



# ULTIMATE EXPEDITIONS NEPAL

HIGHLY EXPERIENCED IN ALPINE TREKKING, ULTIMATE EXPEDITIONS® OFFERS THE WORLD'S BEST ADVENTURES IN THE MOUNTAIN KINGDOM OF NEPAL, KNOWN AS THE MOST CELEBRATED HIKING DESTINATION ON EARTH.



CHINA

NEPAL

## SUMMARY

Isolated against the backdrop of the majestic **Himalayan Mountain Range**, Nepal is a grand setting for high altitude trekking.

Home to the tallest peaks in the world, including the iconic Mount Everest, Nepal is a haven of natural beauty. Its charm originates from its untouched landscape brimming with picturesque mountain terrain, ancient Buddhist monasteries, and some of the greatest biodiversity on the planet.



## IS THIS TRIP FOR YOU?

*Nepal's wide-ranging geography presents a variety of options for both new explorers and seasoned hikers. From classic Everest Base Camp to the rugged Annapurnas, from the snow-capped summit of Island Peak to the remote Manaslu region, your dream trip awaits.*

## OUR GUIDES

Ultimate Expeditions® guides are local experts who were hand selected to lead our trips. All are certified for guiding, registered with the Nepal Mountaineering Association, and experienced in first aid and mountain rescue. Our guides are elite mountaineers from the Sherpa ethnic group. Sherpa are indigenous to the Himalayan region of Nepal and are renowned for their ability to thrive at extreme elevations due to unique genetic adaptations. Several of our guides have successfully summited Mount Everest; some multiple times.



## OUR ACCOMMODATIONS

Accommodations on most trips are in basic lodges, commonly called tea houses. Rooms typically consist of two wooden bench beds with mattresses, blankets, and pillows. Ovens provide heat in the community room; there is no heat in the bedrooms. Sleeping bags are essential on any trek.

## MEALS ON THE TREK

A large selection of fresh, cooked foods is available at the lodges. All meals are included during the trek. Micro-filtered water is also provided.

### SAMPLE MENU

dahl baht (lentils and rice) | masu (meat with curry) | momos (dumplings with meat or vegetables) | yak steak (additional charge) | pulao (fried rice) | sandwiches | burgers | spaghetti | mushroom soup | tuna spring roll | macaroni w/cheese tomato sauce | pizza | french fries | apple pie | rice pudding | tea, coffee, hot chocolate, soda, beer, juice



## DAILY SCHEDULE

Each morning, after packing your bags and eating breakfast, the day's trek will begin. We usually hike 3-4 hours and stop for lunch around midday. We will then have a shorter afternoon trek before reaching the day's destination in time for afternoon tea. The rest of the day is free for exploring the village or relaxing. Evenings are typically spent by having dinner and socializing in the common area of the lodge.



## HIKE TRAINING

Trekking in the high altitudes of Nepal is a physical and mental challenge and you should prepare yourself accordingly with a training program. Start training for your trip at least two months prior to your departure to get yourself in the best possible hiking shape. Doing day hikes is superb training. For those who do not have access to trails, you can train on a stair climber machine. You can also walk as much as you can.



# WEATHER IN NEPAL

Nepal offers a wide range of climates varying from tropical to arctic depending on the topography and altitude. The region offers four climatic seasons.

## MARCH, APRIL AND MAY (SPRING)

Spring is a great time to trek the region. These months are considered to be the best in terms of weather and beauty, and correspondingly are the busiest months. Spring days are warm with an occasional rain shower.

## JUNE, JULY AND AUGUST (MONSOON)

The monsoon season brings severe rains making certain routes impassable. However, there are options for trekking in the Western mountains around Annapurna and Manaslu as large parts of these treks lie in a rain-shadow and receive significantly less precipitation.

## SEPTEMBER, OCTOBER AND NOVEMBER (AUTUMN)

The monsoons fade in September, giving way to clear skies and beautiful views in October and November. This is the busiest time for trekking. The weather is dry with mild to warm days and cold nights. However, as you climb to higher altitudes, the nights can easily drop to below zero freezing temperatures.

## DECEMBER, JANUARY AND FEBRUARY (WINTER)

Trekking during the winter season can be more challenging in the high altitudes due to snowfall. The daytime temperatures are cooler and nights are often very cold. However, the days are typically clear and dry.

MONTH	TEMPERATURE	PRECIPITATION	CLOUDINESS	CROWDS
January	☀	💧💧💧	☁☁☁	👤
February	☀	💧💧💧	☁☁☁	👤
March	☀☀	💧	☁	👤👤👤
April	☀☀	💧	☁	👤👤👤
May	☀☀	💧	☁	👤👤👤
June	☀☀☀	💧💧💧	☁☁☁	👤
July	☀☀☀	💧💧💧	☁☁☁	👤
August	☀☀☀	💧💧💧	☁☁☁	👤
September	☀☀	💧	☁☁	👤👤👤
October	☀☀	💧	☁	👤👤👤
November	☀☀	💧	☁	👤👤
December	☀	💧💧💧	☁☁	👤

## GEAR LIST

Clients must be prepared for all types of weather no matter when they visit. Clients are responsible for bringing personal gear and equipment. Below is a partial list of required gear.

### TECHNICAL CLOTHING

waterproof jacket | insulated jacket | soft jacket | long sleeve shirt | waterproof pants | hiking pants | fleece pants | long underwear

### HEADWEAR

brimmed hat | knit hat

### HANDWEAR

warm gloves

### FOOTWEAR

hiking boots

### ACCESSORIES

sunglasses | water bottle | water bladder

### EQUIPMENT

sleeping bag | head lamp | duffel bag | daypack

Our porters will carry most of your belongings between lodges. You only need to hike with a small daypack.

# NEPAL REGIONS



## ANNAPURNA REGION

The Annapurna region offers a combination of mountain scenery, lowland farms and villages, and a wealth of cultural interest. This is why the Annapurna region is regarded as a trekker's paradise and is the most popular place to hike in Nepal. Annapurna is consistently ranked as one of the best treks on earth.



## MANASLU REGION

The Manaslu region is encircled by the eight highest mountains of the world, including Mount Manaslu which means "The Spirit Mountain." This area was officially opened to tourists in 1991 and sees relatively few tourists. Trekking in the Manaslu region offers pristine mountain views, beautiful landscape, lush valleys, and a good dose of cultural heritage.



## LANGTANG REGION

The Langtang region is known as the Valley of Glaciers. The Tamang and Sherpa people that inhabit this area have religious practices, language and dress that are more similar to those of Tibet. The valley offers fewer crowds, beautiful pine forests, swift mountain streams, snow-capped peaks, and grassy plains.



## EVEREST REGION

Mount Everest is known by the Tibetan name Chomolungma (Goddess Mother of Snows) and Sagarmatha (Mother of the Universe) in Nepali. Around the great mountain is an area known as the Everest region. Its breathtaking scenery is painted with ice-blue glaciers, rocky valleys, alpine forests, and colorful meadows.

# OUR TRIPS

## ANNAPURNA REGION

### ROYAL ANNAPURNA

Hiking days: 7 days

Operates: All Year

This is a shorter and easier route that treks through the Annapurna foothills just north of Pokhara Valley and ends at the scenic Begnas Lake.

### ANNAPURNA SANCTUARY

Hiking days: 12 days

Operates: All Year

Hike to a natural amphitheater in the Himalayas. This trek offers views of the Himalayan giants - Macchapuchhre, Dhaulagiri, Nilgiri, and the Annapurnas - which tower 7,000 m (22,965 ft) above sea level.

### ANNAPURNA CIRCUIT

Hiking days: 14 or 18 days

Operates: Aug 15 - Jan 15, Feb 16 - May 31

Circumnavigate the Annapurna Massif that offers extraordinary mountain passes with equally dramatic gorges, remote Buddhist temples, and charming Nepalese farming villages.



## MANASLU REGION

### MANASLU CIRCUIT

Hiking days: 16 days

Operates: All Year

This trek is a cousin to the Annapurna Circuit that shares many of the same great panoramic views. If you are looking for a trek that is equally beautiful but feels more remote, the Manaslu Circuit is for you. Trek through bamboo forests alongside cliffs and deep gorges as you cross the Larkya La. Marvel at the fantastic views of Himlung Himal, Cheo Himal, Kang Guru and Annapurna II.



# OUR TRIPS (CONT.)

## EVEREST REGION

### CLASSIC EVEREST BASE CAMP TREK

Hiking days: 14 days | Operates: Sep 1 - May 31

Experience one of the world's great iconic treks. The classic Everest Base Camp trek is an obtainable, but tough, physical challenge that offers spectacular views and a rich cultural journey. Bucket list worthy.

### EVEREST BASE CAMP VIA GOKYO LAKES

Hiking days: 17 days | Operates: Sep 1 - Jan 15, Feb 16 - May 31

If you have time to spare, the Gokyo route to Everest Base Camp is a favorite. This trek escapes the crowds that favor the main route, includes a fantastic ascent of Gokyo Ri and crosses the Cho La pass.

### EVEREST BASE CAMP AND ISLAND PEAK CLIMB

Hiking days: 20 days | Operates: Sep 1 - Nov 20, Mar 11 - May 31

In addition to Everest Base Camp and Kala Pattar, this trek includes an exhilarating summit of Island Peak, at 20,252 ft (6,173m). This is a challenging trip, but also very rewarding one.



## LANGTANG REGION

### LANGTANG TREK

Hiking days: 10 days | Operates: All Year

This route is a great introduction to trekking in Nepal, offering dramatic views of the region. Trek through traditional Tibetan villages with Buddhist monasteries and ascend Kyangin Ri at 14,271 ft (4,350 m).



# NEPAL CITIES

## KATHMANDU

Kathmandu is capital of Nepal and its cultural and economic hub. The bustling city - Nepal's largest - is a myriad of unfamiliar sights, sounds and smells that is sure to awaken the senses. Discover hidden temples, ancient courtyards and golden shrines among the traffic jammed streets and winding alleyways. Get lost in Kathmandu's timeless heritage and history spanning nearly 2,000 years. Last minute supplies can be found in the backpacker district of Thamel. Kathmandu sits an elevation of 4,593 feet.



## LUKLA

Lukla is a small town that serves as the starting point for trips in the Everest region. Trekkers fly in and out of Lukla airport, which is famous for its narrow landing strip against the side of a mountain. Arrival by plane is an exciting event. The airport is situated at 9,383 feet above sea level. The runway is just 1,729 feet long and has an 11.7% grade.

## NAMCHE BAZAAR

Namche Bazaar is a colorful village built on the steep slopes of a horseshoe shaped mountain. At 11,318 feet elevation, the site offers beautiful views across the valley. Located about two hours from Lukla by foot, Namche Bazaar is the main trading center for the Khumbu region and a main stop for those headed to Everest Base Camp. A number of souvenir shops, gear outlets, restaurants, coffee shops, bakeries and internet cafes are present here.



## POKHARA

Pokhara is Nepal's second largest city, located at 2,713 feet above sea level and five hours from Kathmandu by vehicle. It is set against the backdrop of the spectacular Phewa Lake and towering Annapurna Range, making it the ideal gateway for treks in the Annapurna region. With plenty of adrenaline inducing activities to choose from - paragliding, rafting, mountain biking and endless hiking trails - Pokhara is known as Nepal's adventure capital.

## SAFETY

Ultimate Expeditions® is focused on safety, understanding that our top priority is to keep you out of harm's way.

The Himalayan Mountain Range encompasses the world's tallest peaks. Trekking on and around these mountains often includes summiting peaks or crossing mountain passes at extremely high elevations. Feeling the effects of altitude, therefore, is very common. Everyone trekking in Nepal should be familiar with the symptoms of altitude sickness.

## ACUTE MOUNTAIN SICKNESS

AMS is caused by reduced air pressure and lower oxygen levels at high altitudes. In most cases, symptoms are mild. Symptoms of mild to moderate acute mountain sickness may include:

- » Difficulty sleeping
- » Dizziness or light-headedness
- » Fatigue
- » Headache
- » Loss of appetite
- » Nausea or vomiting
- » Rapid pulse (heart rate)
- » Shortness of breath with exertion

**ACCLIMATIZATION RECOMMENDATIONS:** Ascend slowly | Do not overexert yourself | Take slow, deliberate deep, breaths | Climb to a higher altitude during the day and sleep at a lower altitude at night | Eat a high calorie diet and drink four-five liters per day while on your hike.

Ultimate Expeditions® guides have been working on Mount Everest, Annapurna and other parts of the Himalayas for a long time. Our team is well prepared to handle any situation.

Our guides:

- » can prevent, recognize and treat altitude-related illnesses
- » conduct twice daily health checks to monitor oxygen saturation and pulse rate
- » trained in first aid and can make critical medical and evacuation decisions



## RESPONSIBLE TOURISM

Ultimate Expeditions® is a member of the International Porters Protection Group, an independent organization whose mission it is to protect porters from mistreatment on the mountain, and the International Mountain Explorers Connection (IMEC) Partnership for Responsible Travel, which recognizes climbing companies with fair treatment practices. We meet or exceed all Nepal Mountaineering Association standards.

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