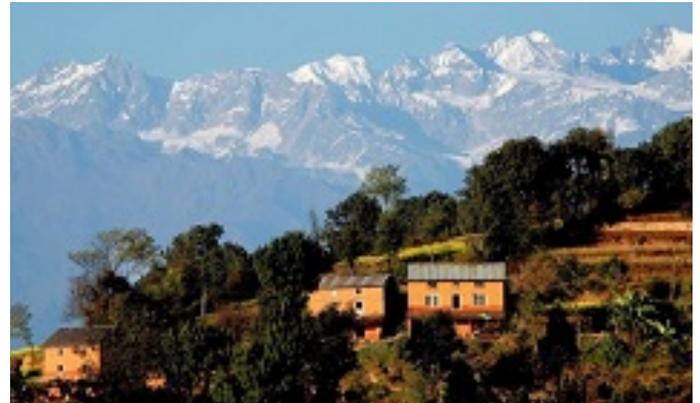


**Trip Duration: 6 Days**

## Highlights

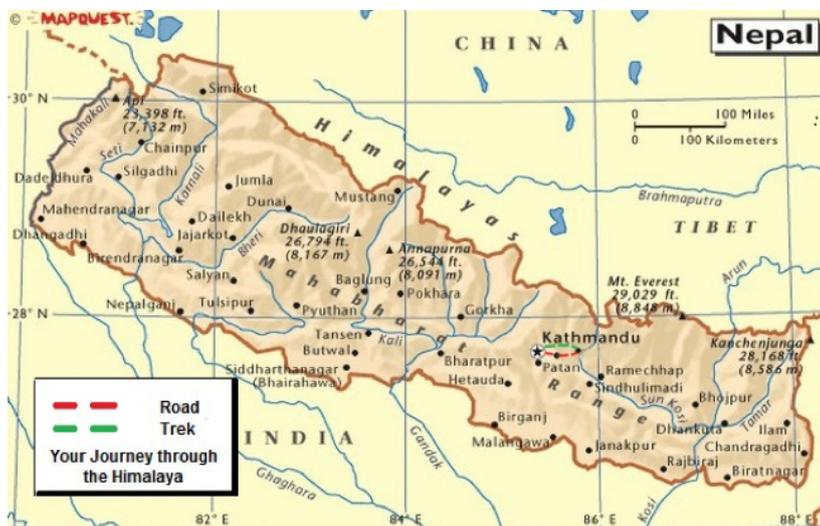
- Panoramic vistas from Chisapani
- Views from Nagarkot, including Mt. Everest
- Chagunarayan Temple
- The UNESCO Kathmandu Valley and Temples
- A fully supported and well-organised expedition
- Native culture and authentic village life
- Abundant birds and wildlife
- Shivapuri National Park
- Trail head is only one hour away from Kathmandu



## Trip Summary

Be whisked away from the frenetic, fast paced streets of Kathmandu and into the tranquillity of the mountains in under an hour. This short, but sweet trek brings you into the lush, forested trails of Shivapuri National Park, following cascading rivers and offering a glimpse of authentic village life in the Himalaya. The wildlife is abundant with over 300 species of birds and is home to langur monkeys, Asiatic bears, mongoose and the tiny Himalayan pika.

You'll experience a steady flow of stunning views and panoramas of the world's greatest mountains, including: Dorje Lakpa, Ganesh Himal, Manaslu, Annapurna, Gauri Shankar, Dhaulagiri and Mt. Everest. Nothing beats watching the sunrise as the white-capped peaks are lit slowly by the spreading light.



This short trek is perfect for families, first time trekkers, and ideal if you don't have much time, but still want to experience what it's like to trek in the Himalaya.

**Trip Grading - This trip is considered to be easy.** You will need to carry a small bag with your water and personal belongings while trekking. You will have a porter to carry your main bag. The terrain varies through forests and open paths. It has a moderate level of ascents and descents. We trek for around of 5-6 hours per day. As with most things a certain degree of fitness will make this trip more enjoyable. **All trips are guaranteed to run.**

**Welcome to Nepal, let the adventure begin!**

## Day 1 – Arrive in Kathmandu

Welcome to Kathmandu! Be swept away by the cacophony of sound, the exotic smells, and exuberant energy of this Himalayan capital. Spend a free afternoon weaving your way through side streets, hidden alleys and ancient squares on foot or rickshaw.

You'll be met at the airport by your guide and transferred to your hotel. We'll have a welcome dinner in the evening.



## Day 2 – The Ancient Temples of Kathmandu

Witness firsthand why the entire Kathmandu Valley is designated as a UNESCO World Heritage Site as we explore 3 iconic, holy temples in the city.

Pashupatinath is the holiest Hindu temple in Nepal, dedicated to Lord Shiva. A humbling experience, it is here along the banks of the Bagmati River where Hindu's come to celebrate life and death. Bodhnath Stupa holds an aura of calm in a chaotic city. Here Buddhist pilgrims from Nepal and neighbouring countries come to show their faith and devotion. Swayambutinath, perched high on a hilltop offers stunning views across the entire valley. The temple is home to many cheeky monkeys considered holy, and is used by both Hindus and Buddhists.

## Day 3: Drive to Sundarikal & trek to Chisopani (2160m) 5-6 hours trekking

We take a short 45-minute drive through the Kathmandu Valley, swiftly leaving the busy streets and organised chaos of the capital behind. We follow the valley floor down a quiet country road to Shivapuri National Park, home to Indian leopards, jungle cats, civets, golden jackals, Himalayan bears, mongoose, deer, wild boars, langur monkeys and the adorable Himalayan pika.

Walking here is an absolute pleasure as we follow a cascading river, surrounded by warm tropical forest, wild flowers and culture. Many people live a peaceful existence in the hills overlooking the Kathmandu valley; surviving on self-subsistent farming on the lush hillsides. We'll continue to climb high through the forest gaining a superb panorama of several Himalayan giants.

## Day 4: Chisopani – Nagarkot 5-6 hours trekking

Awake at dawn to see the glowing sky as the sun rises over the Solo Khumbu. You'll be able to see the white-capped, famous peaks of the Langtang and beyond, including: Dorje Lakpa, Ganesh Himal, Manaslu, Annapurna, Gauri Shankar and Dhaulagiri.

We'll continue the trek, traversing mountain ridges, through vivid green rice terraces and ancient rhododendron forest, eventually arriving at Nagarkot. From here Mt. Everest can be seen in the distance, alongside Lhotse.

This evening, relax at an exclusive mountaintop resort and toast to another unforgettable Himalayan sunset with a local beer or freshly prepared cocktail. You deserve it!

## Day 5 – Nagarkot – Dhulikhel 5-6 hours trekking

Rising early we will walk to a quiet viewpoint and treat you to a traditional Nepalese breakfast of sweet-spiced milk tea, fried chickpeas, sweet bread and potatoes. Here you can truly take in the splendour of the Himalaya.



From Nagarkot, we'll follow a ridgeline that offers outstanding views across a vast and giant valley. At the valley's end is a wall of the greater Himalayan range, protecting the land of Tibet and beyond. We walk at a gentle pace today, soaking in the views and embracing the peacefulness of the mountains. Dropping to lower

elevations, we'll meet the road and be collected with a private car for a lift back to Kathmandu.

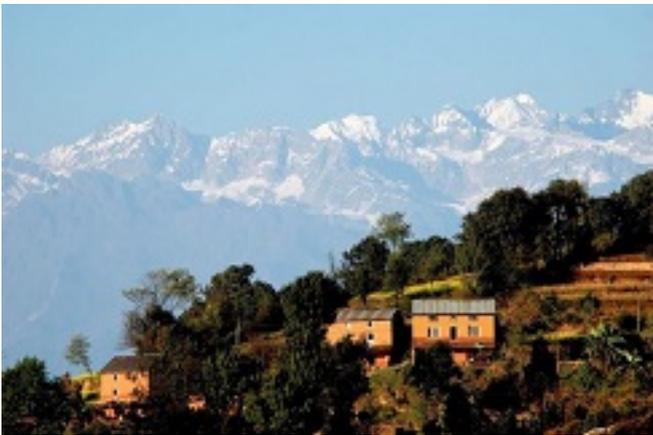
In the evening you will be treated to a farewell dinner at a great local restaurant.

### Day 6 – Fly Home

Unfortunately it's the end of this adventure. Lost Earth Adventures group services end after breakfast. Transfers to the airport are complimentary. See you next time!

Spend the morning Walking through the maze of markets, street vendors and bazaars, haggling for your eastern treasures or find a rooftop terrace to watch the action from above.

**See you next time!**



**Have an extra day or an afternoon flight? Treat yourself to...**

*Spend the day exploring the UNESCO-listed Kathmandu Valley and its mesmerising temples!*

Explore three awe-inspiring temples and discover why the entire Kathmandu Valley is designated as a UNESCO World Heritage site! Along the banks of the Bagmati River is Pashupatinath. The temple is dedicated to Lord Shiva and is the most important site for Hindus in Nepal. Cremations and acts of devotion can regularly be seen at this atmospheric place of worship. Located in a tranquil part of the city is the peaceful and majestic Bodhnath Stupa, where thousands of pilgrims gather daily to show their respect and faith. Climb the steps to Swayambutinath, high on a hilltop overlooking the city. Used by both Hindus and Buddhists, the temple is regarded for its many holy (and very cheeky) monkeys!

*Patan – The City of Beauty*

Patan is a city standing still in time, immersed in rich

cultural history, bustling with the energy of today. A place best explored by foot, we'll walk the cobbled streets with over 600 stupas whilst discovering ancient pagoda temples. See why local people still call it by its original name, Lalitpur – the City of Beauty.

### *A Flight Amongst Giants*

As the clouds part and the sun breaks through the early morning sky, ascend towards the Himalaya in an exhilarating mountain flight. Fly east towards the highest mountain in the world – iconic Mount Everest (8848m) and on the way take in breathtaking views of the Himalaya including Kangchengjunga (8586m), Shisha Pangma (8013m), Cho Oyu (8201m), Nuptse (7864m) and Lhotse (8,516m). Quite simply – spectacular!

### Trip Notes & Additional Information

**Please Note:** While we endeavour to stick to the details and schedule of the itinerary, some things may change due to circumstances beyond our control, such as changes in local transport, weather and infrastructure. Such is the reality of adventure travel. Although we update our itineraries regularly it is not possible to guarantee that our trips will go exactly as planned. A certain degree of flexibility is needed and is part of the joy of travelling in Nepal!

### What's included:

- 3 nights hotel accommodation in Kathmandu
- 1 night teahouse accommodation
- 1 night in an exclusive mountaintop resort in Nagarkot
- Entrance fees and trekking permits
- Airport transfers to and from the airport on the first and last day
- Fully qualified, first aid trained Trekking Guide
- Included meals: All meals while trekking, breakfasts in Kathmandu, welcome and farewell dinner in Kathmandu. The food available in the tea houses is brilliant, there is a large selection of western, Chinese and Nepalese food available for you to choose from. We do not want you to be restricted in what you eat and want you to enjoy the vast menus and locally grown produce of the tea houses. We will let you choose whatever meal you want from the menus at meal times.
- Afternoon tea and biscuits while trekking

- Private transportation for duration of tour (unless otherwise specified)
- Guided tour of the Kathmandu temples including all entrance fees and transport
- Porters and support staff to carry luggage
- Sufficient means of communication. Satellite phones can be rented on request for £10 per day.
- Guides will check in with our office to get regular bespoke weather updates and confirm locations
- Financial protection: we are an ABTA and ATOL bonded and insured, UK based tour operator
- Pre-departure support and advice by email, phone and face to face meetings in York if you would like. After booking with us we will send you a highly informative and comprehensive trip information pack
- Remote medical support from specialist doctors
- Our guides and porters are paid fairly, properly equipped and fully insured for rescue and medical emergencies
- Map of Trekking Route
- Trekking kit bag
- T-shirt
- If you'd like to meet some of our team and experience our services beforehand you can join us on one of our UK adventures.

#### What's not included:

- Travel insurance (mandatory)
  - Items of a personal nature (drinks, snacks, souvenirs, etc.)
  - Nepalese visa (**Available to buy for \$30 USD on arrival in Nepal**)
  - Tips to porters/local guide
  - Airport transfers taken outside of the itinerary's arrival and departure dates
- If there is a discrepancy between this dossier and the website, the website is more up to date. Please do not hesitate to contact our team if you have any queries.

#### Optional Extras

Though these activities are not included in the tour price, Lost Earth Adventures can help you arrange them.

Scenic Mt. Everest Flight  
Bungy Jump or Canyon Swing  
Paragliding

Rafting or kayaking  
Sightseeing tours

#### Allergies/Dietary Needs

There are numerous options available for vegetarians travelling in Nepal. Please advise Lost Earth Adventures of any severe food allergies or dietary needs you may have prior to your trip.

#### Airport Transfers & Joining Arrangements

We provide airport transfers at the beginning and end of the trip. We will also provide you with the hotel phone number and address a few weeks prior to your departure.

#### Transportation

We use a variety of transportation, including: private minivans, taxis, 4x4 jeeps, and rickshaws. We may use other modes of transportation, where deemed necessary. In Nepal, road, air, boat and any other transport does not meet the safety standards set in, for example, Europe or North America. You must be content and aware of this before booking this trip.

#### Passports and Visas

UK passport holders require a visa. Obtaining visas for Nepal is your responsibility. Your passport must be valid for 6 months after the end date of your trip. Visas are issued on arrival at the airport in Kathmandu. You will need to have 1 passport-sized photo and the visa fee, payable in US Dollars or Pounds Sterling. The current price for a 30-day visa is \$40. Visas can also be obtained before departure from the Nepal Embassy in London. Please allow sufficient time for your visa application to be processed. Full details can be found at



<http://www.nepembassy.org.uk/index.php>.

We endeavour to provide you with the most current and up-to-date information possible, visa requirements can change on short notice. Check the Embassy of Nepal's website for the most up-to-date information.

#### Money Matters

We recommend that you carry most of your money with

you in cash in Pounds Sterling and change into Rupees as soon as you arrive, either at the airport in Kathmandu or easily just outside our hotel. You should also carry a debit/credit card with you. **Traveller's cheques are no longer accepted in Nepal.**

### **ATMS**

There are plenty of ATM's in Kathmandu and Pokhara. Most will accept UK debit/credit cards. Please notify your bank of where you intend to travel and keep any emergency bank numbers separate from your card(s) in case of loss or theft.

### **Local Currency**

The Nepalese unit of currency is the Nepalese Rupee (NPR). At the time of writing £1 = 135 NPR.

### **How Much Do Things Cost?**

Nepal is incredibly cheap by western standards and your pound will go a long way.

### **Guidance on Tipping**

Tipping in Nepal is not mandatory, but it is customary and very much appreciated by our local staff. Tipping does not form part of the wages for our staff. It is a way of showing your appreciation for excellent service. Tipping is voluntary and should be reliant on exemplary service.

A general guideline for tipping (per person on the trip) is: City Guide \$5 USD; Rafting Guide \$10-15 USD; Bike Guide 10-15 USD; Trekking Guide \$40 USD; Porter \$20 USD for each porter.

### **Porters**

We use local porters to carry our rucksacks whilst trekking so that all you have to carry is a small daypack. We ensure that all of our porters are paid well and treated fairly and with respect. We follow the guidelines of the International Porter Protection Group. Please go to <http://ippg.net/> for more information.



### **Insurance**

Adequate and valid travel insurance is compulsory for all Lost Earth Adventures clients for the entire duration of your trip. It is our policy that your insurance must cover you for emergency repatriation, in case of a medical emergency. You should be aware that some standard insurance policies might not cover you for all of the activities that we provide. Lost Earth Adventures can help you with all of your insurance needs. More information is available on our website under 'Flights/Insurance'.

### **Single Traveller?**

We don't charge a single supplement fee if you're a solo traveller. Our prices are based on sharing with your partner/friend or staying in twin share rooms with a member of the same sex. If you wish to stay in your own room there will be a charge, please see our website for costs. The fee must be paid with the final balance.

### **Group Size**

We believe small group sizes equals more interaction with locals, less intrusion, and potential for more adventure, as well as allowing for the spontaneous and magical moments that occur while traveling. Your group size will be a maximum of 12 plus guides.

### **Accommodation**

On this trip we will be spending a total of 3 nights in a centrally located comfortable hotel in Kathmandu and will have an en-suite bathroom with western toilet and hot water. They are based on a same sex twin share or sharing with your partner or friend.

Whilst trekking we will spend 3 nights at locally run lodges, more commonly known as teahouses that are comfortable, but basic. Rooms are private, based on twin share and come equipped with mattress, blankets and a pillow. However, in some circumstances where there are limited twin rooms, we may stay in rooms that accommodate 4. Bathroom and shower facilities are shared and can be a mix of Western toilets and traditional 'squat' toilets. Some teahouses do not have electricity and rely on solar powered lighting. Hot water is not always available and you may have to pay a small charge.

Accommodation in Nepal does not always adhere to Western standards. You must be aware of this and accept the risks. This is part of adventure travel. Great care has been taken when considering the places we stay in. In all circumstances we endeavor to find the most suitable and safe accommodation available.

## Preparing for Your Trip

A general level of fitness is required for this trip, however no experience is necessary for the activities we provide. As with most things, the fitter you are, the more enjoyable your experience will be.

## Baggage/Packing

While trekking, porters will carry your main rucksack and all you will have to carry is a daypack. Usually there is one porter for every two people. Baggage while trekking must be kept to a maximum of 10kg to allow the porters to safely carry your bags. If you have excess clothing/items that you do not want to take trekking they can be safely stored at the hotel in Kathmandu. For your own benefit we recommend you pack as lightly as possible. You will be expected to carry your bag at times, but never for an extended period of time. We recommend you check the baggage allowances and size restrictions of the airline you are flying with. They may charge fees for overweight or oversized luggage.

Here is a basic kit list. It is not an exhaustive list. We will email you a complete list when you book the trip.

- Trek bag provided complimentary from us
- Good sturdy waterproof hiking boots that are broken in before the trip.
- 1 small rucksack 30 litres suitable for hiking with and waterproof liner
- Sleeping bag (**available to rent from us**)
- Water bottles 2 x 1 litre.
- Water purification tablets or small water filter suitable for trekking
- Small freezer bags for use as a daily personal rubbish collection
- Torch, head torches are best
- Camera/film/memory card
- Spare batteries for camera/torch and any other device
- Whistle (Pea less)
- Hiking Socks, 5 pairs
- Underwear
- Thermal underwear (long johns) top and bottoms
- Base layer shirts
- Casual shirt and/or T-shirts
- Pullover or preferably mid-weight thermal to wear between thermal underwear and fleece
- Waterproof Jacket and trousers
- Fleece
- Warm hat or balaclava that can be rolled up into a hat

- Hiking trousers (we recommend trousers that can be zipped off at the knee and turned into shorts. If not bring shorts as well.)
- Swimming shorts/bathing suit. Bikinis are ok in some areas but a pair of shorts and a T-shirt should be worn over the top in some places.
- Sunglasses
- Sun hat /peaked hats/bandanas for keeping the sun off. There are not many places to hide from it.
- Leisure wear
- Toiletries
- First aid kit

## Safety

Lost Earth Adventures takes the safety of our clients very seriously. Thorough care and consideration is taken when considering accommodation, modes of transport and the guides we use. For a more complete look at our safety policy please review our policy on our website.

## Climate/Weather

Nepal's weather can be divided into two seasons, wet and dry. The best times to trek and explore Nepal are in the pre and post monsoon season, from October to December and March to April. This is when the skies are most clear, the trails are drier and the temperature not too cold. Temperatures vary and in Kathmandu and Pokhara can reach +30°C during the day. Temperatures at night remain temperate but cooler. Usually you can get away with wearing a long sleeved t-shirt or light jacket and trousers at night.



## Altitude

We trek and sleep to a maximum elevation of 2175 metres. Lost Earth Adventures has years of experience at high altitude and our itineraries are designed to take this into consideration. At these elevations you need to be aware that there is still a remote possibility that minor Acute Mountain Sickness (AMS) could affect you. Drinking plenty of

fluids whilst spending time at higher altitudes (a minimum of 3-4 litres of water per day) key to minimising the symptoms and affects of AMS. Common (but minor) symptoms of Acute Mountain Sickness are: Shortness of breath, headache, and loss of appetite, fatigue and dizziness. If symptoms persist the most effective way to relieve them is to descend. If you are deemed too unwell to continue than we will guide you down to a lower elevation. The Trip Leader's decision to descend is final. More detailed information can be found on our website at:

<https://www.lostearthadventures.co.uk/information-advice-travelling-at-high-altitude/>

All clients must read this before departure.

### **Why We Do No Use Bottled Oxygen, Portable Oxygen Chambers (Gamow Bag) or Pulse Oximeters**

You may have seen that other tour operators advertise the use of some or all of the items listed. Lost Earth Adventures however, choose not to and there is very good reasoning behind this decision.

There is a time and a place for the aforementioned listed items, such as: if we were running a high altitude expedition, where retreat would be difficult or impossible from an altitude above 5000m. Or if we had to climb higher to then retreat. Or if we were to face substantial mountaineering difficulties upon retreat, rather than simply walking back down to safer altitudes. In these instances, then yes, it is highly likely that we would carry some or all of the equipment mentioned. However, on this particular trek, if we have ever found ourselves in this situation, where the items would be required, then we will have not done our job as professional mountain guides.

Our itineraries are carefully researched, risk assessed and designed to allow for a proper and safe acclimatisation. We invest in training our staff to look for the signs of AMS and to make adjustments to the trekking itinerary long before any serious issues occur. We have many years experience of leading at high



altitude and use this background and experience as our basis. We have never had a serious altitude related incident. Altitude is easy to manage with itineraries that allow plenty of time for acclimatising and following rules. For comprehensive information about altitude read the altitude advice section on our website at: <https://www.lostearthadventures.co.uk/information-advice-travelling-at-high-altitude/>

The use of a Gamow Bag requires substantial training. With inadequate knowledge or training, improper use can make people's conditions worse than before using it. Retreat to lower altitude is always the best option if possible. Pulse Oximeters are notoriously unreliable, monitoring people constantly can also cause undue worrying and stress. Asking people simple questions, watching their behaviour and looking for colour in the face etc. without causing a person alarm is ample for a decent leader to make judgement on a person's wellbeing.

### **First Aid**

Our trip leaders are First Aid qualified and will always carry a first aid kit with them. We do recommend that you carry a small personal first aid kit, equipped with the following: antiseptic cream or spray, throat lozenges, diarrhea treatment (Imodium), painkillers, plasters, blister treatment, insect repellent (DEET) and rehydration salts.

### **Vaccinations & Health**

You should see your own GP and dentist for a general checkup before you leave. Your GP or local travel clinic will have the most current and up-to-date information on the vaccinations required for Nepal. Currently, there are no needed vaccinations for Nepal. However, in general, we do recommend having vaccinations against the following: Polio, Tetanus, Typhoid, Diphtheria and Hepatitis 'A'. An excellent online resource for information is the National Health Travelers website [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk).

### **Stuff to Get You Inspired**

Lonely Planet: Nepal, Lonely Planet

Rough Guides: Nepal, Rough Guides

Himalaya, Michael Palin

Flight to Everest – <http://www.bit.ly/flightarounderest>

### **Reviews**

For reviews of and videos of our trips please see our website.

### **Trip Reports**

Lost Earth Adventures has ran this trip many times over the past decade, on recce's and on set departures.

Please see the Trip Reports Section on the tour page or visit our blog for insights and tales from the trail.

### Maps

Reise Know-How: Nepal, 1:500,000

Gecko Maps: Nepal, 1:1,000,000

These maps can easily be bought online or from reputable map shops before departure. Other local maps can easily be found in Kathmandu.

### How to Book Your Trip

Booking your adventure is easy! You can contact our team by calling **01904 500094**. Alternatively:

1. Complete online booking form
2. Read and accept our Terms and Conditions
3. Pay the deposit and receive confirmation
4. Pay the remaining balance of trip 60 days before departure
5. Contact us with any questions or queries

For our quick 5-minute booking process, click the “book

now” button on the itinerary page.

### Dossier Accuracy

We review our trip dossiers annually. Our website is continuously updated. If there are any discrepancies between our Trip Dossier and our website, the website will always be the most accurate and up-to-date.

### Trip Pricing

Please see our website for the most up-to-date pricing of this trip. Once a deposit is paid, we operate a ‘no-price increase’ policy.

### Your Financial Protection

The Package Travel Regulations 1992 require us to provide security for the monies that you pay for the package holidays booked from this brochure and/or website and for your repatriation in the unlikely event of our insolvency. Please see this page of our website to see how your money is protected [www.lostearthadventures.co.uk/about-us/why-us/](http://www.lostearthadventures.co.uk/about-us/why-us/)

## Leave Nothing But Footprints – Responsible Travel in Nepal

At the core of every trip and destinations that Lost Earth Adventures explores is the ethos of responsible travel. A successful trip is one that leads our clients on an unforgettable journey that which also benefits the communities and areas we visit. Simply put, we endeavor to leave as little impact on the culture, local communities and fragile environments we go to. We encourage you to do the same.

### *Bottled Water*

Bottled water has an immensely negative impact on the areas we visit, as they are not recyclable. We recommend purchasing water-purifying tablets or a water filter to treat your drinking water whilst in Nepal. In most teahouses safe (boiled) drinking water is available to decant into your own bottles.



### *Clothing and Dress*

Nepal is a traditional and conservative country when it comes to clothing. How you dress has a great impact on your reception by locals. As a general rule in respect to local customs, men should never go bare-chested and should avoid wearing shorts in towns, cities and villages. Women should never wear shorts, and a long skirt or trousers is preferred.

### *Cultural Etiquette*

Men and women do not often show affection in public in Nepal, whether in a relationship or just a friendship. This includes hand holding, hugging and kissing.

**Welcome to Nepal, Let the Adventure Begin!**