



Everest Region

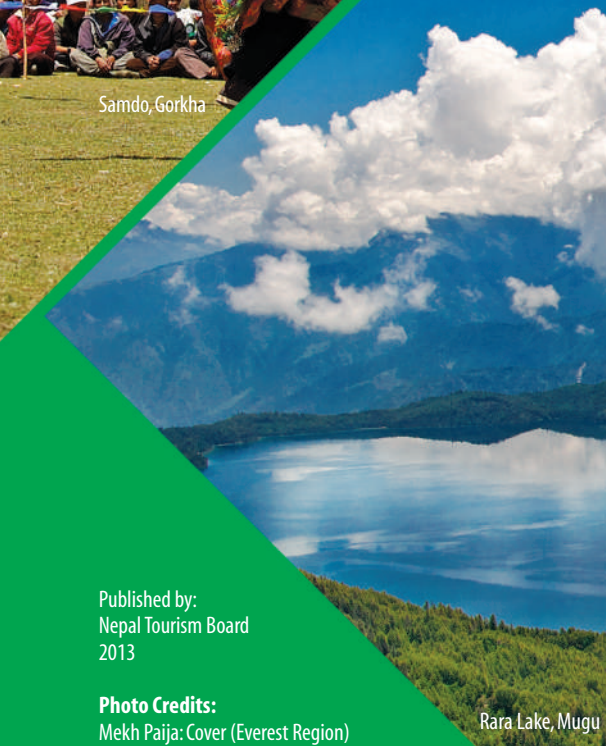
# TREKKING IN NEPAL



NATURALLY NEPAL  
ONCE IS NOT ENOUGH



Samdo, Gorkha



Rara Lake, Mugu



Khaptad

Published by:  
Nepal Tourism Board  
2013

**Photo Credits:**

Mekh Pajja: Cover (Everest Region)  
Amrit Bhadgaonle: Page 9  
Chandra Shekhar Karki: Page 21  
Sunil Sharma: Page 10  
Shikhar Bhattarai: Page 5  
Sirish B.C.: Page 1, 3, 20, 23 (Bhaga, Manang), 25, Inside Back Cover  
Bharat Bandhu Thapa: Inside cover, Page 6, 8 (Khaptad), 13, 15, 31  
Thomas L. Kelly: Page 8 (The West Trek), 11  
Ram C. Sedai: Page 16 (Tamang Heritage Trail)  
Susheel Shrestha: Page 7, 12, 14, 23, 24, Back (Annapurna Region)  
Nepal Tourism Board: Page 16 (Chepang Trail-both), 17, 18, 19

# CONTENT

Trekking in Nepal	1
Trekking Areas	1
Everest Region	1
Annapurna Region	3
Langtang Area	5
Gorkha and Manaslu	6
The East Trek	7
The West Trek	8
Khaptad	8
The Karnali Trek	9
Dolpa	9
Mugu	10
Humla	11
Trekking around Palpa	12
Trekking in and around Kathmandu Valley	13
Nagarkot	13
Daman	13
Kakani	14
Shivapuri	14
Heritage Trails	15
Limbu Cultural Trail	15
Tamang Heritage Trail	15
Chitwan Chepang Hill Trail	16
Pikey-Dudhkunda Cultural Trail (Solu)	17
Gurung Heritage Trail	18
Dolpa Heritage Circuit	19
Annapurna Dhaulagiri Community Eco-lodge Trek	20
The Great Himalaya Trail	21
Choosing a trek	22
Equipment and clothing	22
Health and medicine	23
Safety and security	24
Trekkers' Information Management System (TIMS)	25
Environmental issue	26
Trekking Permit	27
Entrance fees to Protected Areas	29
Useful Contacts	30
A useful source of information and contacts with the private sector	30
Other Useful Contacts	31

# TREKKING IN NEPAL

Nepal is the ultimate destination for trekkers from around the world. This activity is so popular that one in every five visitors to this country comes solely for the purpose of trekking. Nepal is not a large country in terms of geographical area, yet huge contrasts in altitudes and climates as you move from south to north support an amazing mix of lifestyles, flora and fauna. Although it is Nepal's scenic beauty that lures multitude of visitors, people of different cultures that you come across on the way are what make the experience quite memorable.

You can go trekking any time of the year though the popular seasons are Spring (February-May) and Autumn (September-November). Winter is very cold above 4,000 m because of snow on the high mountain passes. So keep yourself at lower altitudes. During the Monsoon season (June-August), you can trek in the rain shadow areas north of the Himalayas like Mustang, Manang and Dolpa where the rain clouds cannot reach them. The best part about trekking in this season is that the routes are less crowded, and the meadows are green and in full blossom. The following are some of the most popular trekking areas in Nepal:

## TREKKING AREAS

### Everest Region

The Everest region is located in the northeast of Nepal. The 10-day walk through the middle hills of Solu to the higher altitudes of Khumbu to the base of Sagarmatha (Mt. Everest), the world's highest peak, is an opportunity to observe and participate in the daily life of the legendary Sherpa people. The prime attraction - 8,848 m peak - lies in Sagarmatha National Park, which is also home to two other Eight Thousanders - Lhotse and Cho Oyu - besides several other prominent peaks above 6,000 meters.

Designated as a World Heritage Site in 1979, much of the 1,148 sq. km park lies above 3,000 m. The park is composed of rugged terrain with deep gorges, glaciers and huge rocks. The vegetation in the park varies from temperate plants like pine, hemlock, fir, juniper, birch, rhododendron and shrubs to alpine plants and



then to bare rock and snow. It is home to the ghoral, tahr, serow and musk deer as well as the impeyan pheasant, blood pheasant, red-billed chough and the yellow-billed chough.

The trail to Everest begins at Lukla, the airport at 2850 m. The trail climbs up the Dudhkoshi River Valley, and the following day brings you to the legendary Sherpa village of Namche Bazaar in the Khumbu (3,500 m), which is the staging point for expeditions to Everest and other peaks in the area. Above Namche lie the traditional villages of Khunde and Khumjung, the largest villages in the Khumbu at the foot of the sacred peak Khumbila.

Across the canyon from Khunde, perched on a high ridge, is the Tengboche Monastery, the leading Buddhist center in the Khumbu. The monastery rests amid stunning views of Everest, Lhotse and Ama Dablam.

From Tengboche you can continue on to Pheriche, Kala Paththar and the hamlet of Gorakshep. From there, Everest Base Camp is easily accessible, as is the summit of Kala Paththar (5,545 m), from which much of Mt. Everest is clearly visible. However, you must take time to properly acclimatize as the altitude gains are rapid.

**Best season:** October-November, March-May, December-February

**Getting there:** Everest region can be reached by air or on foot. Buses leave for Jiri from the Old Bus Park near Ratna Park in Kathmandu - a 10-hour drive - from where it is a two-day walk to Lukla.

By air, fly to Lukla - a 30 minute flight - which is served by many airlines from Kathmandu.

**Accommodation:** Resorts, hotels, lodges, tea houses and camping sites

**Permits and fees:** Entry permits are necessary before starting the trek and should be obtained at the National Park desk at Bhrikutimandap in Kathmandu.



Gokyo, Everest region



Bhraga

## Annapurna Region

The Annapurna Region in the North Western Nepal has been touted as having the world's best trekking routes. From the lake city of Pokhara, popular treks lead to Jomsom, Annapurna Base Camp, Mustang, Manang and around the Annapurna mountain. Short treks to Sikles and Ghandruk are just as popular. The Annapurna Region is an area of contrasts comprising the wettest, driest and windiest places in Nepal.

The Annapurna Circuit is by far the most popular and requires a minimum of about three weeks to go around the Annapurna massif. What makes this trek so special is that you can look up to something new in scenery everyday. The Annapurna Conservation Area begins at 790 m and reaches a high of 8,091 m, the summit of Mount Annapurna I, the world's 10th tallest peak. The area encompasses forested middle mountain, high Himalaya and trans-Himalayan desert plateau similar to the landscape in Tibet as you move north. The lower elevations are dotted by Gurung, Magar, Thakali and Brahmin-Chhettri villages while Tibetan cultural influence becomes apparent as you go north.



The trek goes counter-clockwise from Besi Sahar, off the Pokhara-Kathmandu Highway, to Naya Pool, and reaches its high point at Thorong La, a pass at 5416 m. On the way, you pass through stunning mountain scenery - Manaslu, Langtang Himal, Annapurna II and IV, Annapurna III, and, Annapurna I and Dhaulagiri. In between these two 8000 m peaks lies the dramatic Kali Gandaki gorge - the deepest in the world.

The trek in the eastern part follows the Marsyangdi River upstream till Manang, which is a string of seven villages that form the upper arc of the Annapurna Circuit Trekking Trail. The area is composed of stark, rocky terrain dotted with turquoise lakes, including Lake Tilicho (4919 m), the world's highest lake.

The trek also passes through Muktinath (3,749 m), a site holy for both Buddhists and Hindus before descending to Poon Hill at the end of the trek. Poon Hill provides spectacular views of Annapurna I and Dhaulagiri as well as South Annapurna and Machhapuchhre.

If you are tired, there is now a motorable road from Muktinath to Beni, from where you can catch a bus to Pokhara. Also, you can catch a bus from Besi Sahar to Sanghe at the start of the trek.

**Best season:** March-May, September-November. Unlike other parts of Nepal, even the monsoon months are ideal to visit upper Mustang that falls in the rain shadow area. Most trekking routes in the Annapurna Region are well serviced by teahouses.

**Getting there:** Pokhara, the resort city 200 km west of Kathmandu, is the departure point to treks in the Annapurna region in the western Himalaya. There is an airport in Jomsom if you are going to Mustang, and an airport at Chame for access to Manang.

**Accommodation:** Resorts, hotels, lodges, tea houses and camping

**Permits and fees:** Entry permits should be obtained at Bhrikutimandap in Kathmandu, or Lakeside, Pokhara, before starting the trek.



## Langtang Area

Langtang lies about 130 km north of the Kathmandu Valley close to the border with Tibet, China. It is Nepal's first national park, and lies between the Himalayan range to the north, dominated by Langtang Lirung (7,245 m), the highest peak in the area, and smaller peaks to the south - Chimse Danda (ridge), Ganja La pass (5,122 m), Jugal Himal and Dorje Lakpa (6,989 m).

The trek here is more adventurous as the area is visited by fewer tourists. Apart from the spectacular scenery, a visit to the area is an opportunity to explore the lifestyle and culture of the Tamangs, whose craftsmanship, language, dress and houses bear their uniqueness. Langtang is also known for its many glaciers - of which there are more than 70 of varying sizes - and high altitude lakes. The forests in the region have temperate and sub-alpine vegetation. Wildlife includes migratory birds, deer, monkeys, tahr and pika.

Apart from Langtang, treks can be arranged to the holy Gosaikunda Lake at 4,380 m, which covers much of the Langtang National Park, and Helambu. Gosaikunda is said to have been created by Lord Shiva when He thrust His Trident into a mountain to draw water to cool his throat after swallowing poison.

**Best seasons:** March-May, October-November. Most of the trekking routes in Helambu and Langtang are well served by teahouses, making independent trekking quite possible.

**Getting there:** From Dhunche which is 117 km by road from Kathmandu.

**Accommodation:** Lodges and camping

**Permits and fees:** Entry permits should be obtained at the National Park desk at Bhrikutimandap in Kathmandu before starting the trek. To reach Helambu from Kathmandu, a permit to pass through the Shivapuri National Park is required. It can be obtained at the entry of the Shivapuri National Park near Budhanilkantha.



Gosaikunda



Manaslu Peak

### **Gorkha and Manaslu**

To the east of the Annapurna Range lies the Manaslu range. Few visitors visit this area, which makes a trek to this unspoiled place all the more unique. The area is bordered by the Budhi Gandaki River to the east and by the Marshyangdi River to the west.

This area is marked by two cultural highlights: Gorkha, the ancestral seat of the Shah kings, and the Temple of Manakamana. Since the treks in the Manaslu region originate at around 1000 m and reach as high as 5200 m, a trekker will come across a wide range of flora typical of the mid hills and alpine regions of Nepal. Vegetation found here are the pine and rhododendron, while wildlife includes the barking deer, pika and Himalayan marmots. Some of the birds found here are the pheasant, raven and chough. The region has Tibetan cultural influences.

Teahouse trekking in the Manaslu Conservation Area is not recommended. Government regulations require all groups trekking in the Manaslu Circuit to be fully sufficient.

**Best season:** March-May, September-November

**Getting there:** Gorkha is the main hub for treks in the Manaslu region. It is about 4 hours' drive from Kathmandu. An alternative starting point is through Dhading Besi (87 km from Kathmandu), from where Gorkha can be reached by bus in about five hours, or to Besi Shahar (106 km from Pokhara) and then trek.

**Accommodation:** Resort hotels, lodges, tea houses and camping

**Permits and fees:** The Manaslu Circuit requires a permit and can be obtained at Bhrikutimandap, Kathmandu.

## The East Trek

The Eastern Region of Nepal provides unique treks along rarely visited trails. The popular trekking areas in the region are the Kanchanjaṅgha area, Milke Danda and Jaljale Himal. With more than 250 species of birds and wildlife, and high mountain lakes, the Kanchanjaṅgha area has some of the most stunning scenes. This region has been selected as one of the 200 Global eco-regions recognized by World Wildlife Fund (WWF) and is protected by the government as the Kanchanjaṅgha Conservation Area (KCA).

One of the main attractions is the spectacular scenery offered by the rhododendrons in full bloom on the hills and ridges along the way. Deer and wild sheep are often spotted in the area, and birds are found in abundance. The region is home to ethnic groups: notably the Rais and Limbus.

In general, the region has not been developed to cater to independent trekkers, so groups must be fully self sufficient.

**Best season:** March-May, September-November.

**Getting there:** Fly to Taplejung via Biratnagar from Kathmandu

**Accommodation:** Tea houses and camping

**Permits and fees:** Much of the trekking areas lie within the Kanchanjaṅgha Conservation Area, and a permit is required for entry. Trekkers arriving via the Kakarbhitta border point must first travel to Kathmandu (Bhrikutimandap) to obtain trekking permits.



Tehrathum

## The West Trek

Treks in Nepal's West are quite different from treks in other parts of the country. The region is less developed and has fewer facilities available for the visitors. This makes trekking here much more of an exploration type, and intending trekkers must be prepared for some delays and other hardships. It is also considerably more expensive to trek in the remote parts of the West.

The ethnic groups seen in the northern parts of the area, particularly in Darchula, Humla and Dolpa, are of Tibetan origin. Other groups found here are the Khasa, Magar, Gurung, Thakali and people of different cultural features. Commonly seen animals are the leopard, Himalayan tahr and blue sheep.

Popular trekking areas in this region are Khaptad, Achham, Darchula, Bajhang and Bajura. The best time to visit is the traditional trekking seasons of Spring and Autumn. The northern parts are also suitable for summer treks. The region has not been developed to cater to independent trekkers, so all groups must be self sufficient in all respects.

### Khaptad

Khaptad National Park (225 sq. km) lies in the middle hills of the country's Far-West where the districts of Bajhang, Bajura, Doti and Achham meet. The vegetation of the middle and high mountains with an average elevation of 3000 m is a mix of sub-tropical forests at lower altitudes and grasslands and oak and coniferous forests on the uplands.

The fauna here includes the leopard, bear, barking and musk deer. Birds found here are the Himalayan griffon, kalij pheasant and red- and yellow-billed blue magpie. This park represents one of the few remaining mid-mountain ecosystems in the Nepal Himalaya.

At the north-eastern corner of the park is a small serene lake called the Khaptad Daha, where Hindu pilgrims throng to worship Lord Shiva on the full moon of July-August each year. Khaptad is particularly famous for the ashram of the revered ascetic, the Khaptad Baba.

**Best season:** March-May and October-November

**Getting there:** Fly to Dipayal from Nepalgunj and then trek for three days

**Accommodation:** Camping



Simikot, Humla



Khaptad Daha

## The Karnali Trek

Karnali is a remote area in Mid-Western Region of Nepal. Surrounded by rocks, forests and snow-capped peaks and dotted by beautiful places and lakes like Rara and Shey Phoksundo, it has been dubbed as one of the world's "Natural Hidden Wonders". Major trekking areas in the region are Dolpa, Mugu and Humla.

### Dolpa

Trekking in Dolpa is an opportunity to walk through stunning landscape, ancient and isolated villages untouched by so-called modernity, Buddhist monasteries and turquoise lakes. The high and isolated Himalayan valleys of this area resemble the Tibetan highlands. The trek begins at Juphal and follows the trail north to the Dho-Tarap Valley, where the highest human settlements in the world are found. The trail leads through two high passes of Numa La (5318 m) and Baga La (5190 m) before descending to the turquoise-blue Phoksundo Lake. It takes about two weeks to complete the Lower Dolpa trek circuit.

In comparison to lower Dolpa, less number of trekkers enter the restricted upper Dolpa section of Shey Phoksundo National Park. The main attraction of the area is the wild and pristine landscape. Geographically, it is similar to the Tibetan plateau and is generally dry, cold and sparsely vegetated.

**Best season:** April through the summer monsoon months. From mid-November onwards, it is very cold and passes are covered by snow.

**Getting there:** Fly to Dolpa's Juphal airport from Nepalgunj and then trek.

**Accommodation:** Camping

**Permits and fees:** Permits to visit Lower or Upper Dolpa must be obtained at Bhrikutimandap in Kathmandu.



Phoksundo Lake, Dolpa

## Mugu

Mugu lies in the remote area of Karnali. Its jewel is the clear, high altitude Rara Lake that mirrors the snowcapped Himalayas. The lake ringed with pine, spruce and juniper forest is protected by the Rara National Park. The lake is five kilometers long and two kilometers wide and is the largest lake in Nepal.

The National Park is one of the best places in Nepal to see the musk deer, leopard, ghoral, tahr, Himalayan black bear, and the rare red panda. The park is also a birdwatcher's delight, especially during November and April when many species of birds visit during their seasonal migration. In summer, when rainfall is low, it is ideal for trekking. In the winter, there is often snow on the ridge surrounding the lake while in the Autumn Season, trekkers are rewarded with a profusion of alpine flowers.

From Jumla, there are two trails to Lake Rara, forming a circuit trek of about eight to nine days with a rest at the lake. One path heads west to Sinja Valley, the cradle of the Nepali language, and then moves northward. Several ridges of upto 3800 m must be crossed before reaching the lake at 2980 m. While returning, descend to Pina from the southern rim of the lake. One must cross two passes of 3400 m during the three to four days' trek back to Jumla.



Rara Lake, Mugu



Masked dance, Humla



Lake Nying, Humla

## Humla

Due to its remote location, few tourists are seen in Humla. The trek from Simikot, the administrative center of Humla district, to Hilsa, on the border with China, is usually taken to go on a pilgrimage to Mt. Kailash and Manasarovar in western Tibet. Mount Kailash is held sacred by both Hindus and Buddhists.

At the border town of Hilsa, you can turn northeast towards the mystical Limi Valley. This is a rather strenuous hike, involving the crossing of two high passes, Nara La (4620 m) and Nyalu La (4940 m). But the stunning landscapes - from green pastures to barren rocks similar to the Tibetan plateau - views from the passes and the experience of the cultures and traditions of the people seeped in centuries-old Buddhist traditions and shamanistic practices make the trek worthwhile.

One must note that tourism-related facilities are relatively undeveloped in this area.

**Best season:** February-April, October-November

**Getting to Rara:** Fly to Talcha and trek for 3 hours to Rara Lake, or fly to Jumla and take a 4-9 day trek to the park.

**Getting to Humla:** The only way to reach Simikot is to fly from Nepalgunj or to trek from Rara Lake. Scheduled flights to Simikot are generally unreliable due to weather conditions, but large groups have the option of chartering a flight.

**Accommodation:** Camping

**Permits and fees:** Permits to trek in Rara and Humla must be obtained at Bhrikutimandap, Kathmandu.

## Trekking around Palpa

The ancient town of Tansen once lay on the trade route between the plains and the hills. Now it has the headquarters of Palpa district and lies about 7 km northwest of Bartung on the Siddhartha Highway in western Nepal. The town spreads over a steep ridge with attractive Newar houses lining its cobbled streets. Tansen is famous for its historical monuments, temples and a lively handicraft industry. As the people in Tansen are mostly Newars who migrated from Patan in the 19th century, the people in the surrounding area are Magars with also populations of Chhetris and Bahuns.

A number of short treks are possible around Tansen that take the trekkers to local sites of scenic and cultural interest.

The best short trek from Tansen is probably the circuit to Ranighat, on the banks of the Kali Gandaki River. The place is famous for the palace built by Khadga Shumshere in memory of his wife, Tej Kumari. The palace was designed by British engineers from Calcutta. There are basic teahouses at Ranighat, and camping on the beach is also possible.

Another attractive short trek suitable in the winter is to follow the old trade route from Tansen, down to Sisnu Khola and end in Butwal.

**Getting there:** There are regular buses from Kathmandu to Tansen - 296 km from Kathmandu via Butwal and about 324 km from Kathmandu via Pokhara. You can take a daily-scheduled flight from Kathmandu to Pokhara or Bhairahawa. Tansen is conveniently near Lumbini, the birthplace of Lord Buddha, and the popular tourist destination of Pokhara. It is about 3-4 hours drive from either of these cities.

**Accommodation:** Resort hotels, lodges



Ranighat Palace, Palpa

## Trekking in and around Kathmandu Valley

Kathmandu Valley offers excellent short treks, some of which can be completed in a single day. It is also possible to turn the treks into overnight trips. Some popular treks around Kathmandu are the Shivapuri area, Sundarijal to Budhanilkantha, Godavari to Phulchowki, Kirtipur to Champadevi, Nagarjun and Nagarkot to Changu Narayan. Permit is only required for trekking around the Shivapuri National Park. Transportation is easily available at the end and beginning of these treks. Private vehicles or taxis can also be hired.

**Nagarkot:** Located 30 km to the east of Kathmandu on the valley rim, Nagarkot is for those on the lookout for Himalayan scenery and rural serenity. Nagarkot, situated at an elevation of 2,175 m, provides a panorama of five of the world's 10 tallest peaks - Everest (8848 m), Lhotse (8516 m), Makalu (8463 m) and Manaslu (8163 m) - and many other lesser summits. Visitors go to Nagarkot to watch the sunrise and sunset.

The surrounding countryside with its terraced hillsides and farm houses is great for walking. Bird watching is an activity you can enjoy in the forests here. You can take a walk from Nagarkot along a ridge to the temple of Changu Narayan - with views of Sankhu village to the right and Bhaktapur to the left. Another trail takes you south from Nagarkot to Nala and Banepa on the highway to the Chinese border.

**Daman** is another place worth going for a pan-Himalayan view. Located 75 km at 2400 m, to the southwest of the Kathmandu Valley, on the Tibhuvan Highway, Daman offers the only unhindered view of the entire Himalayan range. There are resort hotels and lodges for accommodation.



Langtang Range from Nagarkot

**Kakani** lies 28 km to the northwest of Kathmandu at an altitude of 1982 m. Kakani offers excellent views of Ganesh Himal, Langtang and the Annapurnas to the north and beautiful oak and rhododendron forests on the south slope leading down to Balaju. Accommodation in resort hotels and lodges.

**Shivapuri** is a retreat atop a hill at the northern end of the Kathmandu Valley. Situated at an altitude of 2,732 m, the area encompasses a protected reserve which harbors many rare and endangered animal and bird species. Spread over 144 sq km, the Shivapuri Watershed and Wildlife Reserve is home to the sloth bear, langur monkey, leopard and barking deer among others. Its rich flora includes orchids, rhododendrons and a variety of medicinal and herbal plants.

To get there, head north from Balaju or Budhanilkantha at the foot of Shivapuri hill. From here, it is a walk along the ridges adorned with fluttering prayer flags and Buddhist stupas and then through a dense wood before reaching the summit. From here, you can get a panoramic view of the Himalaya. The sacred Bagmati River that flows through Katmandu originates at Shivapuri.

After a leisurely rest, you can either go back down the same route or follow the ridge to descend south towards the stupa at Bouddhanath. The third alternative, a small and steep trail brings you down to Budhanilkantha.



Langtang Range from Nagarkot



## Heritage Trails

### Limbu Cultural Trail

This trekking route between Kabeli and Khaksewa rivers offers a deep experience of the culture, tradition and lifestyle of the Limbu people of this region. The 4-5 day Limbu Cultural Trail starts at Phungling and passes through Suketar, Lalikharka, Kande Bhanjyang, Simbu, Phungphung, Phumpe to end at Mamankhe. From Mamankhe, one can either take the trail to Kanchanjanga Base Camp or retrace one's way back to Phungling.

Thick cardamom farms lie along the Limbu Cultural Trail, apart from the unique Himalayan flora and fauna, and untouched natural landscapes. Local homes provide accommodation and meals, and are an opportunity to discover the area and the people.

**Getting there:** Fly from Kathmandu to Suketar (in Taplejung) or to Suketar via Biratnagar

**Accommodation:** Lodges, tea houses or camping



Limbu Belle

### Tamang Heritage Trail

Set in the Langtang region in north central Nepal, the route combines stunning Himalayan views and an experience of Tamang and Tibetan cultures.

The starting point of the eight-day trek is Syaphrubesi, which is a 132 km ride from Kathmandu to the north. From Syaphrubesi, the route passes through Goljung, Gatlang, Chilime, Tatopani, Rasuwagadhi and Briddim.

The trek is an opportunity to see and experience Tamang rituals, Tibetan culture, religious festivals, traditional architecture, exotic costumes and Syabru dances. From the view point at Goljung Pass, you can have views of Langtang and Kyirong (China). Syabru, Mane and other local dances are performed at Goljung and Gatlang for the visitors.

**Getting there:** Drive 132 km to Syaphrubesi from Kathmandu and trek

**Accommodation:** Lodges, tea houses and home stays



Village enroute Chepang Trail



Drying Corn, Chepang Trail



Shaman Priests, Gosainkunda

## Chitwan Chepang Hill Trail

The Chitwan Chepang Hill Trail offers a rare combination of cultural and sightseeing experience. Home stays along the trek provides a glimpse into the lifestyle of the Chepangs and other local communities who live in the mid-hills of Nepal.

The Chitwan Chepang Hill Trail begins at Hugdi, between Mugling and Krishna Bhir in Dhading district, about 80 km from Kathmandu, and ends in Shaktikhor. On the way to Hugdi lies Hattiban, where one can take in the beautiful scenery of the surrounding mountains and trek through the pristine mid-hill forests.

Siraichuli (1945 m), one of the highest hills in the Mahabharat range, offers spectacular views of the mountains and magnificent sunrise and sunset. It provides spectacular views of Rolwaling, Gaurishankar, Langtang, Gorkha Himal, Peak 29, Himalchuli, Manaslu, Annapurna range, Dhaulagiri mountains and Chitwan National Park in the terai. One can also go paragliding in the area.

The trek to Siraichuli from Hattiban is challenging. On the way is Jyandala village which is a Chepang settlement. Next is Chisapanitar, popular as a bird watching site where more than 250 varieties of bird species are found. Another interesting place is Uppardang Gadi at 1275 m. The remains of this historic fort that defended the surrounding countryside are still there.

**Getting there:** Drive 80 km from Kathmandu to Hugdi in Dhading district, the starting point of the trek

**Accommodation:** Home stay, guest house and camping.

### Pikey-Dudhkunda Cultural Trail (Solu)

Pikey Danda (4065 m) is one of the tallest hills of Solu, offering vistas of most of the central and eastern Himalayan peaks - Everest, Makalu, Kanchanjangha, Annapurna, Gauri Shanker, Lhotse, Numbur, Khatang, Karyalung, Shishapangma, Mera Peak, Thamserku, Lhotseshar, Nuptse and a little of Ama Dablam. The hill also offers breathtaking sunrise and sunset views during good weather.

A trail through Jiri-Chaulakharka-Ngaur leads to the Pikey Danda. The trail starts at Phaplu and passes through Kerung, Pattale, Jhapre, Pikey Danda, Lamajura, Junbesi and ends at Salleri.

After reaching Pikey, one also has the option of taking the Dudhkunda Cultural Trail via Thaksindu. The trail passes through Junbesi, Phaplu, Thaksindu, Beni, Dudhkunda, Thaksindu and back to Salleri. The beautiful Sherpa village of Junbesi lies on the way from Pikey to Dudhkunda. One can also visit the famous Thuptenchholing Monastery on the way.

The trek to Pikey can be combined with other activities such as paragliding, mountain biking, bird watching, pilgrimage and meditation.

July is the best time to visit Pikey, which stands for a Sherpa clan deity. During this month, the locals hold celebrations to worship their clan god, the eastern Chyabo Pikey, as Pikey Hlapchen Karbu.

Dudhkunda (4,560 m), a mountain lake, on the lap of Mt. Numbur is a popular trekking destination in Solu. The trek to Dudhkunda, starting at Phaplu, can be limited to encircling the Dudhkunda Lake or it can be combined with the cultural experience of passing through Khaling Rai settlements and then back to Salleri through dense forests of rhododendron and a variety of wildlife.

Dudhkunda, which literally means a lake of milk, is held sacred by the local people. A dip in its holy waters is said to fulfill one's wishes. During the full moon night in August, a weeklong celebration is held here by pilgrims and jhaankris (shamans).

**Getting there:** Fly to Phaplu, a 30-minute flight from Kathmandu, the starting point of the trek.

**Accommodation:** Lodges, tea shops, camping

Mt. Numbur and Lake Dudhkunda, Solu



## Gurung Heritage Trail

The Gurung Heritage Trail provides first-hand experience of Gurung lifestyle and culture. The Gurung people, with their original tradition, culture and festivals still unspoilt and alive, are indigenous to the hilly Himalayan regions of Nepal.

The trail starts at Khudi leading to Ghalegaun and Ghanpokhara at the top of two nearby hills – 4-5 hours northeast of Khudi. The trail then passes through other Gurung villages Bhujung, Pasgaun, Pakhrikot and Nangidhar, finally ending at Pokhara.

The trail up the Marshyangdi valley provides excellent and ever-changing views of the high Himalayas. The river bed of the lower Marshyangdi Valley is extremely fertile and is heavily cultivated with rice. The terraces up the hills are sown with millet, corn and buckwheat. The higher elevations are increasingly forested with pines and firs.

**Getting there:** Drive to Khudi via Bimalnagar on the Kathmandu-Pokhara highway and trek

**Accommodation:** Home stays



Ghalegaun, Lamjung

## Dolpa Heritage Circuit

This 20-day circuit provides a unique experience of the Upper Dolpo region. There is a mythical appeal to Inner Dolpo in that the villages tend to be even more isolated than in lower Dolpo. With more than 130 gompas (monasteries) in Inner Dolpo, centuries-old Buddhist traditions influenced by shamanistic practices continue to be a part of the people's daily life.

There is a gompa in every settlement, with some of the oldest monasteries in the Himalayan region found at Saldang, Dho, Chharka and Bhijer. Some of these gompas are more than 700 years old.

The famous Shey Gompa is the spiritual heart of Inner Dolpo. Situated at the base of Crystal Mountain, it is a famous pilgrimage site. Pilgrims go around the Crystal Mountain, said to be as sacred as Mount Kailash, to make a circuit, or kora.

It is a very strenuous trek involving three passes: Kang La/ Ngadra La at 5350 m, Shey La at 5000 m and Jeng La at 5110 m. This means you will be walking at above 4000 m and spending very cold nights. But the stunning landscape and encounter with a culture still untouched by modernity make the trek highly appealing.

Inner Dolpo is a restricted area, so there is a fee of US\$ 500 for the first 10 days, and US\$ 50 for each additional day. And the government has restricted the number of visitors to just 250, making a trip to the region a very special one.

**Getting there:** Fly to Juphal airport from Nepalgunj or Pokhara and then trek

**Accommodation:** Camping

**Permits and fees:** Permits to visit Lower or Upper Dolpa must be obtained at Bhrikutimandap in Kathmandu.



Phoksundo Lake, Dolpa



Annapurna range from Pun Hill

## Annapurna Dhaulagiri Community Eco-lodge Trek

The trek leads you to the breathtaking hills of Mohare and Khopra settled by the Magar community. The hills in the Annapurna region provide stunning views of Dhaulagiri, the Annapurna massive, Manaslu, Machhapuchhre and Himal Chuli with the Jugal range dominating the northern horizon from west to east.

The pristine pine, fir and rhododendron forests on the way to Mohare are home to wildlife such as the deer, Himalayan bears and snow leopard. Birds found here include the Grosbeak, Yuhinas, tits, magpies and pheasants. The trek also takes you to an orange farm at Bas Kharka, and organic farming and Nepali paper making at Nagi. And it is also an opportunity to see the wireless internet service developed by Mahabir Pun, winner of the Ramon Magsaysay award.

Khopra, the highest point of the trek (3660 m) that rests on one side of Annapurna South, also has a yak farm, and there's a cheese factory lower down in Paudawar.

Community eco-lodges today dot the unbeaten path to the hills. The adventure treks being developed here aim at making the communities self sustainable, empowered, educated and transferring the benefits of tourism activities to them without compromising on the culture, nature and environments.

**Getting there:** Pokhara, the resort city 200 km west of Kathmandu, is the departure point to treks in the Annapurna region in the western Himalaya.

**Accommodation:** Community eco-lodges



Dhaulagiri range from Pun Hill

## The Great Himalaya Trail

The Great Himalaya Trail comprises a network of existing trails which together form one of the longest and highest walking trails in the world from Bhutan in the east to Pakistan in the west.

The trail in Nepal winds 1700 km and extends from Kanchanjangha on the eastern border to end in Humla in the west on the border with Tibet, with the route passing through eight of the world's peaks above 8000 m in between. The strenuous trek could take as many as six months to accomplish along the Nepal Himalaya, depending upon your zeal and stamina.

There is incredible diversity in landscape, cultures, wildlife to people on the way. The scenery changes from lush green valleys, arid high plateaus to high mountains with related changes in the flora and fauna and in the cultures and traditions of the people.

There is, however, a lot of exploring to be done on The Great Himalayan Trail.



### Choosing a trek

You can choose between a fully organized trek and an independent trek. But to ensure quality service and safety, it is advisable to have a government recognized trekking agency arrange your trek. Independent, or teahouse trekking, is suitable for small groups that want to trek in the more popular areas that are furnished with teahouses. A fully organized trek costs comparatively more and has a fixed itinerary. But then trekkers walk in a group, they are accompanied by trekking agency staff and it becomes possible to visit remote regions that have no teahouse facility.

### Equipment and clothing

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 m, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

For lower altitude, fleece jackets are adequate, while at higher altitudes down jackets are advisable. Waterproof, windproof jackets and pants, well broken-in footwear, head cover are also recommended. Good sleeping bags, sunglasses, drinking water bottle, a Swiss army knife, torchlight, sun block cream, toiletries, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip.

Trekking gears are available in Kathmandu, Pokhara and Namche Bazaar.



Trekkers taking lunch enroute Everest Basecamp



Waterfall, Khaptad

## Health and medicine

It is best to carry a first aid kit and learn about the possible health problems you are likely to encounter on the way beforehand as there will be few or no pharmacies on the trail.

The **Himalayan Rescue Association (HRA)**, which specializes in treating trekker's health problems, especially in preventing casualties from Acute Mountain Sickness (AMS), operates a small aid post in the Khumbu village of Pheriche (4,280 m) during the trekking season twice a year. A permanent aid post in Manang is manned by volunteer doctors of HRA. HRA also sets up a medical clinic at Everest Base Camp twice a year during the spring and autumn mountaineering seasons.

The non-profit organization operates an information center at Thamel (Sagarmatha Complex) where visitors can attend talks on mountain sickness and learn about trekking, safety and related matters. HRA has published various pamphlets concerning mountain safety and are available in English, French, German, Hebrew and Japanese. For further information please contact, Tel: 01-4440293



Bhraga, Manang

### **While trekking, these are the more frequent problems you could face:**

1. An upset stomach, often caused by a change in diet or consuming contaminated food or water, is a common ailment. To avoid it one should pay particular attention to hygiene and quality of food and drinks.
2. Cough, cold and sore throats - common in the dry mountain air - can lead to chest infection. Sore throats can best be avoided by attempting not to breathe cold air directly through the mouth. Smoking should also be avoided.
3. Joint muscle strains, foot problems and blisters are also common. Wearing good footwear will go a long way in avoiding them. For sprains and strains, apply cold water to reduce swelling and support the joint with a crepe bandage.
4. Trying to go up too fast too soon can lead to high altitude sickness. Acute Mountain Sickness (AMS) occurs due to the effects of thin air at high altitudes, and can be fatal, at times even resulting in death. Climbers going up to 3,000 meters or above should give their body plenty of time to acclimatize. Should you develop initial symptoms of AMS such as headache, loss of appetite, swelling of the limbs, nausea, difficulty in sleeping, irregular breathing and unusual weariness, descend to a lower altitude immediately and seek medical advice. Maintaining good fluid intake helps combat altitude sickness.

### **Safety and security**

Nepal is a safe country to trek provided the basic rules are observed. When the trek is being arranged by a trekking agency, most of the contingencies will be handled by its staff. But when trekking alone, you may not have anyone to turn to for help. Therefore, trekkers should either hire a good trekking agency or hire reliable guides if trekking in smaller groups. Women guides are available for women trekkers.

The best way to avoid risks while trekking is by planning, playing by the rules and realizing human limitations. In case of misfortune, a detailed message should be dispatched to a reliable organization or individual immediately for rescue operation. If communication facilities are unavailable, the normal first aid principle should be followed till help arrives.

Some of the safety rules to abide by are:

1. Do not trek alone.
2. Do not display your cash or expensive items.
3. Keep belongings secure and within sight.
4. Make arrangements for handling emergency situations beforehand.
5. Register personal information and trekking plan details with the respective embassies.
6. Buy a travel insurance policy that covers helicopter rescue cost. Leave a copy of the details with an agency in Kathmandu.
7. Choose only authorized government registered trekking agencies, guides and porters.



## **Trekkers' Information Management System (TIMS)**

### **Where & how to obtain TIMS Card?**

Tourists of all nationalities including Indians, who are interested to visit general trekking areas of Nepal, are required to receive TIMS Card through one of the following offices:

- Kathmandu (NTB office, TAAN office and Government registered trekking companies)
- Pokhara (NTB office, TAAN office and Government registered trekking companies)
- To obtain a TIMS Card you need a photo copy of your passport details and two passport-size photographs.
- 20 US \$ equivalent Nepalese Rupees must be paid to obtain TIMS Card from NTB offices or TAAN offices which issue TIMS card only for Free Individual Trekkers (FIT) who do not take the services of both Guide and Porter.
- However, 10 US \$ equivalent Nepalese Rupees must be paid for obtaining TIMS card for Group Trekkers (GT- who take the services of both Guide and Porter) only from registered trekking agencies in Nepal.
- The TIMS card is non-transferable, non-endorsable and valid only for one entry for prescribed area and duration.

### **Opening hours**

- TIMS counter at NTB offices will remain open from Sunday to Friday from 10 am to 4 pm except Saturdays and Public Holidays when it is closed.
- TIMS counter at TAAN opens seven days a week from 10 am to 5 pm . It is also open on Saturdays and Public Holidays from 10 am to 12 pm. During October, November and December working hours are from 10 am to 4 pm.

For more information, please contact: Nepal Tourism Board (NTB) , Telephone + 9771-4256909 extn 224 or Trekking Agencies' Association of Nepal (TAAN) Tel: 4443003, 4440920, Web site: [www.timsnepal.com](http://www.timsnepal.com)).



Tsarang, Upper Mustang

## Environmental issue

A general advice to trekkers is to leave only footprints and take only photographs. However, recent developments along the trekking trails have become a concern to both environmentalists and locals alike. The emergence of teahouses along the trekking trails has put a heavy demand on wood for construction and fuel, which has led to deforestation.

In addition, the more popular trails are being littered with trash of all kinds such as bottles, tins, plastics, foil, batteries, etc. without any proper mechanism for their disposal. With increased awareness on the part of the trekkers and local people, this trend is changing though. However, the message still needs to be passed on to the trekker to engage in more environmentally sound trekking.

For vigilant trekking, please follow the following rules:

1. If you are camping, request that cooking be done on kerosene or gas, not wood. Limit your showers to those heated by solar energy or hydroelectricity.
2. Dispose biodegradable waste properly. Pack all your non-biodegradable items such as bottles, tins, foil, batteries, etc. so that they can be disposed at the nearest disposal site or carry them to your campsite, lodge or hotel.
3. Likewise, sanitary napkins and tampons should be properly disposed.
4. Be a responsible trekker and use local products to avoid can food and the use of plastics where feasible.
5. Ensure that campsites are left clean and that toilet pits are properly filled in after use.



## TREKKING PERMIT FEES

The Department of Immigration located at Kalikasthan, Kathmandu (Tel: 01-4433934) issues permit for the tourist who intend to trek to areas that have been classified as Restricted Areas by the Government of Nepal.

A trekking permit is a must to visit restricted areas mentioned below.

SN.	National Parks/ Wildlife Reserves/ Conservation Areas	Where to pay?
1	Dolpa district (a) Areas of lower Dolpa (b) Areas of Upper Dolpa	Per week per person US\$ 10 or equivalent convertible foreign currency. For the first 10 days per person US \$500 and After 10 days per day per person US\$50
2	Taplejung District Kanchanjanga Region (Areas of Olangchunggola, Lelep, Papung and Yamphudin Village Development Committee)	Per week per person US\$ 10 or equivalent convertible foreign currency.
3	Mustang district Upper Mustang	For the first 10 days per person US \$500 and After 10 days per day per person US\$50.
4	Gorkha District: (A) Manaslu Area  (B) Chhekampar & Chunchet VDC (Sirdibas-Lokpa-Chumling-Chhekampar-Nile-Chhule Area)	From September to November per week per person US\$ 70 and After 7 days per day per person US\$ 10 and From December to August per week per person US\$ 50 and After 7 days per day per person US\$ 7 or equivalent convertible foreign currency.  From September to November per person US\$ 35 for first 8 days and From December to August per person US\$ 25 for first 8 days or equivalent convertible foreign currency.
5	Dolakha District: (Gauri Shankar & Lamabagar)	Per week per person US\$ 10 or equivalent convertible foreign currency.
6	Humla District (Simikot and Yari):- Areas of Limi and Muchu village Development Committee, and area way to Tibet via Tangekhola of Darma Village Development committee.	For the first 7 days per person US\$ 50 and After 7 days per day per person US\$ 7 or equivalent convertible foreign currency.
<b>Trekking fee of other restricted areas imposed by Nepal government</b>		
7	Rasuwa District :- Thuman and Timure	per week per person US\$ 10, or equivalent convertible foreign currency.
8	Sankhuwasabha District (Makalu Region): Areas of Kimathanka, Chepuwa, Hatiya and Pawakhola Village Development Committee.	For the first 4 weeks per week per person US\$ 10 and After 4 weeks per week per person US\$ 20, or equivalent convertible foreign currency.

<b>SN.</b>	<b>National Parks/ Wildlife Reserves/ Conservation Areas</b>	<b>Where to pay?</b>
<b>9</b>	<b>Solukhumbu District (Everest Region):-</b> <b>All north-west area way from Thame to Nangpala of Namche Village Development Committee</b>	<b>For the first 4 weeks per week per person US\$ 10 and After 4 weeks per week per person US\$ 20, or equivalent convertible foreign currency.</b>
<b>10</b>	<b>Manang District:-</b> <b>Areas of Nar, Phu, and Northern area of Tilche Village of Thochhe Village Development Committee</b>	<b>From September to November per week per person US\$ 90 and December to August per week per person US\$ 75 or equivalent convertible foreign currency..</b>
<b>11</b>	<b>Mugu District:-</b> <b>Areas of Mugu, Dolpu, Pulu and Bhangri.</b>	<b>For the first 7 days per person US \$90 and After 7 days per day per person US\$15 or equivalent convertible foreign currency..</b>
<b>12</b>	<b>Baihang District:-</b> <b>Areas of Kanda, Saipal, Dhuli.</b>	<b>For the first 7 days per person US \$90 and After 7 days per day per person US\$15 or equivalent convertible foreign currency.</b>
<b>13</b>	<b>Darchula District:-</b> <b>Areas of Byas Village Development Committee.</b>	<b>For the first 7 days per person US \$90 and After 7 days per day per person US\$15 or equivalent convertible foreign currency.</b>

To get a group trekking permit an application form with other relevant documents should be submitted through any registered trekking agency of Nepal.

(For further information, please, contact Department of Immigration, Kalikasthan, Kathmandu, Tel: 00977-1-4433934 / 4429660 / 4438862 / 4438868  
Email : mail@immi.gov.np ; Web: www.immi.gov.np

**Entrance Fees to Protected Areas (Source: DNPWC Counter - Department of National Parks & Wildlife Conservation, ACAP Counter - Annapurna Conservation Area Project; both at Tourist Service Center, Bhrikutimandap, Kathmandu)**

**Entry Fees in Nepalese Rupees**

SN.	National Parks/ Wildlife Reserves/ Conservation Areas	Nepali	SAARC	Foreigners	Child discount	Where to pay?
<b>National Parks that are designated UNESCO World Heritage Sites (Natural)</b>						
1	Chitwan National Park	NRs. 100 per person per day	NRs. 750 per person per day	NRs. 1,500 per person per day	Below 10 yrs free	At entry point
2	Sagarmatha National Park	Free	NRs. 1,500 per person per entry	NRs. 3,000 per person per entry	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu
<b>Other National Parks</b>						
3	Bardiya National Park	NRs. 50 per person per day	NRs. 500 per person per day	NRs. 1,000 per person per day	Below 10 yrs free	At entry point in Thakurdwara
4	Khaptad National Park	Free	NRs. 100 per person per entry	NRs. 1,000 per person per entry	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu
5	Langtang National Park	Free	NRs. 1,500 per person per entry	NRs. 3,000 per person per entry	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu At entry point in Dhunche
6	Makalu-Barun National Park	Free	NRs. 1,500 per person per entry	NRs. 3,000 per person per entry	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu
7	Rara National Park	Free	NRs. 1,500 per person per entry	NRs. 3,000 per person per entry	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu
8	Shey-Phoksundo National Park	Free	NRs. 1,500 per person per entry	NRs. 3,000 per person per entry	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu
9	Shivapuri-Nagarjun National Park	NRs. 10 per person per entry	NRs. 250 per person per entry		Below 10 yrs free	At entry point
10	Banke National Park	NRs. 50 per person per day	NRs. 500 per person per day	NRs. 1,000 per person per day	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu
<b>Wildlife Reserves</b>						
11	Koshi Tappu Wildlife Reserve	NRs. 50 per person per day	NRs. 500 per person per day	NRs. 1,000 per person per day	Below 10 yrs free	At entry point
12	Parsa Wildlife Reserve	NRs. 50 per person per day	NRs. 500 per person per day	NRs. 1,000 per person per day	Below 10 yrs free	At entry point
13	Shuklaphanta Wildlife Reserve	NRs. 50 per person per day	NRs. 500 per person per day	NRs. 1,000 per person per day	Below 10 yrs free	At entry point
<b>Conservation Areas</b>						
18	Api Nampa Conservation Area	Free	NRs. 100 per person per entry	NRs. 1,000 per person per entry	Below 10 yrs free	At entry point in Darchula
14	Annapurna Conservation Area	Free	NRs. 200 per person per entry	NRs. 2,000 per person per entry	Below 10 yrs free	ACAP Counter, Tourist Service Center, Bhrikutimandap, Kathmandu ACAP Counter, Pardi, Pokhara Park entry point
15	Kanchenjunga Conservation Area	Free	NRs. 500 per person per entry	NRs. 2,000 per person per entry	Below 10 yrs free	DNPWC Counter, Tourist Service Center, Bhrikutimandap, Kathmandu
16	Manaslu Conservation Area	Free	NRs. 200 per person per entry	NRs. 2,000 per person per entry	Below 10 yrs free	ACAP Counter, Bhrikutimandap, Tourist Service Center, Kathmandu
<b>Hunting Reserve</b>						
20	Dhorpatan	Free	NRs. 1,500 per person per entry	NRs. 3,000 per person per entry	Below 10 yrs free	Hunting license and entry permit must be taken from DNPWC Office, Babarmahal, Kathmandu

\*\*For more information about hunting at Dhorpatan Hunting Reserve, please contact Department of National Parks and Wildlife Conservation (Tel: 01-4220850).

## Useful Contacts

---

The following organizations can provide useful information:

### **Nepal Tourism Board (NTB)**

Tourist Service Center,  
Bhrikutimandap, Kathmandu, PO Box 11018  
Tel: 977-1-4256909, Fax: 977-1-4256910  
Email: info@ntb.org.np

Pokhara Tourist Service Center  
Pardi, Damside, Pokhara  
Tel: 061-535292  
Email: pntb@wlink.com.np

The authority charged with developing and promoting Nepal's tourism industry worldwide.

## A useful source of information and contacts with the private sector.

---

### **Himalayan Rescue Association (HRA)**

Dhobichaur, Lazimpat, Kathmandu, PO Box 4944  
Tel: 977-1-4440292/3, Fax: 977-1-4411956  
E-mail: hra@mail.com.np  
website: www.himalayanrescue.org

HRA operates trekker's aid clinics at Pheriche on the Everest route and at Manang on the Annapurna Circuit. Daily awareness lectures on Altitude Mountain Sickness (AMS) are conducted at the clinics and at their Kathmandu office.

### **Kathmandu Environmental Education Project (KEEP)**

Jyatha, Thamel, Kathmandu, PO Box 9178  
Tel: 977-1-4216775/6, Fax: 977-4216774  
E-mail- keep@info.com.np  
Website: www.keepnepal.org

KEEP conducts regular trainings for teahouse owners and trekking staff. Sponsors environmental projects around Nepal and in Sikkim. It maintains a Traveler's Information Center for trekkers in Kathmandu where information can be obtained and exchanged.

### **Trekking Agents Association of Nepal (TAAN)**

Maligaun Ganeshthan, Kathmandu, PO Box 3612  
Tel: 977-1-4427473, 4440920, 4440921, Fax: 977-1-4419245  
E-mail: taan@wink.com.np  
Website: www.taan.org.np

The industry association for trekking agencies in Nepal. Maintains a listing of all registered member agencies. Conducts regular training for trekking staff. Can supply trekking information on request.

### **Nepal Mountaineering Association (NMA)**

Nagpokhari, Naxal, Kathmandu, PO Box 1435  
Tel: 977-1-4434525, 4435442, Fax: 977-1-4434578  
E-mail: office@nepalmountaineering.org/ peaks@nma.wlink.com.np  
Website: www.nepalmountaineering.org

The body that regulates the trekking peaks. Conducts regular mountaineering training. Can provide specific information on request.

## Other Useful Contacts

---

### **National Trust for Nature Conservation (NTNC)**

Khumaltar, Lalitpur, Kathmandu, PO Box 3712

Tel: 977-1-5526570

Website: [www.ntnc.org.np](http://www.ntnc.org.np)

The parent body that governs the operation of the Annapurna Conservation Area Project (ACAP) and the Mansalu Conservation Area Project (MCAP). A useful source of information in Kathmandu for these two projects.

### **Annapurna Conservation Area Project (ACAP)**

Hariyo Kharka, Pokhara, PO Box 183

Tel: 977-061-521102, Fax: 977-061-528203

Responsible for the development and regulation of tourism within the ACAP area. Conducts awareness and training programs for local workers and entrepreneurs.

### **Manaslu Conservation Area Project (MCAP)**

Gorkha Bazaar, Gorkha, PO Box: 3712

Tel: 977-064-420284, Fax: 977-01-4526570

Responsible for the development and regulation of tourism within the MCAP area. Conducts awareness and training programs for local workers and entrepreneurs.

### **International Porter Protection Group (IPPG)**

Mr. Prakash Adhikari,

c/o HRA (Himalayan Rescue Association) Thamel,

PO Box 4944, Kathmandu, Nepal

Tel: 977-1-4262746

Website: [www.ippg.net](http://www.ippg.net)

A volunteer organization with representatives around the world, formed to create awareness amongst trekkers and trekking companies to try to improve the treatment of porter staff. Operates a porter clothing bank from which companies and individuals can borrow clothing for their porters.

### **Sagarmatha Pollution Control Committee (SPCC)**

Namche Bazaar, Solukhumbu

c/c- WWF Nepal Program

PO Box 7660, Kathmandu, Nepal

Tel: 977-1-4434820, Fax: 977-1-4438458

E-mail: [spcc@mail.com.np](mailto:spcc@mail.com.np)

The committee takes responsibility for educating trekkers and locals on environmental matters in Sagarmatha National Park. They have constructed rubbish disposal facilities, and the body is responsible for controlling garbage disposed of by mountaineering expeditions inside the national park.



Manaslu from Bhimthang, Manang



Ghandruk



Annapurna Region

For More Information:

Nepal Tourism Board  
Tourist Service Center  
Bhrikuti Mandap, Kathmandu, Nepal  
Tel : +977-1-4256909  
Fax : +977-1-4256910  
E-mail : [info@ntb.org.np](mailto:info@ntb.org.np)  
[www.welcomenepal.com](http://www.welcomenepal.com)

NATURALLY NEPAL  
ONCE IS NOT ENOUGH