold nights in January and February. The hottest month is May, just before the rains start.

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TREKKING SEASON:

Trekking in Nepal can be undertaken throughout the year. There are four main seasons in Nepal. Each season has its distinct attraction to offer. The seasons are classified as follows:

AUTUMN (SEPTEMBER – NOVEMBER)

This season offers excellent weather and tantalizing mountain views.

WINTER (DECEMBER – FEBRUARY)

This season is noted for occasional snowfall only at higher elevation. Hence it is ideal for trekking at lower elevations, generally below 3000 meters.



SPRING (MARCH – MAY)

Different varieties of wild flowers, specially the rhododendrons make the hillside above 5000 meters a haunting paradise during this season. It is mildly warm at lower elevations and at higher elevation over 4000 meters the mountain views are excellent and temperature is quite moderate.

SUMMER (JUNE – AUGUST)

Summer months, continues up to mid September making travel wet and warm. These times are blessed for the keen botanist as the higher valleys and meadows blossom with flowers and lush vegetation. It is recommended to carry insect repellent when trekking during summer months.

Suggested Treks:

There are many criteria that might influence your choice of a trek. If you have the time and are in reasonably good condition, the Everest walk-in trek, which allows you a glimpse of both lowland villages as well as the high Himalaya, is the best choice. If time is a constraint, check the various that are less than a week long, or if you don't want to trek to a high elevation, look at the treks listed under low altitude treks. If you are an experienced trekker, and want to go to one of the newly opened regions of Nepal, such as Mustang, look at the list of restricted area treks.

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Treks by Region:

The Everest Region

Everest Expedition Route

Instant Everest

The Khumbu Traverse

Annapurna Region

Annapurna Panorama

Jomsom Trek

Annapurna Sanctuary

Around Annapurna

The Royal Trek

Trek to the Kingdom of Mustang

Central Nepal

Langtang and Gosainkund Trek

Jugal Himal

Around Manaslu

Eastern Nepal

East of Everest

Kanchenjunga South Base Camp

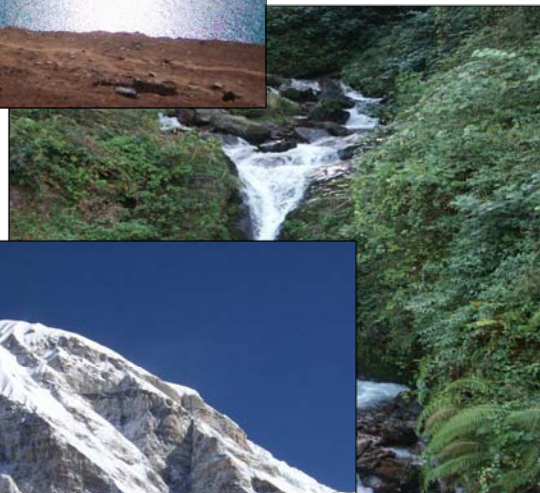
Makalu Base Camp

Western Nepal

Jumla to Rara Lake

Jumla to Dolpo

Humla to Mt Kailas



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Treks by Number of Days:

Short Treks

Instant Everest (8 days)

Annapurna Panorama (8 days)

The Royal Trek (4 days)

Jomsom Trek (10 days)

Medium Treks

Annapurna Sanctuary (12 days)

Langtang and Gosainkund Trek (15 days)

Jugal Himal (13 days)

Jumla to Rara Lake (13 days)



Long Treks

Everest Expedition Route (3 weeks)

The Khumbu Traverse (20 days)

Around Annapurna (18 days)

East of Everest (27 days)

Kanchenjunga South Base Camp (16 days)

Makalu Base Camp (20 days)

Jumla to Dolpo (21 days)

Trek to the Kingdom of Mustang (18 days)

Around Manaslu (21 days)

Humla to Mt Kailas (21 days)



Treks by Highest Altitude Reached:

Less than 10,000 feet

Annapurna Panorama

The Royal Trek

Jomsom Trek

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Jumla to Rara Lake

Up to 14,000 feet

Instant Everest
Annapurna Sanctuary
Langtang and Gosainkund Trek
Jugal Himal
Trek to the Kingdom of Mustang

High Altitude Treks

Everest Expedition Route
The Khumbu Traverse
Around Annapurna
East of Everest
Kanchenjunga South Base Camp

Makalu Base Camp
Jumla to Dolpo
Around Manaslu
Humla to Mt Kailas



Treks to Restricted Areas:

Trek to the Kingdom of Mustang
Around Manaslu
Humla to Mt Kailas

Preparing for a Trek

Introduction

The following information will assist you to get ready for a trek in Nepal. Nepal treks allow you to experience the Himalayan countryside and to meet the people of the hills with a minimum of formality and preparation. If you



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follow the suggestions here, you will have all the equipment and permits you need to enjoy your trek. Read this information carefully so that you will know what to expect when you arrive in Nepal.

If you are not joining a group trek, you will not have a professional trek leader. If there are more than 3 or 4 people in your party, one of you should assume an informal leadership position to act as spokesman for the group both in Kathmandu and on the trail.

There are many preparations that you can make before you depart for Nepal. Most important are your clothing and trekking equipment, medical supplies, your passport and a visa for Nepal. While some of these projects can be postponed until the last minute (by getting a visa at the airport in Kathmandu or renting your trekking equipment in Nepal, for example), it is recommended that you make most preparations in advance so that you do not waste time during your holiday satisfying bureaucratic formalities or searching for some item of equipment that is temporarily unavailable for rent in Kathmandu.

Formalities

Visa for Nepal:

You can obtain a visa before you come to Nepal or upon arrival in Kathmandu. You need only to fill in a form and pay a fee (in US dollars cash only), but it takes a bit of time at the airport after you arrive. To obtain a visa for Nepal in advance, write to one of the addresses below for instructions and a form. Fill in the form and return it with the appropriate fee, photos and your passport. If you are making a side trip to India or Tibet and then returning to Nepal, *be sure to get a double entry visa*. Your passport with a visa stamped in it should be returned to you by mail.

The visa regulations for Nepal are a bit complex. You need to decide what kind of visa to purchase depending on how long you plan to stay in Nepal. Visa fees are:

60-day single-entry: US\$30

- 60-day double-entry: US\$55 (useful if you are making a side trip to Bhutan or Tibet).
- 60-day triple-entry: US\$70
- 60-day multiple-entry: US\$90

If you have already visited Nepal within 150 days of the same visa year you must pay US\$50 for 30 days. Visa extensions cost US \$1 for each day beyond the expiration date of the original entry visa.

MEDICAL MATTERS AND ADVICE:

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Trekking in Nepal need not to be considered risky affair as far as your health is concerned. Nevertheless, preventive measures such as a thorough medical check up and inoculation before you start trekking can save you from unexpected hazards. Since the remote places of Nepal are not supplied with necessities that are essential for modern medical facilities and as the rescue and evacuation are measured in days, it is imperative to make a comprehensive First Aid Box consisting of basic drugs and accessories as part of the paraphernalia for trekking. Various trekking guide books and the pamphlet published by the Himalayan Rescue Association gives you detailed information on a complete list of medical supplies. These guide books are easily available in the book-shops of Kathmandu. In case of serious illness or injury, prompt evacuation of Kathmandu is the best remedy. Modern dentistry is unknown in the hills of Nepal, so it is advised to have a checkup before departure from home. Tooth fillings sometimes loosen in cold temperature and at high altitudes, so it recommended to have them checked.

FITNESS:

All trekking demands a level of fitness that will enable one to put a good day's walking, up hill and down. Most treks should not be taken to gain more than 300 meters in one day above 3000 meters. There should be plenty of time during the day to this distance, so the physical exertion through quite strenuous at times, is not sustained. The best preparation for trekking is cycling, swimming, jogging, squash, tennis and long walks involving up and down hill. Good physical conditioning will probably help for the maximum enjoyment of the treks.

ALTITUDE SICKNESS:

Altitude sickness often known as Acute Mountain Sickness (AMS) is particularly a important medical consideration while trekking in Nepal. Altitude sickness means the effect of altitude on those who ascend too rapidly to elevation above 3000 meters. The initial symptoms of AMS are as follows:

- Nausea, Vomiting
- Lose of appetite
- Insomnia/Sleeplessness
- Persistent Headache
- Dizziness, Light headiness, Confusion
- disorientation
- Weakness, Fatigue, Lassitude, Heavy legs
- Slight swelling of hand and face
- Breathlessness and breathing irregularity
- Reduced urine output

These symptoms are to be taken very seriously. In case of appearance of any of the above symptoms,

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any further ascend should be reconsidered otherwise more serious problems can occur which can even cause death sometimes within a few hours, the only cure for the Altitude Sickness is to descend to a lower elevation immediately. Acclimatization by ascending to no more than 300 to 500 meters per day above 3000 meters and the proper amount of rest are the best methods for preventions of AMS. Literatures and pamphlet published by Himalayan Rescue Association consists of detailed information on AMS. The central immigration office and all trekking agencies in Kathmandu distribute this pamphlet free of cost. Since these medical also give information on the list of suggested documents supplies for trekkers it is a compulsory item for every trekkers' medical kit.

TREKKING ARRANGEMENTS:

There are different approaches to trekking in Nepal and the choice depends on time available, budget, experience and personal preference. Some of the travel agencies abroad in collaboration with the Nepalese trekking agencies book trekking packages for Nepal in advance. Trekkers who are alone or who do not have much time can book with these overseas agencies. One can also contact trekking agencies by mail, or contact them personally on arrival in Nepal. There are quite a few government recognized trekking agencies which have professional staff to handle trekking activities. A fully equipped trek primarily consists of essential logistical arrangements including porters, guide, cook, food, tents, sleeping bags, mattresses, transport to and from trekking starting points, flight arrangement, permits, staff insurance and so on. These agent also provide a choice of itineraries and necessary information on trekking health care etc. The cost of an all inclusive trek ranges from about US\$ 35 to US\$ 100 per person per day depending upon the region of the trek, the quality of service, number of days and number of persons in the package. This style of trekking is relatively expensive compared to that of backpacking but few extra dollars guarantees comfort and security, eliminates time consuming ordeal of organization and ensure a trouble free holiday. There are limited areas where backpacking type of trek can be undertaken by an individual.

A companion guide is helpful in the remote wilderness and is enjoyable to talk to on the trail. It is strongly advised not to employ freelance guides or the services of any agencies not recognized by the government.

Air travel to Nepal:

If you have arranged your trek through an operator in your own country, they will also arrange air travel to Nepal. This is by far the easiest, and often the only, way to secure space during the high trekking season of October, November, April and May.

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Arranging your own Flights

- From Asia
- From Europe & the Middle East
- From North America
- From Australia
-

From Asia

The most reasonable connections to Kathmandu are via **Bangkok, Hong Kong and Singapore**. There are reduced inclusive tour (IT) fares on all these sectors. Check the flights of Royal Nepal Airlines, Thai International, and Singapore Airlines. Bangkok flights are heavily booked in the high season, but it's sometimes worth hanging around the airport looking for a stand-by seat to Kathmandu. A one-way fare from Bangkok costs from US\$180 to US\$190.

From **India** the fares are high, flights are fully booked - usually by Indian tourists - and reservation procedures are chaotic. The only concessional fares are for students. There are flights to Kathmandu from Delhi, Bombay, Calcutta, Patna and Varanasi. The one-hour Delhi to Kathmandu flight on either Indian Airlines or Royal Nepal Airlines costs around US\$145.

Kathmandu has some other interesting airline connections; China Southwest Airlines, part of the Civil Aviation Administration of China (CAAC) group, operates a flight from **Lhasa** to Kathmandu on Tuesdays and Saturdays. This spectacular one-hour flight costs US\$190 and is supposed to operate from April to December. You can also fly from **Paro** in Bhutan on Druk Air, or from **Dhaka** (Bangladesh).

From Europe & the Middle East

Nepal Airlines Corporation (NAC) operates two flights per week from London and one from Paris via Dubai. Contact its agency in London for cheap excursion fares. All of NAC's European flights operate via Frankfurt.

Lufthansa also operates direct Frankfurt-Kathmandu flights with three flights weekly throughout the year. A return ticket costs around US\$825. German bucket shops can produce special deals on these. Pakistan International, Bangladesh Biman and Aeroflot all have a one-airline service from Europe to Kathmandu, though they require a connection in Karachi or Dhaka or Moscow. From Germany, look at charter flights; LTU operates a weekly flight from Germany to Kathmandu during winter.

From North America

North America is halfway around the world from Nepal, so you have a choice of crossing either

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the Atlantic or Pacific oceans. If you are flying via the Atlantic, you will probably be happier connecting with a direct flight to Kathmandu from London or Frankfurt. Avoid flights via India as the Delhi to Kathmandu fare is high and transit facilities at Delhi airport are tedious. Pacific routes usually require an overnight stay in Bangkok or Hong Kong, but there are frequent flights and most airlines have APEX fares of about US\$600 one way from the west coast to Kathmandu. Northwest, United, Korean and Thai International all offer excursion fares from the west coast to Kathmandu via Bangkok

From Australia

Look for routes via Singapore, Hong Kong or Bangkok. Typical fares are around A \$1600 return. Kathmandu is not on any airline routes for "round-the-world" (RTW) tickets, and is usually charged as an extra segment on the Australia to London route. If you are travelling to the UK, you might find a cheap fare on RNAC from either Bangkok or Singapore, via Kathmandu, to London.

LIST OF CLOTHING EQUIPMENTS AND PERSONAL EFFECTS:

- Lightweight walking boots. If new one is being bought, "walk then in" to avoid blisters. Also bring spare laces.
- A pair of track shoes. To wear in the camp at night and when the boot is wet.
- Warm jacket. Fiberfill or down should be adequate. This is especially necessary during winter from December to February.
- A rainproof jacket with hood or a poncho. Get the one that is guaranteed waterproof.
- Woolen shirts and thick sweaters. During the winter months, December to February, these items are essential. Thick sweaters can be purchased in Kathmandu.
- A pair of lightweight/heavyweight trousers; jeans are unsuitable to wear on treks. Cheap loose cotton pants are available in Kathmandu. Heavyweight trousers are useful higher up in the mountains in the morning and at night. Windproof/waterproof trousers are necessary on all treks going above 10000 ft.
- Thermal underwear: these are excellent to sleep in at night. In the winter month thermal underwear are quite invaluable.
- A tracksuit. Useful for wearing in camp and in the tent.
- 2 pair of loose fitting long shorts/skirts.
- 2 cotton t-shirts
- 1 lightweight long sleeved-shirt is particularly suitable for avoiding sun burn.
- A woolen hat to wear in the morning and at night. During winter it is an essential item. A sun hat and ensure it has a wide brim to cover the face and neck.

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- A pair of gloves. Leather with lining and woolen are best.
- 1 pair of sandals to wear in the cities and in camp.
- 2 pair of thin and 2 pairs of thick woolen socks.
- Underwear: normal quality and swimming costume.

EQUIPMENT:

- Duffel bag or kit bag to carry to gear while trekking.
- Day pack: this is a small rucksack to carry personal requirement for the day e.g., toilet items, camera film, towel, soap, a boat etc.
- Water bottle.
- Sunglasses and snow glasses.
- 2-4 large plastic bags to separate clean clothes from dirty ones. 6-10 smaller plastic bags to dispose garbage.
- Wallet and/or money belt with compartment for coins.
- Toiletries with large and smaller towels. Toilet paper can be bought in Kathmandu and some villages in the mountains.
- Small headlamp and/or torch with spare batteries and bulbs, candles and lighter to burn toilet paper.
- Snow gaiters essential during winter and all treks going over at other times.
- Reading materials, camera and film, game items (optional), note book, rubber band, pen and pencil, envelopes, a diary, a calendar, a pocket knife, binocular (optional), a small pillow or headrest (optional), an inflatable sleeping mat, trekking map, adequate quantities of passport photograph.
- Personal medical supplies.

PACKING FOR YOUR TRIP:

Clan treks supply a duffel bag to transport your goods during the trip. You will need to bring a comfortable medium sized day pack to carry the things you will need during the day. This should have a waist strap or (better) a padded waist belt.

- Rain jacket or poncho
- Water bottle – minimum 1 liter, aluminum or polypropylene are best.
- Walking boots – lightweight, waterproof and well worn in.
- Socks: thick wool/blend and thin cotton to be worn in combination – ensure boots fit such

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combinations.

- Running shoes or sandals for evening
- Lightweight wool sweater
- Fleece jacket
- T-shirt (2 or 3) and long-sleeved shirt.
- Pants: lightweight long trousers(jeans are unsuitable)
- Hats – beanie with ear flaps or balaclava for night / peaked ‘French Legionnaire’ style sun hat that will give neck protection during the day
- Gloves and scarf – wool of fleece
- Underwear
- Thermal underwear
- Swimsuit
- Sarong – a multitude of uses
- Sunglasses
- Bag liners – large, thick garbage bags to line and water/dust proof your duffel bag.
- Sewing kit
- Money belt
- Toiletries and towel
- Torch / flashlight – headlamp style is ideal
- Lighter – for burning toilet paper and rubbish
- Swiss Army knife
- First Aid Kit

Some Advice about Food and Water

In Nepal you should drink only treated water and eat only freshly cooked food. You should always wash your hands before eating, especially if you eat things like biscuits and bread with your fingers. If you follow these simple rules, you should not experience any severe stomach problems. Be forewarned, however, that it is not unusual to have some mild diarrhoea in Nepal while your system adapts to a new environment. If, however, you have diarrhoea accompanied by severe cramps, high fever and chills, you may have a bacterial or parasitic infection that requires additional medication. For any medical advice and assistance you require in Kathmandu go to the **CIWEC Clinic**, near the Yak & Yeti Hotel, phone 4228531.

The food in most hotels in Kathmandu should pose no health problem. Some conservative physicians recommend that you yourself see any water you drink boiled or treat the water yourself with iodine. The bottled mineral water available in Kathmandu is the safest water to drink. Do not drink tap water

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under any circumstances. If you eat in restaurants outside the hotel, you should follow the cooked foods rule. Salads and fruits that cannot be peeled should be regarded with suspicion. Open air sweets, dried fruits, local chhang, candy coloured soda pop in the bazaar, and the wares of small pie shops are all tempting, but can harbour germs and parasites that can upset your stomach and ruin your trek. During the trek, the sherpa cook and kitchen crew thoroughly cook all food and wash dishes in boiling water. You should have no stomach problems if you eat only the food served by the sherpas. The most important consideration for staying healthy is to take extra care with your own personal hygiene. Keep your hands clean by washing them frequently in the washing water that the sherpas provide.

A Word of Caution: Flight Delays:

Everest treks are dependent upon flights to the small (1500 foot runway length) STOL (short takeoff and landing) airstrip at Lukla, elevation 9,200 feet. There are no navigational aids at Lukla. All takeoffs and landings are contingent on a cloudless approach. Clouds can come in so fast that planes sometimes land in clear weather, load up, and have to spend the night for lack of visibility for takeoff!

Not only because of weather, but also because of other operational complications, flights are often delayed or cancelled. This can become a continuing delay going on for several days. Therefore, you must be prepared (bring a good book to read) for long waits at the airport in both Kathmandu and Lukla. It often happens that either the start or the finish of the trek (or both) is delayed by one, two, three, or more days because of cancelled flights. Although everything possible is done to avoid delays and to get you on the next flight if yours is cancelled, you must be prepared for delays. You should allow at least three or four days in Kathmandu at the end of your trek to provide a cushion for flight delays before any onward reservations or other travel plans. If the start of an Everest trek is delayed so long that it upsets your onward travel schedule, you should consider an Annapurna or Langtang trek as an alternative. If you choose not to do this, you are welcome to wait in Kathmandu for as many days as it takes to get a flight to Lukla.

The *weight limit on domestic flights is 15 kg (33 pounds)* including hand luggage. Because the aircraft are small, it is often impossible to carry extra baggage even if you are willing to pay for excess baggage. Please do not burden yourself with too much luggage.

In Conclusion

Trekking is an opportune time not only to learn about another country and other peoples, but also a time to perceive and stand back from our own lives and look at ourselves, our perspectives, our home

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country and people. In our catharsis, we are reassured that the world and life do indeed make sense and that we are able to cope with the problems of mankind. The lure of this ancient and remote Kingdom, of the views of the highest mountains in the world, of the friendly and indomitable people, and the spirit of adventure of trekking in the Himalaya combine to attract people from all over the globe. It is an experience many, in fact, end up repeating. We have come to touch the earth at the heights of its beauty and to mingle with and become people whose lives are shaped thereby.

Cultural Considerations

Nepal represents a culture far older and in many ways more sophisticated than Western culture, but you are not visiting a museum. Rather, you are visiting a country that is vibrantly alive, where many people live more comfortably and, in many cases, more happily than in the West. The more you listen and observe, the more you will learn and the more people will accept you. If you must try to teach Nepalese hill people something, try teaching them English. English is a key to upward mobility for employment in, or the running of, any business that deals with foreigners. This is the one element of Western culture that everyone desires - the English language. Spending your time conversing with a sherpa or porter in English as you stroll the trail together will be a good start towards a lasting friendship.

When trekking you will have a chance to meet and become acquainted with Sherpas and members of other Nepalese ethnic groups. The background of these people is completely different from what you are familiar with in the West. Treks are a fascinating cultural experience, but are most rewarding when you make some concessions to the customs and habits of Nepal.

Nepalese are traditionally warm and friendly and treat foreigners with a mixture of curiosity and respect. "Namaste" ("Hello, how are you?") is a universal greeting. Most Nepalese speak at least some English, though smiles and gestures work well where language is a barrier. Always double-check when asking for information or directions. As Nepalese hate to say "no", they will give you their individual versions whether they know the answer or not. Their intention is not to mislead you; it is only to make you happy that you received an answer. You can often circumvent this problem by asking questions in a way that require a choice of alternatives rather than yes or no answers.

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Visiting a Temple

Nepal is a Hindu country, although the Sherpas and most other high mountain people are Buddhists. In Kathmandu, you will be refused entry to a Hindu temple if you are wearing leather shoes or a leather belt. There are other temples that you will not be allowed to visit at all. Buddhist temples (gompas) are less restrictive, but you should still ask permission to enter and remove your shoes when you do - and definitely ask permission before photographing religious festivals, cremation grounds and the inside of temples.



If you meet the head lama inside a Buddhist gumpa it is appropriate to present him with a white silk scarf called a *kata*. It is traditional to include a donation to the gumpa inside the folded *kata*. The lama will remove the money and either keep the *kata* or place it around your neck as a blessing. Place the *kata* you are offering on the table or in the hands of the lama; do not place it around his neck. Monetary offerings should be in odd numbers like Rs101; a donation of an even amount like Rs100 is inauspicious.

Photographing People

During a trek you will have many opportunities to photograph local people. Some people, however, will not want you to photograph them. Always ask before photographing women. There are always cases of shyness that you can overcome with a smile, a joke or using a telephoto lens, but don't pay people for taking their picture. Some people are afraid that a camera might "steal their soul", but more often they are concerned about how photographs will eventually be used. Many photographs of hill people in Nepal, especially Sherpas, have been printed in books, magazines and brochures. The Sherpas, in particular the women, are afraid

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that a photo of them will be reproduced in quantity and eventually burned, thrown away or even used as toilet paper. This is a major reason that many local people will refuse photographs, and it should be respected.

Environmental Considerations

There are a number of things the visitor can do to prevent pollution and other forms of environmental degradation.

- Pick up papers, film wrappers and other junk.
- Use locally made toilets (*charpi*) whenever available, no matter how revolting they might be.
- Burn all your toilet paper and bury your faeces.
- Don't make campfires, as wood is scarce in Nepal.

Dress & Behaviour

These are also important considerations for the trekker, and include the following points:

- Nudity is completely unacceptable and brief shorts are not appreciated. Men should always wear a shirt.
- Public displays of affection are frowned upon.
- Don't pass out balloons, candy and money to village children as it encourages them to beg. Trekkers are responsible for the continual cries of children for mithai (candy), paisa (money) and "boom boom" (balloon). Well-intentioned trekkers thought they were doing a service by passing out pens for use in school, so clever kids now ask for pens.
- Don't tempt people into thievery by leaving cameras, watches and other valuable items around a hotel or trekking camp. Keep all your personal belongings in your hotel room or tent. This also means that you should not leave laundry hanging outside at night.

Food & Etiquette

- Most Nepalese eat with their hands. In many places you will not be offered a spoon, but one is often available if you ask. The Nepalese use only their right hand for eating and will expect you to do the same. If you eat with your hand, manners dictate that you wash it before and after eating. A jug of water is always available in restaurants for this purpose.
- Don't touch food or eating utensils that local people will use. Any food that a (non-Hindu)

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foreigner has touched becomes jutho ("polluted") and cannot be eaten by a Hindu. This problem does not apply to Sherpas, however.

- Do not put more food on your plate than you can eat. Once it has been placed on your plate, food is considered polluted.
- Don't throw anything into the fire in any house - Buddhist or Hindu. In most cultures the household gods live in the hearth.
- When you hand something to a Nepalese, whether it is food, money or anything else, use your right hand.
- Nepalese will not step over your feet or legs. If your outstretched legs are across a doorway or path, pull them in when someone wants to pass. Similarly, do not step over the legs of a Nepalese.
- The place of honour in a Sherpa home is the seat closest to the fire. Do not sit in this seat unless you are specifically invited to do so.

The Implementation of Trekkers' Information Management System (TIMS)

Nepal, aptly, has been called 'a Trekker's Paradise'. Its high standing mountains, scenic hills and the luxuriant Terai offers some of the most spectacular trekking routes in the world. Passing through the diverse culture and nature, trekking in Nepal is a lifetime experience, which involves a certain degree of physical risks owing to the rugged topography.

With the distinction of Nepal as a trekking destination and its growing charm, a provision of **Trekkers' Information Management System (TIMS)** has been implemented **to control illegal trekking operations** and **ensure safety and security** of the trekkers in general trekking areas through the mechanism of **Prompt Information Service** as and when required.

The past experiences have shown that difficulties have been faced while carrying out rescue operations promptly during the times of accidents and natural calamities. Because of lack of proper record system of trekkers, their exact whereabouts and the information about trekking routes, rescue and search missions used to face difficulties in spotting the trekkers missing.

The provision of **Trekkers' Information Management System (TIMS)** has come into force from Jan 01, 2008. Trekking Agencies Association of Nepal (**TAAN**) and Nepal Tourism Board (**NTB**) have started recording trekkers detail and issuing **TIMS** Card to trekkers.

Where & how to obtain TIMS Card ?

The visiting tourists, who are interested to general trekking areas of Nepal, are required to receive **TIMS** Card through any one of the following:

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- Kathmandu (NTB Office, TAAN Office, and Government registered trekking Companies), and
 - Pokhara (NTB Office, TAAN Office, and Government registered trekking Companies)
- Opening Hour/s:**
- TIMS counter at Government registered trekking Companies will remain open 12 hours a day all the seven days a week round the year,
 - TIMS counter at TAAN/NTB Office will follow government working hour/days.
 - To obtain TIMS Card you need copy of Passport and two copies of Passport-size Photographs.

Why is TIMS Necessary?

The following considerations have been taken into account in the process of issuing TIMS:

1. All important details of trekkers and trekking routes shall be maintained on a computerized Database Management System that may be useful for safety and security of trekkers. To help carry out search and rescue operations for trekkers in case of natural calamities and other accidents by means of Authentic Information Service . To maintain a record system that includes personal details of trekkers, trekking area, trekking routes, handling agencies, duration, etc. The data generated from the system will be useful to all stakeholders: tourism organizations, Government agencies, diplomatic missions, tour operators, research institute, etc.
2. Unauthorized trekking operations will be controlled, thus, resulting into better management of trekking service and in benefit of all concerned : trekkers, agencies, field staff, Government, etc. and also occasional untoward incidents will be better prevented.
3. To upgrade the service standard and contribute for better management of sustainable mountain tourism development of Nepal.

TIMS REGULATORY PROVISIONS

- Every trekker has to compulsorily obtain a TIMS Card before they enter any of the prescribed trekking regions and routes.
- A Free individual trekker (FIT) or organized group trekkers are required to keep TIMS along with them throughout their treks.
- TIMS has to be shown to TAAN / NTB authorities, national park check posts, conservation area check posts and police check posts on demand.
- Trekkers are required to keep their copies of passports along with them for verification during trekking.
- TIMS shall be non-transferable, non-endorsable and valid only for single entry.

TIMS will not be required for:

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- The expedition members permitted to climb the mountains.
- The visitors in the controlled areas permitted by the Department of Immigration.
- The foreign guests invited by the Government of Nepal.
- The authorities from different diplomatic missions in the country, who is holding official letter/s and traveling on own risk.
- Visitors on certain mission recommended by the concerned department of the Government.
- Foreign Nationals having the residential visa.

MONEY MATTERS:

Nepal has modern banking facilities and some of the International Banks have their own offices in Kathmandu. Almost all foreign currencies along with credit cards such as American Express, Visa and Master Card, etc. are accepted in Nepal. All visitors are required to exchange their money through the bank or authorized agents. In Kathmandu banks with money exchange counter are found everywhere and most hotels also have exchange counter. These facilities to change money are quicker and more convenient. It is necessary to ask for receipts when money is changed.

It is generally not possible to change foreign currency/travelers cheques in the mountains. One must therefore change required money in Kathmandu before the trek starts. When cashing money for the trek always ask for small denominations (Ones, Twos, Fives, Tens, Twenties, Fifties, Hundreds and Five Hundreds), and be careful of torn banknotes. The people in the village may not accept them.

INTRODUCTION TO MOUNTAINEERING ADVENTURE:

For the more adventurous traveler, there are 33 minor peaks open for Alpine climbing under Nepal Mountaineering Association. The climbing of these peaks is controlled under the rules and regulations formulated by the Association. Detailed information and application for climbing permits are available from the Association's office or contact your trekking agency in Kathmandu. It should be noted that in most cases the climbing of these minor peaks (Trekking Peaks) require snow and ice climbing experience. Trekking Agencies provide qualified and trained climbing guides to take non climbers for convenience, safety and expected successes. By Himalayan standards these are considered minor peaks, but in fact some of them provide relatively challenging snow and ice climbing of high standard, and more so in winter.

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Permit for Trekking Peaks under Nepal Mountaineering Association Group "A" NMA Peaks:

S.N.	Name of the Peak	Height	Region
1.	Mt. Cholatse	6440m.	Khumbu
2.	Mt. Machermo	6273m.	Mahalangur
3.	Mt. Kyazo Ri	6186m.	Mahalangur
4.	Mt. Phari Lapcha	6017m.	Mahalangur
5.	Mt. Nirekha	6159m.	Mahalangur
6.	Mt. Langsisa Ri	6427m.	Jugal
7.	Mt. Ombigaichen	6340m.	Mahalangur
8.	Mt. Bokta	6143m.	Kanchengunga
9.	Mt. Chekigo	6257m.	Gaurishankar
10.	Mt. Lobuje West	6145m.	Khumbu
11.	Mt. Larkya Peak	6010m.	Manaslu
12.	Mt. ABI	6097m.	Mahalangur
13.	Mt. Yubra Himal	6035m.	Langtang
14.	Mt. Chhukung Ri	5550m.	Khumbu
15.	Mt. Yala Peak	5732m.	Langtang

Group "B" NMA Peaks:

S.N.	Name of the Peak	Height	Region	Zone
1.	Hiunchuli	6441m.	Annapurna Himal	Gandaki
2.	Singuchuli (Fluted Peak)	6501m.	Annapurna Himal	Gandaki
3.	Mera Peak	6654m.	Khumbu Himal	Sagarmatha
4.	Kusum Kangru	6367m.	Khumbu Himal	Sagarmatha
5.	Kwangde	6011m.	Khumbu Himal	Sagarmatha
6.	Chulu West	6419m.	Manang District	Gandaki
7.	Chulu East	6584m.	Manang District	Gandaki
8.	Imja Tse (Island Peak)	6160m.	Khumbu Himal	Sagarmatha
9.	Pharchamo	6187m.	Rolwaling Himal	Janakpur
10.	Lobuje	6119m.	Khumbu Himal	Sagarmatha
11.	Ramdung	5925m.	Rolwaling Himal	Janakpur
12.	Pisang peak	6091m.	Manang District	Gandaki
13.	Tharpu Chuli (Tent Peak)	5663m.	Annapurna Himal	Gandaki
14.	Khongma Tse (Mehra Peak)	5849m.	Khumbu Himal	Sagarmatha
15.	Ganja la Chuli (NayaKanga)	5844m.	Langtang Himal	Bagmati
16.	Pokhalde	5806m.	Khumbu Himal	Sagarmatha
17.	Mardi Himal	5587m.	Annapurna Himal	Gandaki
18.	Paldor Peak	5896m.	Langtang Himal	Bagmati

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Fee structure for NMA Peaks:

Group "A"			Group "B"		
1-7 Pax	US\$ 500	US\$ 500	1-4 Pax	US\$ 350	US\$ 350
7+1=8 Pax	US\$ 500 + 100	US\$ 600	4+1=5 Pax	US\$ 350+40	US\$ 390
7+2=9 Pax	US\$ 500 + 200	US\$ 700	4+2=6 Pax	US\$ 350+80	US\$ 430
7+3=10 Pax	US\$ 500 + 300	US\$ 800	4+3=7 Pax	US\$ 350+120	US\$ 470
7+4=11 Pax	US\$ 500 + 400	US\$ 900	4+4=8 Pax	US\$ 350+160	US\$ 510
7+5=12 Pax	US\$ 500 + 500	US\$ 1000	8+1=9 Pax	US\$ 510+25	US\$ 535
			8+2=10 Pax	US\$ 510+50	US\$ 560
			8+3=11 Pax	US\$ 510+75	US\$ 585
			8+4=12 Pax	US\$ 510+100	US\$ 610

Garbage deposit: An amount of US\$ 250.00 should be deposited to NMA as a garbage deposit to get permit to all 33 NMA peaks. The refund shall be made as per the provisions made by NMA.

Notable Peaks of the Himalayan System (includes outlying ranges)

Peak Name	Other names and meaning	Elevation (m)	Elevation (ft)	First ascent	Notes
Everest	Sagarmatha, "Forehead of the Sky", Chomolangma, "Mother of the Universe"	8,848	29,035	1953	World's highest mountain, situated in Nepal/Tibet border.
K2	Chogo Gangri	8,611	28,251	1954	World's 2nd highest. Located in PoK , Pakistan and Xinjiang , China.
Kangchenjunga	Kangchen Dzö-nga, "Five Treasures of the Great Snow"	8,586	28,169	1955	World's 3rd highest. Located in Sikkim, India and Nepal.

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Lhotse	"South Peak"	8,516	27,940	1956	World's 4th highest. Situated between Nepal & Tibet, in the shadow of Everest.
Makalu	"The Great Black"	8,462	27,765	1955	World's 5th highest. Situated in Nepal.
Cho Oyu	Qowowuyag, "Turquoise Goddess"	8,201	26,905	1954	World's 6th highest. Situated in Nepal.
Dhaulagiri	"White Mountain"	8,167	26,764	1960	World's 7th highest. Situated in Nepal.
Manaslu	Kutang, "Mountain of the Spirit"	8,156	26,758	1956	World's 8th highest. Located in the Gurkha Himal, Nepal.
Nanga Parbat	Diamir, "Naked Mountain"	8,126	26,660	1953	World's 9th highest and the prow of the Indian landmass. Located in Pakistan.
Annapurna	"Goddess of the Harvests"	8,091	26,545	1950	World's 10th highest. Deadliest mountain on Earth. Situated in Nepal.
Gasherbrum I	"Beautiful Mountain"	8,080	26,509	1958	11th highest mountain on Earth. Located in the Karakoram of Pakistan/China.

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Broad Peak	Faichan Kangri	8,047	26,401	1957	12th highest mountain on Earth. Located in the Karakoram of Pakistan/China .
Gasherbrum II	-	8,035	26,362	1956	13th highest mountain on Earth. Located in the Karakoram of Pakistan/China .
Shishapangma	Xixiabangma, "Crest Above The Grassy Plains"	8,013	26,289	1964	14th highest mountain on Earth. Located in Tibet.
Gasherbrum IV	-	7,925	26,001	1958	17th highest on Earth and an extremely technical climb. Located in the Karakoram of Pakistan/China .
Masherbrum	unknown	7,821	25,660	1960	22nd highest on Earth. Located in the Karakoram of Pakistan/China .
Nanda Devi	"Bliss-Giving Goddess"	7,817	25,645	1936	23rd highest on Earth. Located in Uttarakhand , India.
Rakaposhi	"Shining Wall"	7,788	25,551	1958	A massive peak that towers above local terrain. Located in the Karakoram of Pakistan/China .
Gangkhar	Gankar Punzum,	7,570	24,836	Unclimbed	World's highest

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Puensum	"Three Mountain Siblings"				unclimbed peak remains off-limits to mountaineers. Located in the Kingdom of Bhutan.
Ama Dablam	"Mother And Her Necklace"	6,848	22,467	1961	Considered by some to be the most beautiful peak in the world. Located in the Khumbu , Nepal.

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SOME USEFUL SUGGESTIONS:

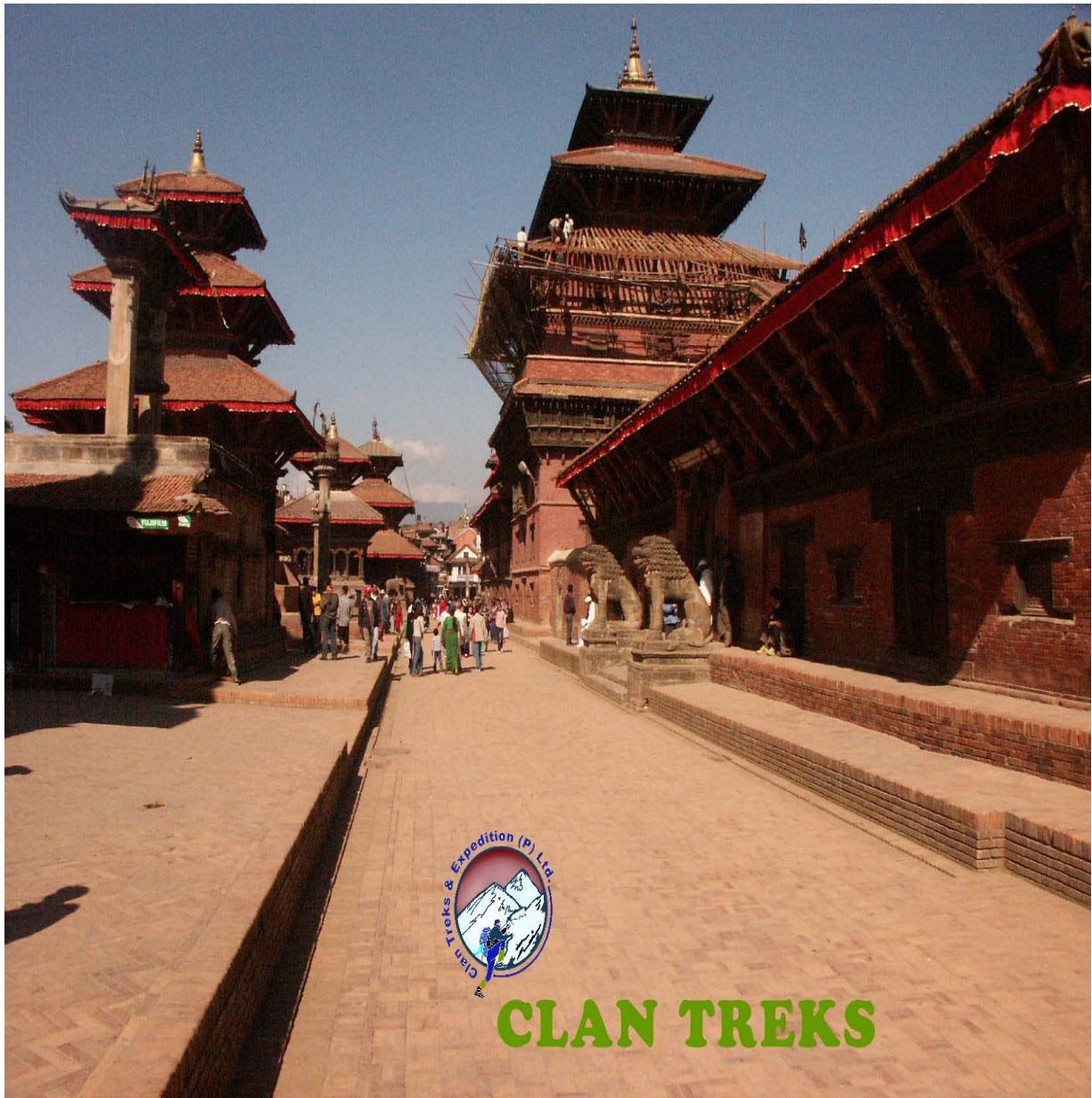
During your trekking sojourn in the hills and the mountains of Nepal you should be aware and remember that you are traveling back in time and into the wilderness not usually frequented by many foreigners, away from normal policing. Although the people of hills of Nepal are exceptionally hospitable, honest and friendly by any standard. The possibilities of some trekkers encountering bad elements who take advantage of foreigners, cannot be eliminated. It would be wise to exercise the following basic rules regarding security and safety during your trekking:

- Trekking organized through recognized trekking agent ensures comfort and convenience, safety and security and greatly affords the unique experience. This approach to trekking not only prevents you from any unforeseen hazards and accidents but also provide educational information and rewarding experiences on the mountain, people and life in rural Nepal.
- All foreign nationals are required by law to pay their hotels, travel and trekking agent's bill in foreign currency. Exchange your money through authorized banks/money changers only. Insist on a receipt when exchanging your money and retain all change receipts with you.
- Littering mars the purity of environment. Avoid the use of non-biodegradable items as much as possible. Your attempts to burn oddments and carry out the nonburnable ones will be a great help in the efforts to conserve the environment.
- Avoid dispute with local people, most particularly when you are alone. Avoid drunkards and lunatics.
- Do not encourage beggars by giving them money or other articles.
- Be most economical with all fuels. Avoid hot showers which use firewood and discourage campfires. Avoid lodges using firewood and insist on use of kerosene for cooking to trekking Agents.
- We strongly recommend that you take out a personal travel insurance to against illness, accidents, loss and thefts of belongings, travel alternation and deviations, rescues and evacuation.
- It is recommended not to travel alone in the remote areas while travelling in Nepal particularly in the case of females. If you do not have a fellow trekkers as companion, you should engage a guide/porter except through a third party who has responsibility for the person engaged.

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