



GOKYO LAKES & NEPAL ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID TRAVEL**

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Zanna Van Dijk- Gokyo Valley Trek 14 days / 13 nights

About Your Trip

Start Location/Finish Location

Kathmandu, Nepal

Accommodation

Hotel in Kathmandu: 4 nights

Teahouse: 9 nights

Rooming Requirements

Twin Share

Included Meals

Breakfast in Kathmandu

All meals in trek (breakfast, lunch and dinner)

Transport

Ramechhap – Lukla- Ramechhap flight.

Private transfer from Kathmandu- Ramechhap- Kathmandu for the flights are from Manthali airport.

Leader/Guide

Trek leader:

1 English speaking trek leader throughout.

Porters during trek:

1 porter for every 2 trekkers

Assistant guides during trek:

13 – 18 passengers: 3 assistant leaders

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with included activities

Airport Transfers

Arrival/ Departure Transfer -

Included on a private group basis (please note that this is based on Zanna's flights - any flights outside of this will involve a fee)

Support

24-hour support from our local office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.

On the 29th July 2021 we introduced new safety measures that apply on all of our trips, except for tours in Australia and New Zealand. Travellers are required to produce:

- Proof of COVID-19 vaccination

In all cases, you must be fully inoculated. This means you must receive the full dosage of the COVID-19 vaccine and allow enough time for immunity to take effect. Each COVID-19 vaccine has different dosages and timeframes for inoculation, so please check the relevant medical advice associated with your vaccine.

These new safety measures that apply on all of our trips, except for tours in Australia, New Zealand and the Cook Islands. From the 1st December 2021 travellers are required to produce proof of COVID-19 vaccination on all of our trips.

If you are unable to be vaccinated for medical reasons, you may apply for an exemption. Exemptions will be assessed on a case-by-case basis. To apply, you must provide a medical certificate from a medical professional.

Children under 18 are exempt. Children aged between 5 and 17 years old must provide proof of either vaccination, recovery or a negative COVID-19 test. Please see the below section on children for further details.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Local Guide & Tour Leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible. Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

In addition to your tour leader, for certain inclusions you will be accompanied by a local guide. A local guide has specialised knowledge of a site or location you are visiting. If there is a local guide provided for a particular activity, this will be listed in your day by day itinerary.

Group leader

On this trip you will be accompanied by one of our tour leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip. .

Zanna Van Dijk- Gokyo Valley Trek Itinerary.

Day 1 **11th November 2024**

Destination: **Kathmandu**

Meals Included: **Welcome Dinner**

Namaste! Welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples.

If you arrive with time to spare, maybe check out the storied stupas and pagodas of Swayambhunath (Monkey Temple) or take a walk around the local Durbar Square.

Tonight you will get to know your fellow hikers with a welcome Dinner.

Airport transfer

• Included on a private group basis (please note that this is based on Zanna's flights - any flights outside of this will involve a fee)

Accommodation

Hotel Moonlight or similar

<https://www.hotelmoonlight.com/>

Day 2 **12th November 2024**

Destination: **Phakding (2610 m)**

Meals Included: **Breakfast, Lunch and Dinner**

This morning we depart early in the morning to Ramechhap to reach Manthali airport for the onward flight to Lukla. (2840 m)

This is no regular flight – you'll be flying parallel to the giants of the Himalayas and, if the weather's good, make sure to secure a seat on the left for amazing views of the mountains bordering Nepal and China. You'll touch down on an airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s. Then it's time to meet your porters and take some time to warm up with an exploration of the village of Lukla. After a quick safety talk, gear up and begin your trek to Phakding. You'll descend towards the milky white waters of the Dudh Kosi River, where you will join the main trail to Namche Bazaar, located just above Chaunrikharka (2713m). The walk is easy and after passing through the small village of Ghat (2550m), it's only a short walk to Phakding (2610 m)..

Our accommodation comprises small, basic teahouses along the track. These basic but cosy remote houses are operated by the mountain Nepalese to cater for trekkers and also offer simple yet filling and delicious meals to sustain our efforts. This is a challenging trip and involves difficult trekking at high altitudes but the whole experience is simply awe-inspiring!

Included

- Flight to Lukla (20 minutes) with transfer to Manthali airport
- Guided trek to Phakding (approximately 3 hours)

Accommodation

Local Tea House

Special Information

Please note that in peak travel times domestic flights to/from Lukla, arrive/depart from Ramechhap (also known as Manthali) Airport. The airport is located 130 km (a 4 to 5 hours' drive) from Kathmandu, making it a very early start.

Day 3 **13th November 2024**

Destination: **Namche (3440 m)**

Meals Included: **Breakfast, Lunch and Dinner**

Trek around 7 hours to Namche Bazaar, where you'll spend a couple of days acclimatizing to the altitude. Here, you'll also get your first look at Everest – yeah, no big deal! From Phakding, cross the river and head up the valley, following in the footsteps of the porters loaded with supplies for Namche Bazaar. The trail, lined with blue pine forest, follows the river valley and is especially spectacular in spring when the rhododendron flowers are bright in bloom. Cross the Dudh Kosi River at Benkar and look way up above 6000 metres/19,700 feet to see the peaks of snow-capped Kusum Kanguru and Thamserku. Press on to Monjo, a good place to break for lunch. From here the walk starts to get a little tougher, with a steep ascent to Namche Bazaar. Enter into the national park, cross the river through the village of Jorsale, and then continue upstream. Cross another spectacular suspension bridge and begin the ascent to Namche Bazaar. Get your camera out as now there will be your first glimpse of the peaks of Everest, Lhotse, Nuptse and Taweche. Namche will be your last chance to check your equipment and hire any additional gear for the high altitudes from Dingboche onwards. Namche Bazaar is also the last chance for a hot shower, to enjoy the local nightlife or take to the pool hall and video parlors.

Included

- Guided trek to Namche (approximately 6 – 7 hours)

Accommodation

Local Tea House

Day 4 **14th November 2024**

Destination: **Namche (3440 m)**

Meals Included: **Breakfast, Lunch and Dinner**

Stay at Namche Bazaar for another night so you can properly acclimatize to the altitude. One of the best ways to do this is to take strenuous walk up to a high altitude then come back down to sleep. Remember, it doesn't matter how fit you are, anyone can be affected by altitude, so have a chat to your doctor before you leave to talk about the

symptoms and what to expect. So, there's an optional walk above the Bhote Khola River Valley towards Thami (3810 m). Taking a walk to see both the sunrise and sunset views from the national park headquarters above the village is also a great option. This stunning vista includes a super panorama of the Khumbu peaks and great views of Everest. The national park headquarters are home to interesting displays about Sherpa lifestyle and culture, and the local flora and fauna. Rugs, clothing, salt and dried meat all do a roaring trade in the village centre, so haggle for any extra supplies you might need.

Included

- Acclimatization at Namche

Accommodation

Local Tea House

Day 5 **15th November 2024**

Destination: **Dole (4130 m)**

Meals Included: **Breakfast, Lunch and Dinner**

After breakfast we start our journey to Dole. The hike today would be approximately 5 hours. You can get clear views of snowy peaks, mountains and vegetations. You can observe their living style and culture. People over here irrigate the crops for their needs and earn their income. Farming and lodging are the main occupation of Dole people.

Included

- Guided trek to Dole (approximately 5 hours)

Accommodation

Local Tea House

Day 6 **16th November 2024**

Destination: **Machhermo (4465 m)**

Meals Included: **Breakfast, Lunch and Dinner**

Today will be doing short walk comparing to other days with a climb out of the small Dole Valley before a gradual ascent up the Dudh Kosi Valley, high above the river. Though the walk is quite easy you'll start to feel the effects of altitude on even the smallest hill. The barren alpine scenery, with only small clusters of scrub juniper, is a stark contrast to the snowy white peaks and deep blue skies. After a couple of hours, you'll arrive at Luza (4360m), then soon enough you'll reach the lodge at Machhermo – tonight's accommodation. If you're still feeling energetic, then after lunch there's the option to take an excursion across rocky rubble to the base of Kyajo Ri (6168m) and Machhermo Peak (6073m). Watch out for a yeti though – it was spotted here in 1974 when three yaks were killed and a Sherpa girl was injured when trying to fight off a hairy, ape-like intruder!

Included

- Guided trek to Machhermo (approximately 4.5 hours)

Accommodation

Local Tea House

Day 7 **17th November 2024**

Destination: **Gokyo (4720 m)**

Meals Included: **Breakfast, Lunch and Dinner**

Today you'll need a new word to describe the colour blue after seeing the Gokyo Lakes. A short, steep climb leads from the Machhermo Valley on to the steep grassy slopes of the Dudh Kosi Valley. Keep an eye open for the colourful Tibetan snow cocks, often found in this area. The valley widens as you pass through Pangka (4390m) and

on to the jumbled moraines (glacier debris) of Ngozumpa Glacier, the largest in Nepal and the source of the Dudh Kosi River. Climbing steeply over a rocky trail you'll keep to the western side of the glacier to reach a small lake at the head of a wide valley and then pass a larger lake at Longpongav (4690m), before following the lateral moraines to the third lake at Gokyo (4750m). Gokyo has a number of stone dwellings surrounded by stone walled yak pastures. Today's lodge is located close to the lake and, if there are no clouds around, the sunroom will be lovely and warm in the afternoon. For those feeling energetic, it's worth ascending to the ridge at the back of Gokyo for views down to the mighty Ngozumpa Glacier.

Included

- Guided trek to Gokyo (approximately 5 hours)

Accommodation

Local Tea House

Day 8 **18th November 2024**

Destination: **Machhermo (4465 m)**

Meals Included: **Breakfast, Lunch and Dinner**

Get up early for a couple of hours climb up Gokyo Peak, which has one of the best panoramas in the Khumbu region. It's a straightforward but steep climb, and it can be tiring due to the altitude. View four 8,000 metre-plus peaks – Everest (8848m), Cho-Oyo (8153m), Lhotse (8511m) and Makalu (8481m) – and spot countless other towering peaks including Gyachung Kang (7922m) to the east of Cho-Oyo, Cholatse (6440m), Taweche (6542m) and Kangchung (6103m). There's also a bird's eye view of the Gokyo lakes and the huge creaking Ngozumpa Glacier, now cutting halfway across the world and snaking its way down the valley far beneath. You'll descend back to Gokyo for a late breakfast and then retrace your steps back to the snout of the glacier and continue down the valley back to Machhermo. You might be surprised easily and quickly you'll cover the return route – that's acclimatisation!

Included

- Guided trek to Machhermo (approximately 8 to 9 hours)

Accommodation

Local Tea House

Day 9 **19th November 2024**

Destination: **Machhermo (4465 m) – Namche (3440 m)**

Meals Included: **Breakfast, Lunch, Dinner**

After witnessing the magical Gokyo, it is time to retrace your steps back to Namche. Continue down to the small Sherpa settlement and then on to Mongla before you join the route to the vibrant mountain town of Namche.

Included

- Guided trek to Namche (approximately 8 hours)

Accommodation

Local Tea House

Day 10 **20th November 2024**

Destination: **Namche (3440 m) – Lukla (2840 m)**

Meals Included: **Breakfast, Lunch, Dinner**

And – you have done it! This is the final day of your glorious Gokyo trek and having traversed the peaks and gorges of Everest region, walk the final 8 hours back to Lukla. You'll say goodbye to your Sherpa crew. When you're back in Lukla, celebrate with a hot shower, a sleep, or with a few drinks with your group. You earned it – you conquered the Himalayas!

Included

- Guided trek to Lukla (approximately 8 hours)

Accommodation

Local Teahouse

Day 11 **21st November 2024**

Destination: **Lukla – Ramechhap – Kathmandu**

Meals Included: **Breakfast**

You will fly back to Ramechhap today from where you will board your vehicle back to Kathmandu, reaching after around 4 to 5 hours.

Included

- Lukla to Ramechhap flight
- Drive back to Kathmandu from Ramechhap (approximately 4 – 5 hours)

Accommodation

Hotel Moonlight or similar

<https://www.hotelmoonlight.com/>

Day 12 **22nd November 2024**

Destination: **Kathmandu (Kept spare day in case of Lukla flight cancellation or delay)**

Meals Included: **Breakfast**

The day is free for you to give your weary legs a well-deserved rest. You can choose to either relax at the hotel or go shopping for some souvenirs to take back home. Maybe book a spa, or explore some cool restaurants around town?

Optional Trek: Champadevi hike, approximately 5 to 6 hours.

Champadevi Hill is one of the famous hiking trails near and around Kathmandu. It starts with a drive for an hour to Pharping to start the hiking journey. With the elevation of 2285 meters, this hill is the third tallest peak encircling the Kathmandu valley. The hill is named after the Champadevi temple which is devoted to Goddess Champa Devi, one of the various forms of Goddess Parvati or Durga. The sacred Hindu site is located at the top of the hill and is said that it guards the valley against evils.

The climb to the top of the ridge will take two and a half hours. The majority of the trek is along the ridge, which provides a wonderful view of the Kathmandu valley and Himalayan range from Manaslu to the west and Gaurishankar to the east. We can also sight the mountains such as Mt. Dhaulagiri, Annapurna, Ganesh Himal, Langtang Himal, Jugal Himal, etc.

Included

- N/A

Accommodation

Hotel Moonlight or similar

<https://www.hotelmoonlight.com/>

Day 13 **23rd November 2024**

Destination: **Kathmandu**

Meals Included: **Breakfast, Dinner**

If the wanderlust in you is not yet satisfied, and you would like to explore the outskirts of Kathmandu, go on a hike to Shivapuri National Park. Early in the morning, drive up to Budhanilkantha temple from where you will embark on the hike. Shivapuri Nagarjun National Park, established in 2002, lies in the northern fringes of Kathmandu Valley and spans four districts, covering an area of 159 square-kilometers. It plays a vital role in conserving the Valley's –

and surrounding area's – biodiversity while also acting as a water catchment area, fulfilling the population's water prerequisites.

Tonight you will have your farewell meal with the group.

Included

- Shivapuri Hike

Accommodation

Hotel Moonlight or similar

<https://www.hotelmoonlight.com/>

Day 14 **24th November 2024**

Destination: **Kathmandu – Departure**

Meals Included: **Breakfast**

Having completed an exceptional trip in this Himalayan nation, it is time to bid adieu for this time. Transfer to airport for your flight to the onward destination.

Airport transfer

- Included on a private group basis (please note that this is based on Zanna's flights - any flights outside of this will involve a fee)

END OF SERVICES

Essential Trip Notes

Important

Due to the demands of travelling at high altitudes a Passenger Self Assessment Form is required for this trip. You will be trekking on hilly terrain, generally on well-defined paths, walking anywhere between 2-7 hours per day, on average about 5 hours a day. Altitude may exceed 5545 metres.

You must bring an emergency fund of 500 USD in cash with you on this trip, which you may need to use in case of delayed or cancelled flights. This is especially important should you choose to opt to take a helicopter as this will be at the travellers expense.

Please be aware that in the event of an emergency evacuation, Intrepid does not have control over which helicopter service may be used. Some helicopters are not in regular use with Intrepid and have not passed our internal safety auditing.

You may be asked to provide 2 passport size photographs for your trekking permit.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the number below:

Intrepid's Local Operator: +977 980 112 3617

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

UK Residents:

For UK residents we have partnered with [InsureFor](#) to provide you with a travel insurance policy that includes Covid-19 cover. Please call our reservation team on 0808 274 5111 for an exclusive discount on your policy.

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the passport details you provide are accurate. Any errors provided may result in extra fees for making corrections in bookings. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate. Below you will find general visa advice about the destinations on your trip.

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for most up to date information.

Start and Finish Hotel Address:

Hotel Moonlight

Address: Paknajol, Thamel, Thamel, 44600 Kathmandu, Nepal

NEPAL:

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the passport details you provide are accurate. Any errors provided may result in extra fees for making corrections in bookings. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

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NEPAL:

All foreign nationals (except Indian passport holders) require a visa to enter Nepal. Visas are obtainable from embassies abroad, land borders (including borders with India & Tibet), and on arrival at Kathmandu's Tribhuvan Airport. Please note that visa on arrival is only available to fully vaccinated visitors and those who are not fully vaccinated will require a recommendation letter from a Nepal travel agency and will need to go through 10-day quarantine on arrival.

Getting a visa at the airport or land borders can sometimes take time due to long queues. There have been instances when travellers are asked to show proof of exit from the country, ie flight tickets. You may also need to provide two passport photos and the following fees in US dollars (subject to change, cash only). Other currencies are also accepted although rates may differ. The following costs were correct at time of writing:

- Multi entry visa valid for 15 days - US\$30
- Multi entry visa valid for 30 days - US\$50
- Multi entry visa valid for 90 days - US\$125

Your visa application form may require you to state the dates on which you enter and exit that country. Please note we suggest you list your date of entry a few days before, and date of exit a few days after your intended dates in case you encounter any delays or problems en route. To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful.

Please note that you'll also need take a copy of hotel confirmation to enter into Nepal. Please consult your booking agent about a week before departure for a copy of hotel confirmation on your trip. Tea houses on the trek don't provide such confirmation so if you are booking your own accommodation for Kathmandu, please take a copy of the confirmation with you.

Nepal Covid-19 Entry Requirement

For the latest update of what is required in order to enter Nepal, please check your government's foreign travel advice and also visit the following website: <https://uploads.mwp.mprod.getusinfo.com/uploads/sites/27/2021/09/nepal-t...>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

COVID-19

The safety and well-being of our travellers, group leader or local representative, crew, staff, and suppliers continues to remain our highest priority as we travel. Intrepid has no specific vaccination, testing or vaccination requirements, however please be aware that some parts of the world still require COVID-19 vaccination or testing as part of their entry requirements and may have their own quarantine or isolation protocols. Please check for any additional requirements on your government's foreign travel advice website or here: <https://www.intrepidtravel.com/au/visa-health-requirements>

AIR POLLUTION:

Air quality in Nepal can be poor, especially in winter. Some towns, including Kathmandu, experience very high levels of seasonal smog and heavy particulate pollution. Seek medical advice if you're concerned about the effects of air pollution.

ALTITUDE SICKNESS:

Travellers to altitudes higher than 2,500m are at risk of altitude sickness, also known as acute mountain sickness (AMS). This can be life-threatening and affect anyone, even people who are very physically fit. There is a higher risk for those who have had altitude sickness before, who exercise or drink alcohol before adjusting to the altitude, or who have health problems that affect breathing. If your tour travels to high altitude, see your doctor for advice specific to you and your situation before you depart. It is important to be aware of the normal altitude symptoms that you may encounter BUT NOT worry about:

- Periods of sleeplessness
- Occasional loss of appetite
- Vivid, wild dreams at around 2500-3800m in altitude
- Unexpected momentary shortness of breath, day and night
- Periodic breathing that wakes you occasionally
- Blocked nose
- Dry cough
- Mild headache

If you are feeling nauseous, dizzy, or experience other symptoms, please be sure to let your group leader or local representative know immediately so that we can monitor your condition.

Please be aware that should your group leader or local representative deem it unsafe for you to continue trekking at any time, they will arrange for you to descend to a lower altitude.

Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience:

<https://www.intrepidtravel.com/altitude-sickness>

On some days this trip may ascend faster than commonly published recommended ascent rates at altitude. However, based upon an assessment by our external safety and medical advisors, and in conjunction with our own risk assessments, we consider that the ascent rate is acceptable due to the additional safety measures that are in place for our customers. If you have concerns about this, please speak to your booking representative.

All our group leaders or local representatives in the Himalayas are trained in the use of a PAC bag (Portable Altitude Chamber) and this is carried on all trips which go above 4,200m. The PAC bag is used in an emergency only to treat altitude sickness in the mountains. A First Aid kit is carried with the group and all our group leaders or local representatives are First Aid trained. Please ensure that your travel insurance policy does cover you up to the maximum altitude on this trip, and includes helicopter evacuation. Please take proof of this with you on the trip, as you will need to show it to the group leader or local representative.

MOSQUITO-BORNE ILLNESSES:

Malaria is a risk in some areas of Nepal including Chitwan National Park. Dengue fever and Japanese encephalitis also occur, including on occasion in Kathmandu. Protect yourself against insect bites by wearing adequate protection, including repellent.

MEDICAL FACILITIES AND TREATMENT:

Medical facilities in Nepal are very limited, particularly outside Kathmandu. In Kathmandu, treatment at international-standard clinics is expensive and up-front payment for services is generally required. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment, including evacuation by helicopter.

Food and dietary requirements

The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Vegetarians are well catered for in Nepal. **Please note the meals included on this trip are vegetarian.**

ALCOHOL & CAFFEINE:

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip. Celebrate your achievements after your trek. Both alcohol and caffeine increase dehydration. Limit your intake of both when hiking at high altitudes.

FOOD IN NEPAL:

In Kathmandu and Pokhara there are plenty of restaurants and cafes for all tastes and budgets. For a glimpse at what traditional Nepali cuisine entails, check out our guide here: <https://www.intrepidtravel.com/adventures/guide-to-nepali-cuisine/>

Nepal caters very well towards vegetarians and vegans with almost all restaurants having a veg section of the menu. Your tour leader will be able to direct you towards restaurants that are known to have better hygiene, especially in tourist areas where they are travelling with our groups regularly.

Accommodation

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

TEAHOUSES:

Accommodation at local lodges - better known as teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, travellers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, travellers may have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but occasionally a hot shower means a bucket of hot water, enough to wash your body. Electricity to charge devices as well as WiFi is usually for an additional fee when available.

TEAHOUSE COSTS

The following approximate costs were correct at time of writing, though varied slightly from teahouse to teahouse:

Shower - 500 - 600 NPR

WiFi - 500NPR (Unlimited – valid up to 12 hours)

Electricity - 250NPR (Per charge)

Soft Drink - 400-500 NPR

Mango Juice - 300 - 400 NPR

Porridge - 500 NPR

Daal Bhaat - 600 -1000 NPR

MONSOON:

The monsoon season is from June to September and weather conditions can disrupt travel during this time due to flooding and landslides. Disruption of air travel and airport closures are also possible. Be prepared that the itinerary

may need to change at short notice.

ROAD TRAVEL:

Roadworks and infrastructure projects can cause significant delays on major roads within cities and highways between destinations. Road travel can also be disrupted due to demonstrations and bandhs (strikes) without warning. Major roadworks are currently ongoing in and around Kathmandu and the roads to Chitwan National Park. Delays, heavy traffic, poor road conditions, and dust are a reality of road travel in Nepal.

AIR TRAVEL:

Nepal's only international airport, Tribhuvan International Airport, has a single runway that services both domestic and international flights. Cancellations and delays are frequent, especially during peak tourist seasons or in poor weather. There have been occasions when groups have had to have their itineraries altered. Your local leader will give you the most up to date information regarding delays to flights. Travellers have on occasion missed international connections as a result of this. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.

Money matters

ATMs and money exchange centers can be found in major cities like Kathmandu, Bhaktapur, Lalitpur, Pokhara, and Chitwan (in the city area outside Chitwan National Park), and also Namche Bazaar in Everest region.

TIPPING

This amount does not include a tip for your leader, so you may wish to set aside some funds for this. It is customary to tip your leader for outstanding service provided during your trip. You are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your leader on your trip. Tips are greatly appreciated as a gesture of thanks for their professionalism and leadership during your trip. The amount is entirely a personal preference; however, as a guideline, US\$6-8 per person (in a currency relevant for your destination), per day can be used.

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

NEPAL:

The official currency of Nepal is the Nepali rupee (NPR). Its symbol is often displayed as Rs. USD is also widely accepted in Nepal. ATMs and money exchange centers can be found in major cities like Kathmandu, Bhaktapur, Lalitpur, Pokhara, and Chitwan (in the city area outside Chitwan National Park), and also Namche Bazaar in Everest region.

The Government of Nepal has banned the import, export, and use of 500 and 1000 Indian rupee notes in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined. Please note that most establishments in Asia will not accept foreign currency notes that are old, torn, or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

Before departing on a trek, make sure you have enough Nepalese currency to purchase meals and drinks, in the smaller denominations where possible, as there are no ATMs and larger notes (such as 1000R) can be difficult to change.

Packing

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances. As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

Intrepid provide an individual duffel bag to carry your trekking gear. The weight limit per person is 10kg each. Porters carry two bags each as well as a their own backpack. Porters weight limit is 25kg each.

Please keep the weight and bulk of your trek bag to a minimum by bringing clothes made from lightweight material. Don't pack too much clothing; one or two changes will be all you need. However, as the weather conditions in the Himalayas are often unpredictable, be prepared for all eventualities, be it rain, unseasonable cold or heat. For the trek all of your gear should be packed into plastic bags to protect it from the weather - dry clothes are essential for your comfort.

Your trek leader will assist you in packing your kitbag and can advise what to bring and what can be left behind in Kathmandu.

Day pack - Your day pack must have the capacity for the items you will be carrying on a day's walk: rain jacket, spare trousers, warm clothing, water bottles, camera equipment, washing items and other personal effects. A hip/waist strap provides additional comfort. You should consider day packs of at least a 30 to 40 litre capacity. You only need to carry your day pack when trekking each day.

SLEEPING BAG & INNER SHEET

A good quality, warm sleeping bag is essential while trekking as only blankets are provided at tea houses. Please note that sleeping bags, are readily available to buy or hire in both Kathmandu at very reasonable rates. Your group leader can assist you in hiring gear after your joining meeting. If you plan to hire a sleeping bag we recommend that you bring an inner sleep sheet, which adds another layer of warmth. In winter a thermal inner sleep sheet is warmer. If you bring your own sleeping bag, please think about the time of year of your trek. We recommend a four season bag with a rating to around -10c. In Winter (Dec-Feb) a five seasons bag is recommended.

WATER BOTTLES

It is essential to bring 2 x 1lt water bottles to refill along the way.

While trekking, boiled or safe drinking water is available to purchase in tea houses.

However, you should also carry a water purification method. Options include:

- purification tablets available from camping stores or pharmacies eg. Micropur.
- 2% tincture of iodine, available from pharmacies, used at 4 drops per litre of water and left for at least 20 minutes - longer in very cold weather.

ESSENTIAL TREKKING EQUIPMENT

Trekking boots (broken in)

Gaiters + spikes (for winter departures Dec-Feb only - can be hired in Kathmandu if required)

Waterproof 3/4 season jacket and trousers (can be hired/purchased in Kathmandu if required)

Camp footwear (ie sneakers, thongs or booties)

Several pairs of high quality hiking socks
T-Shirts - highly recommended are synthetic t-shirt styles that wick away moisture
Thermal underwear/layers
Down jacket (can be hired/purchased in Kathmandu if required)
Warm mid layers (fleece/micro fibre)
Trousers - lightweight, loose fitting, trekking trousers (can be purchased in Kathmandu)
Shorts or skirt for summer
Tracksuit or fleece pants for even
Sleeveless fleece and extra layers for winter departures (Dec-Feb)
Warm hat & sun hat
Scarf/neck warmer
Gloves and mitts - waterproof and warm.
Sunglasses with UV protection
Head torch (w spare batteries)
Sunscreen and lip balm
Light weight towel or sarong
Personal first aid kit
Biodegradable wet wipes/toilet paper
Hand sanitizer gel
Trail mix/nuts/muesli bars (bring zip lock bags from home)

OPTIONAL GEAR

Pocket knife
Insect repellent
Ear plugs
Walking poles
Extra zip lock bags
Hot water bottle (winter months)

CASH:

Before departing on your trek, make sure you have enough Nepalese currency to purchase meals and drinks during the trek - in the smaller denominations where possible, there are no ATM's and it can be harder to change a NPR1000 note.

OTHER GUIDES & FURTHER TRAVEL:

For other guides to packing for treks: <https://www.intrepidtravel.com/adventures/packing-guide-for-trekking-in-nepal/>

If you are spending further time in the region, please see some ideas for regular travelling gear to pack.
<https://www.intrepidtravel.com/packing-list>

Climate and seasonal information

SEASONAL INFORMATION:

Nepal's climate varies greatly depending on the season:

June - September : the monsoon rains (mostly at night) bring landslides in regional areas. Cloud cover often obscures mountain views with rain, mud, and leeches deterring most trekkers at this time of year. Treks running in September can be hot and very humid at lower altitudes. See what it's like to trek during monsoon

here: <https://www.intrepidtravel.com/adventures/nepal-during-monsoon-season/>

MAR-APR: Spring brings warm weather and spectacular rhododendron blooms. A popular time to visit and one of the peak times to trek.

October - November: Clear skies and warm days make autumn the peak season.

December- February: Winter brings cold temperatures and snow to the mountains. Good trekking, but remember to rug up.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips. <https://www.intrepidtravel.com/safety-guidelines>

STRIKES:

Demonstrations and protests are common in Nepal, with strikes regularly occurring that may result in curfews or roadblocks being enforced at short notice. At these times, businesses may close and vehicles may not be allowed on the roads. You should avoid any demonstrations or political gatherings and follow local advice, including that of your leader in the event of any disruptions.

PETTY THEFT & CRIME:

Pickpocketing and other petty theft is common, especially in places where tourists or foreigners frequent. Take care when walking around at night. Avoid walking on your own and don't carry large sums of cash. Keep valuables in a hotel safe if possible. Bars and restaurants now close at midnight as part of a government crackdown on illegal activities. Foreigners remaining in bars and clubs after hours have been detained by the police. Police have increased their presence in Thamel and Durbar Marg, popular tourist districts in Kathmandu, in an effort to reduce crime in these areas. You should seek out police if you have been robbed or affected by any crime.

ALTITUDE:

Altitude sickness is a risk, including on the Annapurna, Langtang and Everest Base Camp treks. Please make sure you familiarise yourself with signs and symptoms before you depart and monitor your own health during your trek.

INSURANCE:

Make sure your insurance covers you for your intended activities, including travel and trekking above 3000m if this is included on your itinerary, mountain rescue services and helicopter evacuation costs.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships

between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

ELEPHANT PERFORMANCES & ELEPHANT RIDING:

While we respect each individual's decisions while travelling, Intrepid does not include elephant rides or unnatural performance activities on any itinerary, and we recommend you bypass these activities should they be offered to you during your stay. Professional wildlife conservation and animal welfare organisations, including World Animal Protection, advise that contrary to common belief, captive elephants remain wild animals and despite good intentions, unfortunately, many venues are unable to provide the appropriate living conditions elephants require and this ultimately impacts their well-being. While there is some merit in the argument that the money you pay for the activity goes towards keeping the elephants and their mahouts employed, we know that it also fuels demand for elephants to be captured in the wild or captive-bred. We thank you for your support in improving the welfare of these majestic creatures. Further information is available on the below link:

<http://www.intrepidtravel.com/elephants-welfare>

NEPAL

Dress codes are quite relaxed in tourist areas of Kathmandu and Pokhara, but much more conservative in other parts of the country. Remove shoes before entering certain temples and holy places and be aware that non-Hindus may not be permitted at some religious sites. Dress modestly, take care not to offend, and ask your leader if you are unsure if something is appropriate.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002. Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.