



# Natraj Trekking since 1967

One of the leading trekking agency in Nepal for Bhutan, Tibet & India tour packages

## UPPER MUSTANG TREK - 17 DAYS

### Upper Mustang Trek “Into the Forbidden Land of Lo Manthang”

#### Trip Highlights

- ✓ Guided tours of UNESCO World Heritage Site in Kathmandu.
- ✓ Explore the beauty of **Pokhara** enhances by its lovely lakes, which have their source in the glacial region of the Annapurna range of the Himalayas
- ✓ Mustang Trek through the spectacular Tibetan scenery and Buddhist heritage of the ‘Forbidden Kingdom’ to the legendary walled city of Lo Manthang.
- ✓ Ancient Monasteries of Mustang and see the imposing 4-storey palace of the Raja of Mustang.

**Upper Mustang** is located north of Annapurna and at an average altitude of 4,000m is geologically and culturally part of the Tibetan plateau. The valleys are arid and dry with colourful rock formations containing many cave dwellings high up in the cliffs. The first trekking parties were allowed into Upper Mustang in 1992 and there are still very few people (about 700 trekkers each year) visiting Upper Mustang as a result it is one of the few places left where one can see undisturbed Tibetan culture.

**Mustang** is a remote semi-independent Tibetan Kingdom with a walled capital called Lo Manthang. Upper Mustang was once part of Tibet and was used by the salt caravans crossing the Himalaya into Nepal. It became an independent kingdom in 1380 and the current royal family can trace their lineage back to this time.

**Upper Mustang Trek** which offers a spectacular trekking into the remote Trans-Himalayan mountain area with Tibetan influence culture. The high desert region of the Tibetan influence, Kaligandaki, from the Tibetan border south to Kagbeni is generally referred to as Upper Mustang. Explore the thousand years of old monastery, caves, local tribes and scenic beauties of the different landscapes. Make an adventure starting from world's deepest gorge Kaligandaki Region into world's highest regions of Lo-Mangthang Valley that passes through an almost tree-less barren landscape, a steep rocky trail up and down hill and panoramic views of Nilgiri, Annapurna, Dhaulagiri and several other peaks. The trek passes through high peaks, passes, glaciers, and alpine valleys. The thousands years of isolation has kept the culture, lifestyle and heritage remain unchanged for centuries and to this date. The houses in Mustang are mostly made from stone and sun baked mud bricks. The city wall and the four storey palace in Lo-Manthang are some of the beautiful architectures of Mustang region.

**Upper Mustang trekking** begins with a spectacular scenic flight of 20 minutes over the mountains with views of 8,000ers such as Annapurna & Dhaulagiri, brings you at Jomsom. This trek allows us to explore a weird and wonderful landscape of eroded conglomerate cliffs, colored by natural earth coloring - red, yellow, brown and blue. Trekking across passes of up to 4100m, we also trek through a succession of picturesque white painted Mustang villages and Tibetan monasteries, set against a backdrop of the distant snow-capped peaks of the Himalayas. We have a day to explore our ultimate destination for excursion in Lo Manthang, a fairy-tale walled city and the capital of Mustang. This enlightening trekking adventure to Mustang in Nepal entices to them who love to explore special part of the Himalaya and finally by flight from Jomsom to Pokhara.



## Trip Facts

Trip Duration	:	17 Days (Kathmandu to Kathmandu)
Trip Grade	:	Moderate
Altitude	:	Minimum: 1336 m (Kathmandu) & Maximum 4325 m (Chogo La Pass)
Activities	:	Walking and trekking including cultural sightseeing tours in Kathmandu
Best Seasons	:	April to November
Accommodations	:	3 nights-Kathmandu, 2 nights in Pokhara & 11 nights at local lodge during the trek
Meals	:	16 Breakfasts, 13 Lunches & 12 Dinners
Trip Starts/Ends	:	Kathmandu (Capital of Nepal)
Transportation	:	Private vehicle / Tourist Bus/Aero plane
Group Size	:	Minimum 2 pax & maximum 14 pax
Price	:	<b>USD 2065 (Minimum 2 pax)–Please refer to our cost section for more details</b>

## DETAILED DAY BY DAY ITINERARY

### DAY 01

#### Arrive Kathmandu

Arrive Kathmandu Tribhuvan International Airport, you will be met and welcomed by our representative. Please look for signage of **Natraj Trekking** with your name once you come out of Arrival Terminal Hall after collecting your luggage. You will be escorted by our representative to the hotel

**Kathmandu**, capital of the ancient Mountain Kingdom of Nepal, has the air of a medieval city with a maze of narrow streets, wooden temples and beautifully decorated palaces.

Upon arrival at the hotel, guest will be provided welcome drinks along with the room key

In the evening we will organize a Welcome Dinner at a traditional Nepalese Restaurant where you will enjoy a Nepalese cultural program as well as a fine Nepali local meal.

Overnight at the hotel

**Meals included: Dinner**

### DAY 02

#### In Kathmandu

- ❖ Breakfast at the hotel
- ❖ Half day tour of Kathmandu Durbar Square
- ❖ Trek briefing and hiring if needed
- ❖ Overnight at the hotel

After breakfast and a trek briefing, you will be taken on a sightseeing tour Kathmandu Durbar Square in the heart of the city. Many of Kathmandu's most historic and important temples are located here. Interesting things for visitors to see are Taleju temple, gigantic figure of Kalbhairav (the god of destruction), Basantapur Durbar, and Temple of Kumari (living goddess)

This afternoon we will then have an opportunity to visit a local hire shop to pick up any last minute equipment still needed.

Overnight at the hotel

**Meals included: Breakfast**

### DAY 03

#### Kathmandu to Pokhara (823m)

**Drive from Kathmandu to Pokhara (200 km) by tourist deluxe bus-Approx 7 hrs drive including lunch on the way**

Early morning at around 7 am, we set off for Pokhara on a **tourist bus**. Enroute we will see more of countryside of Nepal that offers greeneries, rivers, villages, farms and beautiful mountain sceneries. Afternoon, we reach Pokhara. Pokhara offers magnificent views of Dhaulagiri, Manaslu, Machhapuchhare, five peaks of Annapurna and others. Pokhara is city of lakes and has numerous beautiful lakes. We can explore the most accessible and beautiful, Phewa Lake during the afternoon -enjoy boating too. Explore, relax and dine by tranquil Lake Phewa. You can even do some shopping during evening hours.

Overnight in Pokhara.

**Meals Included: Breakfast & lunch**

### DAY 04

#### Pokhara- Jomsom- Kagbeni (2,858m)

**Fly from Pokhara to Jomsom (20 minutes flight) & trek to Kagbeni: Approx 3-4 hrs walking**

After an early breakfast, you will be transferred to the Pokhara airport for a morning flight to Jomsom, it will be a scenic flight of approx 20 minutes over the mountains with views of 8,000 meters such as Annapurna & Dhaulagiri, brings you at Jomsom, the district headquarter of Mustang. This is a large town, headquarter of the Mustang region; it is also a major village on the Kali Gandaki area linking the age old Trans-Himalayan Salt Trade route to Tibet. Here we meet our trekking crew and prepare for our trek to Mustang. We begin by trekking north to the village of Kagbeni. Continue on the gradual path on the Kali Gandaki

river bed for about 3 hrs and finally reaching at Ekley-bhatti village. After good stop here an hour of easy walk takes us to Kagbeni, which lies at the bank of two rivers. Kagbeni is an interesting windswept villages situated on the main age old Trans-himalayan salt trade route to Tibet via Upper Mustang area. In Kagbeni a major tributary, Kak Khola, coming from Muktinath, meets Mustang Khola, and from there the river is called the Kali Gandaki.

**Meals Included: Breakfast, lunch and dinner**

## DAY 05

### Kagbeni to Chele (3050m)

#### **Trek from Kagbeni to Chele -Approx 6 hrs walking**

Our journey starts once we have completed formalities at the police check post at the end of Kagbeni village we are then allowed to pass the sign which says 'restricted area' and enter the once forbidden region of Mustang. During the walk we have scenic picturesque place to stop through the sandy and windy trails.

Using a combination of the route along the river bank and a higher trail we reach Tangbe village (3060m), with its black, white and red chortens, narrow alleys and white painted houses surrounded by fields of buckwheat, barley, wheat and apple orchards. Continuing north we cross the river by a bridge just before the Kali Gandaki enters a tunnel and climb steeply up a rocky gully to Chele set amongst extensive barley fields at 3100 metres. From this village as we travel north we are in the true Tibetan culture of the region of Lo.

**Meals Included: Breakfast, lunch and dinner**

## DAY 06

### Chele to Syanbochen (3475m)

#### **Trek from Chele to Syanbochen Approx 6-7 hrs walking**

Today, we start our trek again and walk further to Eklo Bhatti. We climb to Taklam La Pass (3,624m) through plateaus and narrow stretches with views of Tilicho Peak, Yakawa Kang and Damodar Danda. Further descend a little to the village of Samar.

From Samar we climb to a ridge and descend into a gorge, passing a large chorten (memorial) painted in red, black, yellow and white. Cross several pasture areas then ascend to and cross the pass at Phyangbo La. Follow zig zags down into a narrow gorge then ascend steeply to the Chungjen Rangjen Gumpa tucked away in a side valley. The gumpa houses a Guru Rimpoche stone carving and is a popular pilgrimage destination for local people. Himalayan Griffon vultures next in the cliffs above. Make a steep ascent to reach the small village of Shyangmochen

**Meals Included: Breakfast, lunch and dinner**

## DAY 07

### Syanbochen to Ghaymi (3520m)

#### **Trek from Syanbochen to Ghaymi-Approx 6 hrs walking**

After breakfast we trek uphill to the Yamda La (3,850m ) passing a few teahouses, chortens and local villages which is like Tibetan style of houses with open Varanda. We cross mountain passes, and an avenue of poplar trees and fields of Barley. The climb to Nyi Pass (4,010m/13,193ft) would be a little longer. Descend to our overnight stop at Ghaymi. the third largest village in the Lo region, Ghayami is surrounded by large fields most of which are barren.

**Meals Included: Breakfast, lunch and dinner**

## DAY 08

### Ghaymi to Tsarang (3560m)

#### **Trek from Ghaymi to Tsarang - Approx 4-5 hrs walking**

Start the trek after breakfast with a pleasant walk. After crossing Ghaymi Khola, the trail climbs to a plateau and passes beside a very long Mani wall, a sacred stone wall made by the followers Buddhism. From the end of the wall the trail heads east to the village of Tsarang with a maze of fields, willow trees and houses separated by stone walls at the top of the Tsarang Chu canyon. There is also a huge white dzong and red Gumpa to get to our teahouse for tonight's stop.

**Meals Included: Breakfast, lunch and dinner**

## DAY 09

### Tsarang to Lo-Manthang (3810m)

#### **Trek from Tsarang to Lo-Manthang-Approx 4-5 hrs walking**

We descend from Tsarang to cross the Charang Chu then climb steeply up a rocky trail to a cairn on the ridge opposite the village at 3950m for first views of the walled city of Lo Manthang. We then descend to the 'Plain of Aspiration' and climb to a plateau where the city is situated at 3840m.

**Meals Included: Breakfast, lunch and dinner**

## DAY 10

### Explore Lo-Manthang

A day for looking around Lo Manthang and the surrounding area. There is one main gate that gives access to the interior of Lo Manthang. From the narrow streets of the town it is difficult to get a clear impression of the layout. The raja's palace is a four storey building of mud and timber construction. Just to the north of the town there is a prominent hill that is capped by two ruined forts. From the highest point of this hill it is possible to look across Lo

Manthang and back all the way to the Annapurnas - a fascinating perspective. Namgyal Monastery, which lies an hour's walk to the north west of Lo Manthang, is another option for those who want to stretch their legs.

**Meals Included: Breakfast, lunch and dinner**

## DAY 11

### Lo-Manthang to Drakmar (3810 m)

#### **Trek from Lo-Manthang to Drakmar-Approx 6-7 hrs walking**

Leaving Lo Manthang we take a slightly different return route and follow a trail to climb to the highest pass on our trek, Chogo La (4325m) before descending to Lo Gekar monastery (also called Ghar Gompa) which, dating back to the 8th Century, is thought to be one of the oldest gompas in Nepal which is still active. From Lo Gekar we climb to a ridge before descending to a pretty valley where the village of Dhakmar is situated at 3820m.

**Meals Included: Breakfast, lunch and dinner**

## DAY 12

### Dhakmar to Ghiling [3806m]

#### **Trek from Dhakmar to Ghiling- Approx 5-6 hrs walking**

Today, we get back to Ghiling as our journey for our overnight stay after a long walk. After arrival and lunch enjoy the day exploring the area, but it will be dusty wind in the afternoon, better to walk in evening time.

**Meals Included: Breakfast, lunch and dinner**

## DAY 13

### Ghiling to Chhuksang (3050m)

#### **Trek from Ghiling to Chhuksang-Approx 5-6 hrs walking**

We re-track back to Ghiling for the overnight stop after 5 hrs walk. You will have wonderful scenery during the journey with a Himalayan view. Enjoy your trip and overnight at teahouse

**Meals Included: Breakfast, lunch and dinner**

## DAY 14

### Chhuksang to Jomsom (2700m)

#### **Trek from Chhuksang to Jomsom (2700m): Approx 6-7 hrs walking**

Our last day of the day would be a long one. Better to walk early start as before and trek to Kagbeni. Finishing the upper Mustang trails and we join the normal Annapurna

circuit trek. After lunch at Kagbeni will head on to Jomsom for the overnight stop.

**Meals Included: Breakfast, lunch and dinner**

## DAY 15

### Fly back to Pokhara

After morning breakfast we check in the Jomsom airport to fly back to Pokhara. A 30 min dramatic flight to Pokhara between gorge of the two huge mountains Annapurna and Dhaulagiri. On arrival at Pokhara airport, you will transfer to your hotel. Rest of the time explores the lake and overnight at hotel.

**Meals Included: Breakfast**

## DAY 16

### Pokhara – Kathmandu (1356m)

#### **Drive from Pokhara to Kathmandu by tourist deluxe bus (approx 7 hrs driving) including lunch on the way**

After breakfast, we start our 200 kilometers drive back to Kathmandu. Better to hold on the left pane of the vehicle to enjoy the sceneries through the route. Upon arrival in Kathmandu, you will be transferred to your hotel. You can spend the evening leisurely, perhaps catch up on some last minute shopping and celebrate dinner together with Natraj Trekking staffs.

#### **Option flight from Pokhara to Kathmandu**

Alternatively you may choose to take the half hour flight between Pokhara and Kathmandu. This will be arranged by us with an additional cost of USD 102 per person including transfers in Pokhara and Kathmandu airport to and from hotel.

Overnight in Kathmandu

**Meals Included: Breakfast & lunch**

## DAY 17

### **Depart Kathmandu**

- ❖ Breakfast at the hotel
- ❖ Transfer to airport for final departure

You are saying good bye to the mountains as your journey in Nepal comes to an end today! We hope you enjoyed the tour with us and we expect that you plan your next adventure in the wonderful country of Nepal again.

Approximately 3 hours before your scheduled flight time, a representative from Natraj Trekking will transfer you to the airport.

**Meals included: Breakfast**

## PRACTICAL INFORMATION

### Suggested clothing and equipment checklist for Upper Mustang Trek

The following is a list of clothing and accessories that we recommend that you take with you. This is not intended to be a comprehensive clothing and equipment list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. However we recognize that you may have your own personal preferences for clothing which may be equally as suitable. You can find variety of these gears to hire or buy in Kathmandu.

Please remember that at the start of the trek, apart from your day pack, your luggage that will be carried by porters should have weight limitation of approximately 12- 15 kg.

#### Head

- ❖ Sun hat or scarf
- ❖ Light balaclava or warm fleece hat
- ❖ Sunglasses with UV protection

#### Upper Body:

- ❖ T-shirts
- ❖ Light and expedition weight thermal tops
- ❖ Fleece jacket or pullover
- ❖ Fleece Wind-Stopper jacket (optional)
- ❖ Waterproof (preferably breathable fabric) shell jacket
- ❖ Down vest and/or jacket

#### Hands:

- ❖ Lightweight gloves
- ❖ Heavyweight gloves or mittens with a waterproof shell outer (seasonal)

#### Lower Body:

- ❖ Under Garments
- ❖ Hiking shorts
- ❖ Lightweight cotton long pants
- ❖ Light and expedition weight thermal bottoms
- ❖ Fleece or wool pants (seasonal)
- ❖ Waterproof (preferably breathable fabric) shell pants

#### Feet:

- ❖ Thin, lightweight inner socks
- ❖ Thick, warm wool hiking socks
- ❖ Hiking boots with spare laces
- ❖ Camp shoes (sneakers and/or sandals)

#### Accessories:

- ❖ Sleeping bag rated to zero degree Celsius
- ❖ Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- ❖ Trekking Bags/Duffel bag \*
- ❖ Basic First Aid Kit
- ❖ Large plastic bags - for keeping items dry inside trek bag

- ❖ Daypack (approximately 2500 to 3000 cubic inches)
- ❖ Trekking Poles
- ❖ Water bottle (2) or camel bag
- ❖ Toiletries (Small wash towel, Toilet papers etc)
- ❖ Ear Plug

#### Toiletries

- ❖ 1 medium sized quick drying towel
- ❖ Tooth brush/paste (preferably biodegradable)
- ❖ Multipurpose soap (preferably biodegradable)
- ❖ Deodorants
- ❖ Nail clippers
- ❖ Face and body moisturizer
- ❖ Feminine hygiene products
- ❖ Small mirror

#### Personal Hygiene

- ❖ Wet wipes (baby wipes)
- ❖ Tissue /toilet roll
- ❖ Anti bacterial hands wash

#### Extras/Luxuries

- ❖ Binoculars
- ❖ Reading book/Trail Map/Guide book
- ❖ Journal & Pen/ IPod /Pencils and small notebooks

### Walking Grades and Fitness

**Upper Mustang Trek** is **moderate** trek suitable for all passionate walkers who have capability to walk at least 5-6 hours a day with a light day pack. Some days, you might even need to walk little more hours too. Walking in higher altitude is physically demanding than walking in the lower altitudes; however, if you are in a good health with average physical fitness and have positive attitude, self confidence and strong determination, you can accomplish the **Upper Mustang Trek** successfully. Exercising and jogging regularly for some weeks prior of the trip are good idea to enhance your strength and stability. Past hiking experience would be an advantage but no technical skill is required for this trip. It is very important that you consult with your doctor before you decide and set up for the Upper Mustang Trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform **Natraj Trekking** before booking the trek.

### Climate & best time to go

From April to November are favorable months to trek to **Upper Mustang**. Upper Mustang is a rain Shadow area, thus, we can do trekking in this part of Nepal even in the monsoon season (mid June-mid Sept), while during monsoon season, trekking in popular trails of Everest and Annapurna Region are not recommended.

### Note on Domestic flight

The starting point of the trek is in Jomsom which is connected by a 20 minutes flight from Pokhara. Please note that flight for Jomsom is totally depends on whether condition (sometime flight gets delayed and cancelled). In the above context, we may need to adjust trekking day

accordingly due to short days of flight cancellation. Please also note that we may need to use a local mountain jeep if the weather condition is not improving for Jomsom flight more than a day. The drive from Pokhara to Jomsom is approx 12 hours by a local jeep.

## Lodges/teahouses in trekking

Our accommodation whilst on trek on twin room sharing basis in a simple locally run lodges, known as teahouses and it's a great pleasure to support these small local businesses. Rooms are simply furnished with just a bed and occasionally a small table. You will need to bring a sleeping bag. Only few lodges have attached toilet during the trek. However, please note, normally washing and toilet facilities are shared and may be in a separate part of the teahouse or outside. It's great to enjoy the company of your fellow travellers and share a tale with other trekkers in the evening in the dining area.

If you are a solo traveler, you will share a room with someone else of same sex of your group. If you prefer a single room, you may indicate your preference and get single rooms on request by paying extra as indicated on cost section. But, you need to understand that in teahouses/lodges of higher elevation area single room is not always possible. We guarantee single room in Kathmandu & Pokhara only and during trek single room is may not be possible at all.

## Meals & drinking water

On this trek we provide standard breakfast, lunch and dinner, tea or coffee will also be included with each meal. Your guide will help with menu selection and ensure that you get the best value meals possible. Although the food is usually plentiful and delicious, you should be aware that the menu is not normally extensive. Most teahouses offer a variety of rice and noodle dishes, as well as soup and seasonal vegetables. You can buy packaged water (bottled mineral water) from local lodge and shop en route or you can also ask your guide to fill your water bottle with boiled water (extra cost to be paid) and treat with water purification pills.

## Luggage while trekking

During the trek, your main luggage will be carried by porter or yaks. Please keep your luggage as light as possible around 12 kg. You simply carry a day pack with water bottle, camera, sun-screen, spare jacket etc. You can leave your valuable items at your hotel while trekking. Many hotels have a locker system and provide a deposit slip for the valuables kept under the hotel's safekeeping. You may also leave your extra things at your hotel which is not required for your trek in your main luggage. Please note that we will provide complimentary kit bag for you before your trek starts so that you can pack all your necessary things.

## Trekking crew

On tea house trek you will be accompanied by a team of local crew whose aim is to make the trek as comfortable

and enjoyable as much possible. The crew consists of a trek guide/leader and a team of porters to carry all your gear. On average, there will be a ratio of one porter to every two trekkers.

The most important thing that makes your Trek successful, enjoyable and memorable is the skilled, experienced, courteous and helpful trek guide and the crew members with ability of operating your days in the mountain smoothly. Your trip will be led by experienced trek guide. All of our trekking guides/leaders are carefully selected on the basis of their appropriate experience, leadership skills and personal aptitude.

## Typical day on trek

Each morning after packing our bags and having a good breakfast, we set off on the day's walk. After walking for 3-4 hours we stop for lunch at around midday. The afternoon's walk is generally shorter and we usually arrive at our destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days we will arrive at our destination by lunchtime and the entire afternoon will be free. After dinner, the evening will often be spent playing cards and reliving the day's adventures, before heading off to bed for a well-earned sleep.

## Personal expenses

On this trek breakfast, lunch and dinner will be provided during your trek. You only need money for table drinks (alcoholic/non alcoholic beverages), snacks while walking (a few smaller shops are available along the trail in some areas) tips, souvenirs, hot shower (available in some places).

## Meeting and greeting in Kathmandu

You need to pass on your International flight details to us for a 'meeting and greeting' service at the Kathmandu Airport. You just pass through the Customs and come out of the Arrival Terminal Hall after collecting your baggage where you will see our representative /guide standing with a placard that states **Natraj Trekking'** with your own name.

## Itinerary changes

Depending on the prevailing situation, itinerary can be modified to some extent after consulting with your trek guide. However, the date of trek completion should always coincide with the original itinerary. You should keep in mind that this is an adventure trip into the remotest region, where many unforeseen events may contribute to the need for a change in itinerary. In such cases, we or your guide will suggest the best alternative similar to your original.

## Nepal Visa

All visitors except the Indian nationals must hold passport and valid visa. Visa can be obtained at the Nepalese diplomatic missions and consulates abroad. Visa is also

issued at the entry points. It can be extended at the Department of Immigration, Bhrikutimandap, Kathmandu. Children under 10 years need not pay any visa fee. People willing to get entry Visa at the air port or any of the land entry points are required to fill a visa form with passport photograph.

If you are obtaining Nepal Visa upon arrival (**some of nationalities cannot get visa upon arrival**). Please be noted that Nepal Visa Application Form can be received through us by e-mail. Two passport size photo graphs are required and following visa fee to be paid at the airport as per your stay in Nepal

Visa Facility	Duration	Fee
Multiple Entry	15 days	US\$ 25 or equivalent convertible currency
Multiple Entry	30 Days	US\$ 40 or equivalent convertible currency
Multiple Entry	90 Days	US\$ 100 or equivalent convertible currency

**Note: Please note that visa fees and rules are subject to change.**

## Rescue/evacuations

In case of a serious sickness or a casualty, which we hope will not happen; you shall be rescued by a helicopter. Since you are entirely liable for all the expenses incurred in evacuation please make sure that it is covered by your insurance before assigning for it or be prepared to pay on your own after getting back in Kathmandu.

## Insurance

It is recommended of joining any of **Natraj Trekking** trips that be protected against comprehensive expenses potential to incur due to medical issues or accidents (to include air ambulance, helicopter rescue, and treatment costs). Please be noted that we do not arrange or sell insurance.

## Responsible travel

The beautiful environment of the Himalayas is also an extremely fragile one. At **Natraj Trekking**, we are extremely conscious about the environment and aim to minimize the detrimental impact on the environment as much as possible.

## Care for porters and staffs

We make sure that all porters and all other staff climbing in high altitude conditions are provided with adequate clothing and equipment. We also ensure that the porters we hire are insured. We run the trek according to the guidelines of the International Porter Protection group (IPPG- [www.ippg.net](http://www.ippg.net)).

## Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the

legality of and local attitudes towards same-sex relationships.

## Departure Dates

We will easily organize this trip on the dates requested by you. Please contact us for your customized departure date

## Tipping

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The amount depends on your budget and appreciation of their work.

## Detail Cost of the above package

Standard Hotels Option (3 star) Kathmandu( Manaslu ) & Pokhara(Base Camp )	
Group Size	Cost in US\$ Per Person
02 – Person	US\$2065
03 - 05 Person	US\$2005
06 - 09 Person	US\$1890
10 - 14 Person	US\$1840
15 & Above	US\$1795
Single Supplement	US\$125
Superior Hotels Option (4 star) Kathmandu( Shanker ) & Pokhara( Barahi )	
Group Size	Cost in US\$ Per Person
02 - Person	US\$2180
03 - 05 Person	US\$2120
06 - 09 Person	US\$2005
10 - 14 Person	US\$1950
15 & Above	US\$1910
Single Supplement	US\$200
Deluxe Hotels Option (5 star) Kathmandu(Yak & Yeti ) & Pokhara( Temple Tree)	
Group Size	Cost in US\$ Per Person
02 – Person	US\$2250
03 - 05 Person	US\$2190
06 - 09 Person	US\$2080
10 - 14 Person	US\$2025
15 & Above	US\$1980
Single Supplement	US\$280

## The above cost includes the following items:

### Transport, Entrance Fee, Guide, etc

- ✓ Welcome with flower garland by our representative upon arrival
- ✓ Airports pick up and drop by private vehicle in Kathmandu transfers
- ✓ One half day tour with an English speaking guide by a private vehicle in Kathmandu
- ✓ Kathmandu / Pokhara/Kathmandu roundtrip transfers by tourist deluxe bus including lunch
- ✓ Monument entrance fees as mentioned in the itinerary
- ✓ One hour boat ride at Phewa Lake in Pokhara
- ✓ Free Natraj Trekking Kit Bag

### Accommodations

- ✓ 3 nights accommodation with breakfast in Kathmandu (as per the choice of package)
- ✓ 2 nights accommodation with breakfast in Pokhara(as per the choice of package)
- ✓ 24.3% VAT and Service Charge

### Airfare

- ✓ Airfare Pokhara/Jomsom including taxes
- ✓ Airfare Jomsom / Pokhara including taxes

### Trekking Portion

- ✓ 11 nights accommodation at local lodge (Teahouse) during the trek
- ✓ All meals (breakfast, lunch and dinner) during the entire trek
- ✓ Services of an experienced trekking guide and one porter to every two trekkers during the trek
- ✓ TIMS CARD FEE
- ✓ Annapurna Area Conservation Fee (ACAP)
- ✓ **Special Permit for Upper Mustang (\$500)**
- ✓ Insurance for trek guide and porters

### Cost excludes

- ✓ International Airfare
- ✓ Nepal Visa Fee
- ✓ Personal expenses (Tips, beverage, laundry, telephone call, etc)
- ✓ Travel Insurance/ Emergency Evacuation Cost
- ✓ Lunch and dinner in Kathmandu and Pokhara

The above rates are valid till December 31, 2013

**Note: The price does not include: undue escalation in fuel prices, new taxes levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with prior notice.**