

Tilicho Lake Trek



Best Season: March-April-May and September-October-November

The World's one of the most splendid beauty as you stare at the snow-capped peaks of the Annapurna Mountain Range reflected in its mirror-like surface as it is comparable standing before the fountain. This is the Tilicho Lake, the highest lake in the world, right in the deep core of the Himalayas. And you will have all these mesmerizing experiences within, 16-day Tilicho Lake Trek.

Tilicho Lake park itself at an astounding altitude of 4,919 meters (16,138ft.) The brittle mountain air tweaks at your nose as you stand there in total awe and astonishment at its turquoise beauty. It's gorgeous, deep color only enriches the reflection of the amazing mountains that create the most awe-inspiring serene scene that you could ever imagine in your life.

Nonetheless, it's not the lake that stimulates you. You can see three of the highest peaks in the world (Mt. Dhaulagiri, 7th highest; Mt. Manaslu, 8th highest and Annapurna I, 10th highest) from this Trek. These unbelievable mountain ranges are only among the 14 peaks that are more than 8000 meters above sea level. Rising splendidly in the skies of western Nepal, soaring over the many 6,000+ meter snow-capped mountains that mark the Himalayan skies.

The adventurous trip into the immense Annapurna Mountains will take you deep into the jungles before breaking through into the mountainous regions well above the tree line that leads you to encounter the unique customs and cultures of numerous tribal people, the Gurungs, Tamangs and the Magars, who will welcome you with a hot cup of tea and a smile into their villages. You will have the chance to see the Holy sites as well, including the sacred temple of Muktinath. Crossing through the Throng La you will able to encounter with the most incredible view of an amazing number of peaks.

These all and more anticipate you when you reserve your trip to Tilicho Lake Trek with Going Nepal. This would be your most amazing adventure, that always will have a nostalgia for you and it's hard to beat in the years to come. Why not plan this year to trek the Tilicho Lake Trek?

Itinerary

Day 01: Arrival day at Kathmandu

Arrival at Tribhuvan International Airport Kathmandu and you will be transferring you to the hotel for staying overnight.

Elevation of Kathmandu: 1300m/4264ft

Transportation: Private car/Tourist bus as per group size

Driving distance: 30 minute

Accommodation: Star hotel

Meal: Welcome dinner

Day 02: Drive from Kathmandu to Besisahar

Today our adventurous journey starts into the Annapurna Mountains as soon as we take a local bus deep into the mountains. We disperse from Kathmandu, heading to the west for the district town of Besishahar for the Lamjung District. It is a beautiful town with beautiful and decent hotels where we will stay for the night. It is also the entrance to the Annapurna Conservation Area.

Elevation of Besisahar: 830m/2723ft

Transportation: Private car/Tourist bus as per group size

Driving distance: 173km/7hrs

Accommodation: Tea house/Lodge

Meal: Breakfast

Day 03: Drive from Besisahar to Chame

Here we have moved away from the paved road and are now on a jeep trail to the village of Chame, known as “the city” of Manang District. It is a rough road, but what unbelievable scene of the mountains along the way as we have entered the Annapurna Mountains Range. The beautiful Marsyangdi River goes along the road that flows with a fast pace from its source in the mountains. From here onwards it becomes a major contributor of the mighty Trisuli River as it makes its way toward the sacred Ganges River in India. Going through, we pass several villages before resting at Chame. It comprises the mesmerizing view of Mt. Annapurna II that amazes us. We will spend the night in a local hotel. As per information (PS.Note): Due to landslides and washouts during rainy season problems might occur within this road.

Elevation of Chame: 2710m/8891ft

Transportation: Private car/Local bus

Driving distance: 66km/5hrs 30min

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 04: Trek from Chame to Pisang

Today is the day to start Trek. Starting from Chame, passing through apple orchards around Bhartang village, which is famous for its crispy and delicious apples that are highly sought after in Kathmandu and Pokhara from then to now. Crossing through the Marsyangdi River, the trail goes from being normal uphill to an elevated height as we move on towards our way above the tree-line until we see Mt. Pisang and Mt. Chulu Peak as well and downward is the village of Pisang. It is an easy one-hour nonstop downhill walk to the village where we will spend the night. Here you will be able to see the Tibetan-style houses and monasteries, where panoramic views of the Annapurna Mountain Range is unavoidable.

Elevation of Pisang: 3700m/12139ft

Trek distance: 5/6hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 05: Trek from Pisang to Braga

The track begins today with a walk through pine forests along with its fragrance. Plunging our back below the tree line and climbing uphill, our foot wouldn't stop until we can look down at one point on the edge and see the stunning Gurung village. Covered with green vegetation The Manang Valley expands out below us with its lavish appearance. The high snow-capped mountains peaks add beauty and make an impressive scene an incomparable one. All around us are the astounding high snow-capped peaks surround the valley, making the most impressive scene, which includes Tilicho, Gangapurna, Annapurna II and III, Pisang and Chulu peaks. There we can encounter with Braga village, a village with Tibetan style with unique Buddhist monastery with statue's, and rare Tibetan religious manuscripts. We will enjoy the local generosity of Braga village.

Elevation of Braga: 3450m/11319ft

Trek duration: 5/6hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board

Day 06: Trek from Braga to Ice Lake

As we are reaching some high altitudes, it is a good day to start the adaptation process. Braga village can probably be one of the few places that are beautiful to accustom yourself. We will take a short hike here to explore a distinctive area of the Annapurna's known as the Ice Lakes. As there are no teahouses along the way so we will pack our lunch. The total expedition takes around six hours as we have nowhere to go, so we will explore this lake with leisure. After that, we return to our tea house for the night stay.

Elevation of Ice Lake: 4600m/15092ft

Trek duration: 5/6hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 07: Trek from Ice Lake to Manang

As we've already been accustomed to Barga, it will be easy for us to be at the wonderful Gurung village of Manang. It is just an hour trip to the village which features some 500 flat-roof stone houses. Mainly these are Buddhist Gurungs, and the region is well-known for the number of Gurkha Soldiers who came from Manang. We can find a fascinating local museum to explore as well. The land is full of incredible beauty where you can explore, have to rest or just stand and admire the splendor. You will see the incredible views of the snow-capped peaks of the Annapurna Mountains from Manang and these stunning views alongside stimulating people to be in Manang each year. There we will also visit the Himalayan Rescue Association and take in a movie. Though Manang considered being an isolated mountain village, it is marvelous at what it offers. We will spend the night in Manang.

Elevation of Manang: 3500m/11482ft

Trek duration: 5/6hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 08: Trek from Manang to Tilicho Base Camp

As prompt as breakfast comes in Manang we will start up our trek as early as we can to our Tilicho Base Camp. The trek is around long hours that portrays non-stop settings of the various peaks. After we reach to

the Khangsar Village, crossing the Marsyangdi River and will finally reach Tilicho Base Camp. We can find a tea house over here. And right from here, climbers begin their hike (climb) of Mt. Tilicho. But we won't climb Mt. Tilicho but definitely have the chance to admire the snow-capped peak.

Elevation of Tilicho Base Camp: 4150m/13615ft

Trek duration: 6/7hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 09: Trek from Tilicho Base Camp to Tilicho Lake

Our voyage has lastly reached the highest lake in the world. Now from this very moment, the sun starts to rise in the Himalayan skies, thus the awe-inspiring scenery never quits. Moving forwards we find the trail, narrow and rough, but the breathtaking scenes all ways of the mountains, waterfalls, and fast flowing rivers flare up us throughout. It's a whole day trekking that lasts for long hours as we reach the breathtaking Tilicho Lake. As there is no place to buy lunch along the way so we take our lunch with us. For night stay we return back to Khangsar Village.

Elevation of Tilicho Lake: 4919m/16138ft

Trek duration: 7/8hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 10: Trek from Tilicho Lake to Yak Kharka

The high altitudes towards Yak Kharka offer the most astounding sights of the valleys and snow-capped peaks of the Himalayas. Yak Kharka is a place where Shepherd goes with their sheep, goats, and yaks during the summer season for grazing on the beautiful and nutritious green grass in the warmer months of the year. Looking above we see the breathtaking peaks of Annapurna, Gangapurna, and Tilicho, and below is Khangsar village, which rests magnificently in the valley. Because of high altitude vegetation is limited within juniper bushes that can survive at this high elevation. We will spend the night, adoring the generosity of local shepherds after we reach Yak Kharka.

Elevation of Yak Kharka: 4110m/13484ft

Trek duration: 5/6hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 11: Trek from Yak Kharka to Thorung Phedi

The pace will be a little bit slower today as we make our way uphill to Throng Phedi. Moving our feet we will be succeeding along the east bank of the Jorsang Khola (river) as it rapidly flows down the mountainside. Cherishing its heat in the high altitudes we will stop here at a small tea shop for tea lie down by a wooden bridge that crosses Jorsang. After that, the trail will then narrow down as we move up the slope till we reach the little village of Throng Phedi for the night stay.

Elevation of Thorung Phedi: 4400m/14432ft

Trek duration: 4/5hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 12: Thorung Phedi -Thorung La Pass trek to Muktinath

Literally today you will ascent to the top of the world to feast your eyes on the most stunning view of the Himalayas at Throng La Pass before descending to the divine temple of Muktinath. It is a day packed with exploration and enthusiasm. Today our journey will be long so we begin early as it takes around 3-4 hours to be at the top of the pass. Wind up here blows hard but it is innumerable with an awesome view of these unbelievable snowcapped peaks. To enjoy the view and to take pictures we stop here for a short break before descending into the Kaligandaki Valley. From here our journey will take us to the renowned pilgrimage site of Muktinath where we will spend the night.

Elevation of Muktinath: 3800m/12467ft

Trek duration: 7/8hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 13: Muktinath to Kagbeni trek to Jomsom

It's an early morning trip as we make the sacred pilgrimage to the celebrated Muktinath Temple. It's been hundreds of years, pilgrims are coming since then till now to worship at its sacred, ever-burning blue flame. This temple is sacred to both Hindus and Buddhists, who come during festivals as well as to make the divine trip. Before moving on through unbelievable landscapes en route to the village of Kagbeni, we will spend some beautiful moment here and then lastly to Jomsom where our trekking ends. As Jomsom is full of the spectacular hotel you can relax here for the night.

Elevation of Jomsom: 2700m/8859ft

Trek duration: 5/6hrs

Accommodation: Tea house/Lodge

Meal: Full Meal Board with tea/coffee enroute

Day 14: Fly from Jomsom to Pokhara

Though short but it's a stunning flight over the mountains towards the pleasing, lake city Pokhara. The flight is just 20 minutes, but your dream comes true as you will see the Annapurna Mountains in all of their splendor before descending over Phewa Lake and to the airport in Pokhara. We stay at a nice local hotel in Pokhara near Lakeside. Pokhara is a city of lakes, you can explore this fascinating city with your choice. Just read a book sitting near the lake, ride a bicycle, enjoy a drink or simply walk and see the blue waters around. Just have an absolute fun till you stay.

Elevation of Pokhara: 820m/2690ft

Transportation: Airfare

Flight duration: 40 minute

Accommodation: Star hotel

Meal: Breakfast

Day 15: Drive back to Kathmandu

After the morning breakfast at the hotel, you will be returned back to Kathmandu by the private car/deluxe bus. Enjoy the overview of Kathmandu Valley sightseen with the typical food and life style of Nepali people. Latenight at the same hotel.

Elevation of Kathmandu: 1300m/4264ft

Driving duration: 200km/8hrs

Transportation: Private car/tourist bus as per group size

Accommodation: Star hotel

Meal Plan: Breakfast and Farewell dinner

Day 16: Departure

After visiting the historical places of Kathmandu, drive to Tribhuvan International Airport for departure and wishing for your safe journey.

Transportation: Private car/Tourist bus as per group size

Driving duration: 30min

Meal Plan: Breakfast

Additional Activity

Kathmandu sightseeing

Meals

Breakfast at Kathmandu and Pokhara.

Full Meal Board (Breakfast, Lunch, and Dinner) during a trek.

Accommodation

3-star hotel with twin sharing accommodation at Kathmandu and Pokhara on BB plan

Tea house/Lodge with twin sharing accommodation during a trek

Service Included

- Airport pickup and drop
- Complimentary welcome and farewell dinner in Kathmandu
- 3-star hotel with twin sharing accommodation in Kathmandu and Pokhara on BB plan
- Kathmandu-Besisahar by private jeep/tourist bus as per group size
- Jomsom-Pokhara ticket fee
- TIMS card and Annapurna Conservation Area Entry Permit
- Eco-friendly license holder guide with all allowances
- Porter to carry luggage(1 porter for each 2 people)
- Full meal board (Breakfast, Lunch, Dinner and tea/coffee) during the trek
- Twin sharing basis accommodation in tea house/lodge during the trek
- All government and local taxes

Service Excluded

- Nepalese visa fees, Intl. airfare
- Lunch and dinner in Kathmandu & Pokhara except mentioned
- Excess baggage charge (Domestic plane allow 10 KG only)
- Travel and rescue insurance
- Personal expenses e.g. phone calls, laundry, hot water, hot shower, battery recharge, bar bills & extra porters
- Tips for driver, guide, and porters
- Anything does not include them in service inclusive column

Important Notes

Lodging or Accommodation:

Accommodation in Kathmandu and Pokhara on BB plan and during the trekking provide all meals (Breakfast, Lunch, Dinner, and tea/coffee) plan. This trek is more designed on the lodge/tea house. The meals comprised of American, Nepali & Chinese cuisines. The meals served on breakfast during welcome and farewell dinner is included within the price. Snacks, mineral water is included but alcoholic beverages are not included in the price.

During the stay in Kathmandu and Pokhara, we provide 4 nights' double sharing accommodation within 3-star hotels and 11 night's double sharing accommodation within available tea house/Lodge.

Note: Single occupancy also available as per request with single supplement charge.

Trip gears suggestion:

Before starting the trip with us you need to be complete within yourself especially with the kit vital for trekking. The list is given below separating as per your body parts.

For head:

Sunblock hat

Fleece/Woolen hat (perfect to cover ears)

Sunglasses as well as reading glasses

Scarf to cover face (protect from dust and wind)

For lower body:

Underwear

Shorts needed for hiking

Lightweight walking pants

Lightweight thermal leggings

Fleece or tracksuit pants

Waterproof shell pants

For Feet:

Min 3x thin full cotton inner socks

Min 3x thick full warm wool hiking socks

Hiking boots (along with spare laces)

Walking light sneakers

Sandals

Walking poles/stick

For upper body:

Min 3x T-shirts

Min 2x lightweight thermal tops

Min 2x Merino/Fleece long sleeve tops

Waterproof shell jacket(bomber)

Down tee shirt/jacket

Poncho rain cover

For hands:

Light fleece gloves

Hefty gloves

Waterproof/wind fleece gloves

For night use:

Sleeping bag

Sleeping bag liner

Pillow slip/case

Essential Medical Kit:

For this, you need to consult with your doctor for a complete medical kit. Accessories needed for trekking:

Small torch with some spare batteries

Watch compromising of light & alarm

Bag Pack no heavier than 15kg

Day pack 33ltr with waist strap

Toiletries & Personal Hygiene:

Daily using accessories:

Dry towel, Shampoo, Toothbrush & paste, Wipes of multipurpose (face & body), Deodorant

Face & Body Moisturizer, Nail clippers/file, Small comb/brush, Clothes washing soap(decomposable),

Toilet paper, Anti-Bacterial wipes (4x packs), Hand sanitizer (small bottle), Sunblock face/body high UV protection, Lip block with UV protection, Feminine hygiene products

Other additional Stuff:

Camera & extra batteries

Reading books

Map: Trail map & guidebook

Diary, Journal & Pen

Trekking Criterion:

Mostly we do arrange a trip with single supplement (except for some region most of the regions needs min. 2 persons). Before booking the trekking or initiating the trip you make sure that you do have a group and then only we will arrange the trip on a huge scale as per your request.

Physical Necessities:

Tilicho Lake Trek seems very vigorous but necessitate to have any previous trekking or mountaineering experience. It requires any specified technical knowledge as well as an experience rather you only need to be in good physical & mentally condition and be proficient to hike for 4-6 hours over hilly terrain with a light day pack. Before booking the trip you better consult with your Medical Doctor once and as per your Doctor references initiate your trip booking process with us.

Trekking Head and Employees:

With an experience of a decade in the adventurous tourism, we do have our unbelievable teams of conductors and employees who are the backbone of this company inculcated with experiences and are highly professional with their technical expertise, proven safety measures records, solicitous judgment, and as well as support training styles and abundant personalities. Mostly we do have our field staff from the local area that covers from eastern to western Himalayan ranges, which backs the local people directly. As being local they have good knowledge of that respective region and they have good health fitness, can cope with the worst case scenario, as well as well experienced with a good team leading capabilities in the Himalayan region.

Familiarization:

The itinerary of Tilicho Lake Trek is particularly designed in view of a high degree of depreciating AMS (Acute Mountain Sickness). Normally, elevation sickness starts from 3600m/11,808ft and this doesn't create any problem below this standard. So, throughout your trip, the best solution is to go slowly with body adaptation. As we know, the more we elevate, the less oxygen we get in the air. For example, crossing high altitudes more than 5000 m/ 16400ft, 50% oxygen is deducted than at sea level. Your body needs several days to acclimatize during the travel in high Himalaya.

Emergency Evacuation Rescue Service (EERS) and Travel Insurance:

As we know that the trip can be canceled, or in those worst case scenario we need to be aware, so we highly recommend to purchase trip cancellation and travel insurance. This broad travel insurance offers you huge benefits including the coverage of trip cancellation and interruption, travel delays, loss of baggage and travel documents, baggage delay, medical expenses, and emergency assistance.

Climate and Weather:

A country with a diversified culture does have a diversified topography as well beginning from 60 meters to top of the planet 8,848 meters i.e. the top of Mt. Everest. We have arid season start from October until May and the rainy season (monsoon) from June to September. The month of autumn (October-November) and spring (end of February-April) for Tilicho Lake Trek, And usually this time, the weather is very good.

Passport and Visa Necessities:

The foremost thing to confirm before traveling to this trek is to check your passport and its valid date. Passports must have at least 6 months' validity just after ending date of your trip. We must need your copy of passport and its full details sent either by fax or scan. While staying in Nepal you will need a visa which can be gotten in advance from the Nepalese Embassy in your country or you can even get on arrival at the airport in Kathmandu (Conditions: Within a peak season you need to wait long in the airport to get your visa). The general list of Nepalese visa fee is mentioned below and you can even surf thoroughly this web link as (www.nepalimmigration.gov.np)

Fees charged while delivering a tourist visa by the Mission or entry point:

US Dollars 40 or another convertible foreign currency equivalent for 30days multiple entry visas.

US Dollars 100 or another convertible foreign currency equivalent for 90days multiple entry visas.

Notwithstanding anything written in clause (a) and (b), no visa fee shall be applicable to the passport holder of member states of the South Asian Association for Regional Cooperation (SAARC) for 30 days.

US Dollars 25 or another convertible foreign currency equivalent thereto for 15days multiple entry visas.

Permits and Required Fees:

We need to have permission in many places in Nepal for trekking. For this region, we must require permits from Annapurna Conservation Area Protest (ACAP) entry permits along with TIMS permit and as well as world heritages site entry permits. All these relevant permits and entry fees are included in the given cost except the personal donations & contribution. Just in case of any such unassured conditions we will inform you if any additional permit fees are required or not before you make a booking with us.

Information on Health and Medical Evidence/Assistance:

We need to know about our health and the medical information during our Tilicho Lake Trek. As mentioned earlier our squads are well-experienced travelers and are achieving the traveler's ambition since long. We are expert in the adventurous tour and the best thing is we all are from the Himalayan region with plenty of local knowledge as we have been guiding for a decade, which stands as a key factor to enunciate the standard service that we have been delivering to our clients. The utmost thing we believe is the client's safety and satisfaction. We deliver the extraordinary series of quality services and we even take care personally of our clients during the pour trip. Each of our guides carries medical kit bag for any kind of worst-case scenario during our trip and all of them are trained medical assistance especially the "First Aid".

Environmental Anxieties:

Our motto is sustainable development thus we are extremely sensitive to protect our nature i.e. environment and contributing to many environmental cleanup and nature saving campaigns. We do believe in "Tourism within Nature," thus our responsible tourism conveys a good message to the locals and we vow and train them to do's and don'ts, how to keep environment in perfect shape, how to eliminate environmental degradation etc. and how to conveys message to save environment and leads towards environment friendly society or country. The tourism industry has an obligation to protect and preserve the natural environment for future generations as well. These days many NGOs are collaborating with many tourism agencies and are much keen to save environment form doom. For example, Kathmandu Environmental Education Project (KEEP) (<http://www.keepnepal.org>) is helping to co-work with many trekking companies and this organization is also providing much useful training to our staffs and awareness program in the mountain.

Our Experience and Familiarity:

Going Nepal Pvt. Ltd. is a Govt. registered company based in Nepal and we have been working in adventurous travel in the Himalayas of Nepal. The operator of this company has more than a decade of experience in the relevant field of adventure tourism working, in fact initiating as a guide, adventure travel consultant and thus stabilizing own company. We are more dedicated to fulfilling our clients' requirement and always sincere with client's gratification and the utmost thing we always carry within us is the client's satisfaction. We are also pleased to convey that many of our past clients who institute their trip in the Himalaya they wouldn't hesitate to apprise you about our organization and about our professional organizing skills.

How to Book a trip?

If you have chosen your trip with our company, contact our head office either by email or phone to check the available dates (you may visit the updated departure date page of our sites as well, groups or any queries you have. We feel very pleased to help and reply promptly and responsively. Before your final decision, we will hold your booking.

Both advance payment and full payment are possible through the bank transfer or as per your comfort we do have a procedure pay through your Credit Card (VISA/MASTER CARD) along the details within the booking form. After you choose the process of advance payment in an appropriate way still we want a signed and completed booking form for the confirmation. Once we received a completed and signed booking form with the mentioned amount of payment, bookings will only be confirmed and we start looking forward towards our trip together.

Trip Information

Q: How long hours do I have to walk each day?

A: There is no fixed time to walk each day. From 2hours minimum to 7 hours' maximum, you shall walk. Check the itinerary to see how long you shall walk each day.

Q: How difficult is the trek?

A: The walk into the Himalayas are never easy ones. You have to face the steep hills, sloppy trails, frequent climatic changes, and other several hindrances.

Q: How long does the trek last for?

A: As mentioned in the itinerary, the trek lasts for 12 days.

Q: What kind of food do I get there?

A: During a Tea House trek you will have breakfast and dinner in the Tea House, lunch will be eaten at one of the trail side restaurants. During a Camping Trek, all food will be cooked by our experienced cook. Every Tea House serves the traditional Nepali meal Dal Bhat (rice and lentil soup). All Tea Houses of our routes have a variety of different food items, such as rice, vegetables, noodles, potatoes, and soup. Many of them have western food on the menu. Soft drinks, snacks, and beer are available in most of the Tea Houses and trail side restaurants.

Q: Is it safe to eat during the trek?

A: Food safety is always a big concern and we take it very seriously. That is why we have chosen the cleanest and most hygienically kept Tea Houses for our routes. During a Camping Trek, our cook prepares safe and tasty meals from carefully chosen food items and only hygienic cleaning facilities are used.

Q: What are the sources of drinking water supply during trekking?

A: All Tea Houses have boiled water for trekkers. And on the trek, you will be provided with drinking water by your guide. The guide will make sure that water is safe for drinking.

Q: What is the best time for trekking?

A: Best time for trekking is autumn (October-November) and spring (end of February-April). Short treks and some Tea Houses treks can be done during the winter season as well.

Q: What is the weather like?

A: You need to be prepared for sudden weather changes while trekking. That's why trekking equipment should be chosen carefully before the trip. Sudden rainstorms or snow are always a possibility which needs to be considered. The weather during the trekking season is somewhat more stable. We pay big attention to the weather forecast, so you will be told about weather prognosis and you will be given advises before the trek.

Q: What kind of clothes is needed for trekking?

A: Choosing clothes for trekking is very important. Please, check our trekking equipment list for details.

Q: What type of shoes should I have?

A: For shorter treks, comfortable tennis shoes or sneakers is enough while longer treks require carefully chosen hiking boots which should be kind of strong, well-made but light boots. Shoes and boots are best to buy before arriving in Nepal. Proper fit is a must for boots and we advise you to wear your new shoes for some time before trek for your feet to feel absolutely comfortable during trekking.

Q: Should we bring all trekking equipment with us?

A: You can easily rent needed equipment for a reasonable price in Kathmandu before trek but it's always preferable and more convenient to have your own equipment during trekking, so we advise you to bring equipment with you or to buy here as most of the outdoor equipment can be bought in Kathmandu in one of the many outdoor gear shops.

Q: What happens in the case of an emergency?

A: We are prepared for any emergency situation and know how to handle it. Our guides are trained in first aid and can deal with most of the basic ailments that occur during a trek. Every client should have his own insurance before coming to Nepal for the case of an emergency.

Q: What if I finish the trek before the time mentioned in the Itinerary? Will I be refunded the amount?

A: You may/may not be refunded the amount if u finish the trek before the time mentioned in the itinerary. If you are not refunded, the equivalent refund amount will be spent on other packages.

Q: Can I extend the day if I become unable to complete the trek on time?

A: Yes, you can extend day if you become unable to complete the trek on time. You will be charged necessary local charges accordingly.

Q: Do I have to share my accommodation?

A: Depending upon the availability of the room, you may/may not have to share your accommodation.

Q: How much weight of luggage can I carry?

A: You can carry light handbags with you. Porters are available to carry your luggage. A porter can carry up to 20kgs weight.

Q: Can I get my batteries recharged?

A: Yes, you can get your batteries recharged in some places.

Q: What about the phone? Does it work there?

A: Yes, the telephone service exists in the place you stay. However, the network might fluctuate from time to time during the trek.

Q: Do I have to carry a Passport, Money, Id with me during the trek?

A: Yes, you have to carry a Passport, Money, Id and Travel permit along with you during the trek.

Q: What is the risk of wild animals?

A: There is little risk of wild animals but our guide is experienced enough to deal with the situations so, no worrying there.

Q: What problems can arise on altitude?

A: Altitude sickness is a serious problem. We, having many years of experience in trekking and good knowledge of the problem, organize treks very carefully. The extra day of acclimatization is included in all our high altitude treks. Our guides are trained to spot any signs of altitude sickness and know how to deal with it.

Q: What if I get altitude sickness?

A: Altitude sickness is a very normal problem while trekking in the Himalayas. However, the guide can deal with the situation if it's just normal. If the condition becomes critical, you can request chartering a chopper. Let the office know about it and we shall negotiate the price and proceed for rescue. You will be under very good medication in one of the best hospitals in the country. Your insurance is supposed to cover all the expenses of the rescue.

Q: What sort of experience do your guides have?

A: Our guides have many years of guiding experience in Nepal as well as Tibet. Most of them have been spending years exploring the country. Our guides are trained in first aid and know how to handle any situation. All our guides speak fluent English and happy to share their deep knowledge of the country and beauty of Nepal with you. We believe in and follow the idea that it's not enough to take visitors to special places or special cultures, we need to provide guides who can get people feel involved in what they are experiencing, explain it thoroughly and keep them entertained. Our main concern is to make your trip in Nepal safe, memorable and fun!