

# Nepal



## Mera Peak Expedition

Kathmandu - Mera Peak Expedition - summit at 6476m/21246ft - 21 days - 2850USD

Fulfill your dream of a Himalayan summit on the highest trekking peak in Nepal.

Containing nine of the world's fourteen highest mountain peaks, Nepal is a true Himalayan kingdom. The Himalayas cover three quarters of the land in Nepal. It is home to some of the highest, most remote, most rugged terrain in the world, the loftiest peaks plus the presence of some exquisitely beautiful trekking routes, attracting people from all over the world to this lovely Himalayan destination.

Mera Peak is the highest trekking peak in Nepal, standing at 6476m/21246 ft. This trip is a once in a lifetime opportunity, it's the dream of any little kid (well it was the dream of Sam), it's the ultimate fantasy of any adventurous spirit, its one of those things you got to do before you go, for most of us this is as close to the Gods as we will ever be, it is all the above and so much more, the dream to be on top of one of those big ones. Ladies and gentleman...here is your chance. This expedition offers fit and keen trekkers the chance to take part in a real Himalayan climbing expedition to the top of Mera Peak!



## Itinerary

### Day 1 | Kathmandu 1350m/4430ft

Flying into Kathmandu it is possible to see below you the Himalayas that you will soon have a chance to taste up close and personal. When you arrive at the airport a driver will be waiting for you, simply look for the sign with your name on it. The drive into the city takes approximately 30 minutes. Once you check into the hotel look for a message on the notice board regarding our group meeting that evening. There are no activities planned during the day today but in our group meeting you will get to meet your fellow travellers and the tour leader. After this we will go for a short orientation walk and a welcome dinner. For those arriving early on day 1, the hotel staff is both very helpful and knowledgeable, they can set you off in the right direction should you wish to go out and explore the city.

### Day 2 | Kathmandu B

Today you enjoy a full day guided tour to explore all the sights of Kathmandu. Visit Durbar Square Palace Complex, one of the major attractions in Kathmandu Valley. Then move onto the religious site of Bodnath and Swayambhunath Stupa, the biggest and oldest of all the holy shrines in Kathmandu Valley. End the day at Bhaktapur, once the capital of the whole valley during the 14th to 16th centuries and one of the most charming architectural showpieces of the Valley.

### Day 3 | Puyan 2800m/8530ft, B-L-D

Our flight into Lukla (2800m) leaves early in the morning. The flight is on a small twin prop plane which accentuates the spectacular views and the landing itself on a sloped runway is an exciting beginning to the trek. After meeting our camp staff and porters we set on our adventure. Today we hike to Puyan where we will camp overnight.

### Day 4 | Pangkongma 2845m/10990ft, B-L-D

After crossing the Poyan Khola, we turn off the main trade route coming up from the south and join an older route, which climbs steeply to the ridge-line overlooking the Khare Khola. Descending the other side of the ridge, we then contour along the hillside before climbing steadily up to the attractive farming and trading village of Pangkongma (2,846m). Many expedition members have been made welcome by the villagers here, spending several pleasant hours warming themselves in front of an open fire in the enveloping and welcoming atmosphere of the local's traditional Sherpa homes. Camp

### Day 05: Nashing Dingma (2,600m) B-L-D

With fine views westwards towards Takshindu monastery and Lamjura, we climb through thick rhododendron forest and bamboo leading to the Pangkongma La. From here, we have good views of the south face of Mera with its twin peaks and of its neighbour Naulekh. We then make a scenic descent with beautiful views looking south across the endless foothills rising each side of the Hinku valley. This steep descent leads down to the wire rope bridge that spans the Hinku Khola. A steep, strenuous climb on the opposite side leads to Nashing Dingma (2,600m). We stay here for the night at the excellent campsite. Camp

### Day 6 | Chalem Kharka 3600m/12665ft, B-L-D

Gaining height gradually through pasture and lush greenery, the trail steepens as we climb up to the Surke La. It is possible to take a nice, welcome cup of tea in a lodge just over the pass. Walking on, eventually, we reach an attractive campsite at a col 1km beyond Chalem Kharka (3,600m), set among fir trees and rhododendron bushes. Camp

### Day 7 | Chunbu Kharka 4200m /14435ft, B-L-D

Climbing the side of a ridge, we emerge from the last traces of rhododendron and the terrain becomes more rugged. Passing through high grazing country and crossing a small pass, we are treated to some excellent views of Kangchenjunga and Jannu to the east. We continue climbing to Panch Pokari and then on to camp at Chunbu Kharka (4,200m). Camp



### Day 8 | Hinku Valley continue to Thaksingdingma 3600m, B-L-D

We ascend slowly passing through the jungle. We find virtually no human settlement on the trail. This will be one of our longest walking days, mostly downhill. We will traverse several flats and spurs until we gain our first view of Mera Peak. From here we will drop down into the isolated Hinku Valley. Aside from mountaineers, the Hinku Valley is sparsely populated and very pristine. We will ascend a steep section of trail until we enter the forest, where we will stop for lunch. Eventually we will drop down into the humid, bamboo forests, before turning north up along the west side of the Hinku River towards Mera Peak. We will slowly ascend to Thaksingdingma. Camp

### Day 9 | Thangnak 4350m / 16075ft, B-L-D

Today we will have amazing mountain views as we continue north up the Hinku Valley. The trail gently climbs along the west bank of the Hinku River. Spectacular mountains, such as Kusum Kangari to the west and Mera Peak to the east, will be in view throughout the morning. We will make our way up onto the meadows on the western side of the Hinku Valley as we climb above the tree line. Here we will stop for lunch. Throughout the afternoon, we will traverse meadows and hill slopes, dotted with grazing yaks, until we reach the settlement of Tangnak (4,350m, 14,268ft). If it's been a snowy season, the sound of avalanches will soon be familiar. We are approaching the heart of the high Himalaya. Camp

### Day 10 | Khare 5150m/16895ft B-L-D

Today we will climb above 5,000 m (16,400ft) for the first time. Our hike up to Khare (5,100m, 16,728ft) is short, but we will take it slowly, with frequent stops to soak up the incredible surroundings. The trail heads eastward out of Tangnak, along the lateral moraine of the Dig Glacier. We will pause to climb up the moraine for a view of the pristine Sabai Tso glacial lake. A drop in lake level, caused by a recent rupture of the natural dam the held the lake, is clearly visible. We will arrive at Khare in the early afternoon and have lunch. From Khare, the beautiful north face of Mera Peak is in plain view and Mera glacier spills steeply down into the valley. Camp

### Day 11 | Mera La 5400m, B-L-D

Today we will travel a short distance, slowly ascending up onto Mera glacier. The climb is initially steep, but flattens out as we reach the crest of the glacier. We will traverse a long flat on top of the glacier as we make our way to the pass, called Mera La (5,400m, 17,710ft). From here, the views are stunning. Crevasse fields gently stretch out in front of the pass and we are literally enclosed by a ring of jagged peaks and blue-green glaciers. The remaining route up to the summit of Mera Peak is clearly visible. We will have lunch at Mera La and spend the afternoon relaxing and staying warm. Camp

### Day 12 | Rest / Acclimatisation Day, B-L-D

Rest day for acclimatization. You can explore around or climb up for a few hours and come back to the Base Camp for the night.

### Day 13 | High Camp 5800m/11320ft, B-L-D

We have a short, steep climb up to High camp, but we will take it very slowly so that we allow for the altitude gain. At 5,800 m (19,025ft), high camp is nestled behind a large rock outcrop. We will arrive here by lunch and spend the afternoon relaxing and further acclimatizing. Bill O'Conner in the book 'Trekking Peaks of Nepal' describes high camp as "one of the most glorious viewpoints in Nepal, with a panorama that takes in Kanchenjunga, Chamlang, Makalu and Baruntse sweeping round from the east, whilst due north Everest peers over...the massive unclimbed South Face of Lhotse and Nuptse. Sitting on that rock outcrop, listening to the wind and looking out across untracked glaciers remains a highlight of my Mera expedition. We make preparation for the next day to get to the summit. Camp

### Day 14 | Summit of Mera Peak 6654m/ft, B-L-D

It can seem a bit of a shock to the system to be awakened before dawn (even by smiling Sherpas bearing steaming hot tea) with the prospect of leaving your warm sleeping bag and getting ready for the cold outside - always the toughest moment of any mountaineering trip. But you'll soon warm up trekking on up the main glacier then crossing back to the south side on the approach to the snow hump-back ridge. The first shafts of the sun hit the big peaks behind us and are soon on our own slopes, an amazing horizontal red glow. The route



is still non-technical; 30° slopes, one foot in front of the other, count the steps and take a breath. Your acclimatization will be at its peak just when you need it, and, except for inclement weather conditions, we have still not had anyone attempt the summit and fail (though our staff are now fluent in the language of encouragement). We swing diagonally westward. The summit comes back into view and we are on the level

summit ridge. At the foot of the final steep section we attach to the only fixed rope on the route which safeguards this 30 meter 55° pitch. The snow conditions are normally excellent at this early hour and pulling out on the summit such an amazing moment, is just a few whacks of the ice axe away. Some speechless back-slapping and then you start to take in the panorama. The best viewpoints of the Himalaya are the combination of accessible height and location. Mera has this to such perfection. It stands at the centre of the highest section of the entire range, a little bit back so the minor peaks do not obscure the major ones - 360° of the greatest peaks on earth! Five 8000m (26240ft) peaks - Everest and Lhotse to the north, Kanchenjunga and Makalu to the east, and Cho Oyu to the north-west. The exhilaration of reaching the summit; this incredible location; is it really impossible to describe to any one before they have done it. You will know what we mean if you have! Take the time to let it all in, the achievement, the experience. We stay focused as we head back down to base camp, it really doesn't take very long, and we're ready for a bit of celebration. We will have lunch at Mera La and continue to Khare to camp for the night.

#### **Day 15 | Tangang 4400m B-L-D**

The descent continues as you make your way back from the Mera La base camp and retrace your steps back down the Hinku Valley. You can relax on the accomplishment of a job well done.

#### **Day 16 | Tangang to Chatre | 3600m - 11808ft | B-L-D**

Continuing down still retrace our earlier route. Today is a fairly long day today and as we get back to lower grounds the extra oxygen in the air makes it feel a lot easier.

#### **Day 17 | Chatre to Thukding | 3100m - 10168ft |**

Today is a short easier day and from the ridge you can say goodbye to an old friend as we have our final view of Mera.

#### **Day 18 | Thukding to Lukla | 2800m - 9184ft | B-L-D**

The Hinku Valley is now behind you, from here it is all downhill. Another short day, we head back down to Lukla.

#### **Day 19 | Kathmandu 1350m**

It is a short 45 min flight back to the bustle of Kathmandu. Flight times back into Kathmandu vary, however you should arrive back the hotel by mid-afternoon.

#### **Day 20 | Kathmandu 1350m, free day**

Today the day is all yours to relax, get a massage, enjoy a cold beer on one of the many roof top cafes. This day can also be used in emergency in case of flight delays on day 19 due to bad weather.

#### **Day 21 | Departure Day**

Today is departure day, please remember to check out by noon, and let us know your flight details for your included transfer to the airport.

#### **Note**

Please note that the published itinerary is a statement of intent and to be used as a guideline only. Each day may vary due to the walking times of the group, camping and trail conditions. The guide in charge of your trip will alter the schedule as necessary and any/all such alterations are at the discretion of Grasshopper Adventures and your guide.

## Tour Details

### Style



Fully supported expedition tour

### Days Trekking

15 days, 1 acclimatisation day, 1 spare day in case of bad weather conditions

### Trekking

This trip is for fit and keen trekkers/adventurers who don't mind pushing their limits, people who would like to learn some of the skills of basic mountaineering, people who would like to do something really unique. Of course, a team of experts will assist you from start to finish. Please note that our number one priority is your safety and that at no time what so ever unnecessary risks will be taken.

Some people have the idea that trekking is all about the sweat from physical challenge with no fun - this is far from the truth. Days are designed to be challenging, but not exhausting. Obviously each day is different depending on terrain, distance to be covered, weather, trail conditions and the pace of the group. However, as a guideline, most days begin about 6am with tea or coffee delivered to your tent along with a bowl of warm water for washing. You will then need to pack up your duffel bags and the crew will pack your tent while you have breakfast. Most days you will be on the trail by 8am. A leisurely lunch is usually served around noon followed by a shorter afternoon walk (2-3 hours). Tents are put up well before sunset and dinner served around 7pm.

### Inclusions

- Arrival and departure transfers, these and all other transfers by private vehicle.
- Four star hotel in Kathmandu (including breakfast, and taxes).
- Kathmandu sightseeing tour (with English speaking guide, including private transfers and entrance fees).
- Airfare: Kathmandu – Lukla – Kathmandu (including insurance and tax surcharges).
- All necessary entrance fees, and permits for trekking.
- World class camping equipments (including mattresses, tents, and etc) for trekking.
- All meals while trekking, prepared by our kitchen crew.
- Kitchen utensils, stoves, fuel and dining stuff.
- Experienced guide, cook, sherpa, and porters as necessary on the trek.
- Daily wages, clothes and insurance of the whole crew (guide, cook, helpers and porters).
- Mera Peak climbing permit.
- Climbing sherpa support for climbing (including his daily wages, clothes and insurance).

### Group Size

Minimum 2, maximum 10

### Food

Include meals: 20 breakfasts, 16 lunches, 16 dinners.

Our expedition cooks are artists at conjuring up meals under difficult conditions and during your trek will provide a variety of delicious food. As far as possible fresh food will be bought locally, but however in remote areas supplies may be hard to come by and we must rely on prepackaged foods occasionally. Boiled water to re-fill your personal water bottles is available both morning and evening. It is sometimes also possible to purchase bottled water during the day. We encourage to bring purification tablets for use of drinking water. If you have any special dietary requirements or food allergies please let us know as soon as possible, prior to arrival in Kathmandu, so we can cater to your needs.

### Accommodation

4 nights comfortable hotel while in Kathmandu (twin share), 16 nights fully supported camping

The sleeping arrangements are for twin-share so if you are a single traveler you will be paired up with someone of the same sex. This ensures that whether you are traveling solo or with friends, everyone is paying the same rate.

### Extra accommodation

We can book additional accommodation before or after the tour in Kathmandu at competitive rates.



Should you wish to extend your stay and see Kathmandu or participate in one of the many activities around the city (biking, rafting, kayaking) contact us for more details.

Additional accommodation: 4 star 80 USD single – 85 USD double  
: 2 star 35 USD single - 40 USD double

### Arrival Details

When arriving into Tribhuvan International Airport in Kathmandu you will be met by a driver and transferred to your hotel. Please look for a sign with your name on it, the airport is located 7 km from the city centre and the taxi ride takes about 35 min depending on traffic.

### Expedition Staff

First timers are usually amazed at the number of support staff required during a trek. Remember, everything from camp gear to food and fuel, needs to be brought with us. The guide manages the expedition and is always looking after your well being. All our guides are highly trained in all aspects of trekking, conservation, high altitude medicine, first-aid and emergency procedures. They are professionals selected for their knowledge and passion for the region. The climbing guide is responsible for guiding and assisting the group with all aspects of the ascent. The cook is responsible for all meals and for the welfare and supervision of the kitchen staff. The kitchen staff assist the cook, serve meals and deliver you morning tea/coffee. The porters are responsible for the campsites, erecting tents etc. and transporting your duffel bags and the camp equipment. On some treks yaks are used instead of, or in addition to porters and are lead by a handler.

### Porters

To make your trek more enjoyable porters are provided to carry your luggage while on the trek. We will provide you with a duffel bag, which is restricted to 15kg in weight. The duffel bag is carried by porters and is not available to you during the day; your day pack should contain all that you need during the day. This generally consists of a warm layer of clothing, water bottle, camera gear, sunscreen, lip balm, etc. Your guide will let you know each evening of any additional items you will need for the following day. We highly recommend investing in a comfortable day pack so the extra weight will minimally affect you.

### Difficulty

Mera Peak Trek is a Grade 5 expedition, involving altitudes over 6000m and walking days over 7 hours. While it is a high altitude ascent, Mera is not a technical climb and is suitable for anyone with above average level of fitness. Regardless of age or fitness, preparation before you arrive is essential. Everyone has different limits when it comes to physical boundaries however it is to be noted that any ascent in the Himalayas will offer challenges even to the most fit. Adding to this altitude can affect people in different ways and offers in itself different challenges.

### Is this for me?

If like many of our clients you've not done anything like this before, it can be hard to get a clear idea of what's involved in climbing Mera Peak, as it's not easy to make comparisons with other activities - if you have climbed before however, Mera Peak is generally considered to be quite a bit harder than the normal route on Kilimanjaro. The actual ascent day is by far the toughest and involves 880m of height gain, usually spread over a 12 hours day. This is taken at a very slow pace however, and we will have carefully checked your equipment beforehand, to ensure that your rucksack is as light as possible, usually only a few kilos. Our guides are experts at setting the right pace for our clients, and you will never be rushed unnecessarily but encouraged to find your own rhythm – trying to go too fast is a common problem. You will be roped up (max 4 clients to 1 guide) for the ascent, though technical difficulty is not high and you hardly need to use your hands to climb at all. We will also of course make sure you're fully prepared for the ascent by practicing all techniques involving ice axes, crampons, etc. during the first week of the expedition.

### Altitude

AMS (acute mountain sickness) is a serious issue. It is the result of the failure of the body to adapt to high altitude and can affect anyone, regardless of age or fitness. It can occur above 1,800 meters and the likelihood of being affected increases as you ascend. The way to reduce the affects of altitude is



to ascend slowly, until you have acclimatized. Poor acclimatization can result in headache, nausea, sleeplessness, difficulty breathing and swelling of fingers and glands. The only cure for AMS is to descend to a lower altitude. Should you be affected by AMS your guide's decision on how best to treat it is final.

To say it is unrelated to fitness is only partially true - tolerance to altitude varies greatly amongst individuals, but a fit person will not strain their cardiovascular system as much as an unfit person for the same amount of exercise, so will therefore be at a lower risk of developing AMS. Even a very fit person however is still very likely to develop AMS if they attempt Mont Blanc without some days spent acclimatizing.

It is also a mistake to think that AMS is the result of a gradual and linear worsening of mild altitude symptoms such as breathlessness and headache. AMS is in fact a sudden and dramatic onset of symptoms (particularly nausea/vomiting, ataxia (loss of balance), and a complete loss of energy), and leaves the person hardly able to walk or look after themselves. It develops suddenly in around half an hour (often preceded by repeated yawning) and in that time will almost completely incapacitate the sufferer - symptoms reverse equally dramatically on rapid descent, e.g. in a helicopter.

Although our routes are carefully planned to allow for proper acclimatization you may feel some effects of altitude for the first few days or at higher altitudes. Breathlessness, lethargy and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Please advise your guide if you feel more severe symptoms and do not medicate yourself without discussing it with them first.

## Travel Details

### Visas

Multiple entry visas are available on arrival at Kathmandu international airport and all land borders. Please note that the visas are only payable in USD cash. Two passport sized photo are also required.

#### Tourist Visa:

- 15 days multiple entry – US\$25
- 30 days multiple entry – US\$40
- 90 days multiple entry – US\$100

#### Transit Visa:

Transit visa for one day can be obtained from Nepal's immigration offices at the entry points upon the production of departure flight ticket via Tribhuvan International Airport in Nepal, by paying US\$5 or equivalent convertible currency.

Please note that there might be a long queue at the immigration stands at the airport because most people arrange their visa this way. Alternatively, a visa can be obtained by application to the Nepalese Embassy before arrival. Before you travel check your passport to ensure that there is room for a visa and entry/exit stamps (at least 2 pages) and that it has at least 6 months validation remaining.

### Travel Insurance

It is a condition of participating in a Grasshopper Adventure that you hold travel insurance for the duration of the trip. Insurance must include comprehensive medical and emergency evacuation. Your travel insurance details will be checked by your group leader on arrival at the starting point hotel.

If you are looking for an insurer we can recommend World Nomads. [Click to see more details.](#)

### Flights

International flights to the starting point and from the finish point are not included in the price of this tour. We can assist with the purchase of inter-Asia flights and/or provide advice if you are considering



overland travel. All domestic flights as per itinerary are included.

### Money

The official currency of Nepal is the Nepali Ruppee which should be used for most transactions. Nepal now has a modern banking systems with ATMs and money changers in the larger towns. In Nepal it is possible to use Visa/Mastercard or Cirrus/Maestro cards to access cash at an ATM in the larger towns and cities that we visit. You should, however, carry travelers cheques as a backup. Most international currencies can be exchanged so it is not necessary to bring only US dollars - AUD, EUR, CAD, NZD are all accepted at banks in major centres.

For current exchange rates visit:

[www.oanda.com](http://www.oanda.com)

### Costs

We recommend that you allow approximately US\$20 for food and general living costs per day while in Kathmandu. It is customary to tip the guide and porters in Nepal. You should allow approximately US\$50 for tips. Note: this is a guide only, feel free to tip more or less (or nothing) depending on your satisfaction. If you think your tour leader has done a good job you may also tip him/her. Again this is completely up to you.

### Electricity

Nepal works on a 230 volt system and uses European-style and sometimes the old British-style 3 round pin plugs. You can easily buy an adapter in Nepal for much cheaper than in your home country.

### Health

There are no specific health requirements for entry into Nepal. However, you should consult your doctor for up to date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses that may affect you while traveling in Nepal. Be aware that some drugs, including anti-malarials, may have side effects at higher altitude. Please discuss this carefully with your doctor while weighing your options. Also remember that we will be in remote areas and away from medical facilities for some time during this trip for this reason we strongly recommend that you carry a personal First Aid kit as well as sufficient quantities of any personal medical requirements.

### Packing

You should consider bringing the following items:

### Personal and Climbing

Below is a list of recommended equipment for our Trekking Peak Expeditions - items marked with a (\*) can be rented from us at a small additional cost

- Ice axe\* - classic mountaineering style
- Crampons\* - check compatibility with boots if buying new
- Mountaineering boots\* - these must be either plastic (preferable) or high-end insulated leather type with rigid enough soles to take a crampon securely. If buying new boots for the trip, try to get a couple of days out in them before arriving.
- Helmet\* (optional)
- Gaiters\* - check compatibility with boots if buying new
- Harness\* - type which can be put on without removing boots
- Telescopic walking poles\* - optional, nice to have descending rocky paths
- Headlamp - to fit over helmet if you bring one; LED type ideal + spare battery
- Sunglasses - high protection, slightly wrap-around style to avoid light entering around the edges
- Ski Goggles - in case of high wind / blowing snow
- 40 litre rucksack - no bigger than 60 litres
- Water bottle - at least 1 litre; Camelback type systems can be used but they often freeze up on the mountain and frequently leak as well
- Sun block - lip salve - factor 20+
- Thin gloves



- Thick gloves - preferably which allow thin gloves to be worn underneath
- Waterproof and windproof overtrousers
- Waterproof and windproof jacket
- Fleece - windstopper recommended as works as an outer layer if windy but dry
- 2 Additional insulating layer for top and bottom
- Duvet Jacket
- Warm hat
- Balaclava
- Sun hat
- Small blister kit - inc. some tape and/or Compeed patches
- Seven pairs thick socks - if worn with very thin socks underneath, provides extra blister protection
- Seven pairs thin socks
- Change of clothing for valley
- Earplugs while camping - very useful!
- MP3 Player - good for passing the time in the evenings on the mountain
- Running shoes or sandals for around camp
- underwear - thermal underwear
- Money belt
- Toiletries
- Towel
- First Aid Kit
- Swiss Army Knife

#### Note:

Some trekking gear (poncho, waterproof pants, water bottle, socks, fleece, duvet jacket, snow gaiters) can be purchased in Kathmandu for a very reasonable price. Contact us for more details.

#### Travel

Passport with 6 months validity and minimum 2 spare pages

Passport photo (3)

Travel insurance details

Flight tickets

Money - cash/credit cards/ travellers cheques

Phrase book

#### Climate

Nepal has a generally temperate climate, however altitude makes distinct variations. The monsoon sweeps up from India each summer, making mid June to mid September humid and wet. The three other distinct seasons are all suitable for trekking and each has its own advantages. Changing global weather patterns have had their effect on the Himalayan climate and mountain weather is notoriously changeable. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

- Winter (December-February) It is cold and you will need to be prepared, but the air is very clear providing the best mountain views.
- Spring (March-May) Days are increasingly warm and the rhododendrons are in bloom. A very common and pleasant trekking season.
- Summer (June-August) The monsoon season. It will rain every day, although generally in the evening and night. The hills turn lush and green and at higher elevations the alpine plants will bloom.
- Autumn (September-November) The most popular trekking season where days are warm, but not hot; there is little chance of snow and skies are clear.

## Positive Impact

An integral part of traveling is to have a positive impact on the country that you are visiting. On this



trip there are a number of things you can do to have a positive impact on the communities that we visit.

Traveling is as much about how you visit as where you visit. Our guides and group leader follow detailed guidelines on acceptable behaviors and practices. These cover cultural considerations, reduction and disposal of waste and protection of endangered wildlife.

As travelers we will provide you with specific guidelines to help you make responsible decisions whilst traveling. These guidelines cover appropriate dress, etiquette for visiting homes and religious complexes, waste and environmental issues and endeavor to explain cultural behaviors which may seem alien to western travelers.

### **Dress**

Nepal is still quite a conservative country. In rural areas and temples overly revealing clothing is considered offensive. You should make an effort to dress more conservatively in these situations. When visiting temples shorts are acceptable providing they cover the knee. Sleeveless tops are not acceptable in temples.

### **Phrase Book**

A highly memorable part of your travels will be the local people that you meet. In the tourist areas some people will speak English but away from these areas you should learn a few words of Nepalese. We will teach you some of the basics but if you want to really interact we recommend bringing a phrase book.

### **Donations**

Often when coming on trips overseas people like to bring items such as sweets, pens and books for children or old clothing for families. While this is a fantastic idea, if distributed in the wrong way it can actually create more problems. Giving items away to local people can create an expectation that a visiting foreigner equals free give away's. In some communities in Asia this has created whole villages where the only interaction is the locals asking for things. If you would like to donate anything to the communities that we visit we suggest that you give the items to Grasshopper Adventures which we will then pass on to development organisations, schools or whole communities. In this way items are distributed by those working in the communities who understand better the local needs.

### **Poverty**

There a lot of poverty in Nepal which you will see. If you choose to give something to a beggar you must bear in mind the value of money in the country you are visiting. Many beggars can earn more than those who work unskilled jobs. There are organisations in Nepal who are working to alleviate this poverty issue and may be able to do more good with donations that you might like to make. Your Tour Leader will be able to provide more information about this.

### **Important**

All information in these tour notes is researched with care and provided in good faith. The information subject to change, and does not form part of the contract between the client and Grasshopper Adventures.

