

# Helambu Education and Livelihood Project



## **Trekking in Nepal:**

### **Teach and Trek Program, Fundraising Treks**

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#### OVERVIEW

Nepal is an excellent country for trekking and offers many options, whether you're interested in reaching Everest Base Camp, exploring the Annapurna circuit, or heading into Helambu or

Langtang National Park. The **Helambu Education and Livelihood Project (HELP)** offers two types of treks: the **Teach and Trek Program** for volunteers teaching in Helambu schools, and **Fundraising Treks** for individuals who are interested in supporting **H.E.L.P.** through fundraising but who are unable to volunteer at one of the schools during their trip to Nepal.

Unlike travel agencies, HELP is a charity which is determined to improve the education and lives of the people living in Helambu. The costs of our treks include a donation to our projects, with minimal administration fees – your money will cover your trekking expenses and will also contribute to a worthwhile charity at a lower cost than treks organized by most travel agencies.

## **TEACH AND TREK PROGRAM**

A program that we offer for those with a sense of adventure and a passion for working with children is our **Teach and Trek Program**. This program combines your time volunteering at a school as well as a trek either before or after your placement. Treks vary in length and difficulty, but you will, without a doubt, have a unique experience exploring the land of the majestic Himalayas.

Not only will your time spent teaching contribute to the local village in a number of ways, but a trek also brings in income to the local economy. In addition, any trek allows you to gain a deeper understanding of the cultures and landscapes you will find in Nepal, and allow different levels of self-reflection and a connection to the stunning natural world around you. Your trek will include an experienced guide as well as one of the teachers at the school (provided school is not in session) or a school graduate who will act as an assistant guide.

## **FUNDRAISING TREKS**

Not everyone is able to commit their time to volunteer during their trip to Nepal, so H.E.L.P. has a trekking program geared to those who would still like to support our projects through fundraising and trekking. In order to participate in this program you will need to fundraise in your home country. H.E.L.P. would then help organize your trek. Trekking and travel costs are to be covered separately by each individual trekker.

**Fundraising Treks** are limited to groups (minimum 5 people), and the group needs to fundraise a minimum amount of \$2000 USD in order to participate. Organized treks through travel agencies cost a similar amount – consider donating to H.E.L.P. rather than paying a travel agency.

## **TREK OPTIONS**

Treks vary in length and difficulty. The following treks are “teahouse treks” where you will be staying in lodges and guesthouses along the way – there is no camping involved in these treks. The treks offered can be done no matter your age or level of fitness. The important thing to remember is to walk at a pace that is appropriate to your needs and to allow sufficient time for acclimatization in order to minimize your chances of getting Acute Mountain Sickness (AMS).

We offer treks in the following locations:

- Sagamatha National Park (Everest Region)
  - Everest Base Camp
  - Gokyo Ri
  - Renjo Pass
- Annapurna Conservation Area
  - Annapurna Circuit
  - Annapurna Base Camp
  - Gorepani/Pokhara
- Langtang National Park and Helambu Region
  - Langtang/Helambu
  - Helambu Treks
  - Tamang Heritage Trek

In terms of difficulty, the Annapurna Base Camp trek is the hardest, followed by the Langtang treks where you will walk for longer hours. The Everest Base Camp trek is moderate, but is more difficult than the Annapurna Circuit. Helambu treks are the easiest.

Sample itineraries are provided in Appendix A. Walking times may vary from the lengths of time provided in the sample itineraries depending on the individuals involved and weather conditions.

## **OUR GUIDES**

Our guides are all licensed, trained, and experienced. All guides have a basic first aid knowledge and will be able to advise you on food to eat, signs of AMS, and other important items. They have local connections on the trekking routes, and all of our guides can speak English.

**Nima Lama**

Annapurna Conservation Area Expert  
Trekking guide since 1996

### **Ganesh Lama**

Everest Region Expert  
Trekking guide since 1996

### **Sonam Lama**

Experience trekking in diverse locations including the Everest Region, Annapurna, Langtang, Helambu, and Tibet.  
Trekking guide since 2005

## **TESTIMONIALS**

“.....rewarding.....etc. Etc...guides were experts, friendly.....felt safe when going on this great adventure “

Kelly Ongaro, Teacher, Canada  
Everest Base Camp Trek, May 2011

## **PRACTICAL INFORMATION**

### **Weather**

There are two main trekking seasons – Fall (September-November), and Spring (March-May). Fall is the most popular, with more people walking along the routes. After May, the views are not good due to the monsoon season, while after December it's cold.

### **Health and Safety**

Anyone can do these treks, however, you need to take care of yourself when you are walking. Stop more often if needed, and make sure you drink plenty of water (make sure you use some kind of purification/filtration system – iodine or chlorine). You can also add rehydration crystals to your water. Soup is the recommended meal choice because it helps with your hydration and is easy to digest. Avoid eating meat as it may make it more likely for you to experience Acute Mountain Sickness (AMS). You need food that provides quick energy and is easy to digest – daal bhat is the best choice (rice and lentils), and is what your guides and porters choose to eat (they know what they're doing!).

Stretching is important when you are trekking, just like in other physical activities as it helps prevent injuries (remember to never stretch cold muscles). At the beginning of the day, do a light warm up before stretching, and make sure you stretch after a long day of walking no matter how tired you are – your muscles will thank you!

Potential dangers include Acute Mountain Sickness and related altitude illnesses, avalanches (e.g. Annapurna Base Camp route), leeches, heatstroke, and yak/mule trains, depending on the trekking path and season.

### Right Of Way

When trekking, always make sure that donkeys, mules, and yaks are on the side of the path closest to the edge and wait for them to pass before proceeding. They have the right of way, and with good reason – you don't want to be between a yak and the edge of a cliff in case they push you over, so stay on the mountainside of the path. You'll hear their bells first which should give you enough time to get out of the way. You should also give the right of way to all porters.

### Heatstroke/Sunstroke

Heatstroke/sunstroke is a possible risk, especially as you gain altitude and the rays of the sun become more powerful. Some symptoms of heatstroke include headaches, dizziness, and loss of control/coordination. To avoid heatstroke, make sure you wear cool layers, drink lots of water, wear a brimmed hat, and sunglasses. Proper hydration is essential. Cool layers allow you to remove some as your body temperature rises and provide your body with the opportunity to regulate and lower its temperature.

### Leeches

You may come across leeches when trekking in damp, low-lying areas, and especially during monsoon season. Leeches will attach themselves to your skin, usually on your legs, and then suck your blood. You will not feel anything when it happens, and when a leech has enough it will fall off. If the leech is still attached to your skin, you can use salt or a lighted match to remove them – don't pull them off because it increases the likelihood of infection. Leech bites will bleed a lot because the leech injects something which interferes with blood clotting. Make sure you clean the bite and then apply pressure.

### Avalanches/Landslides

Avalanches and landslides are possibilities on some treks, depending on location and the time

of year. For example, if you are trekking to Annapurna Base Camp, avalanches are common in the winter and spring before and after Deurali. Landslides are a possibility in Helambu during the monsoon season. Always listen to your guide who will check for updated information regarding the trails.

### Altitude-Related Illnesses

When trekking at altitude, it is important to watch out for signs of altitude-related illnesses such as Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE), and High Altitude Pulmonary Edema (HAPE), which could lead to fatality. AMS can occur in anyone, no matter their fitness level or if they have traveled at altitude. The best treatment for AMS is to descend to a lower altitude.

Prevention is better – make sure you ascend at a reasonable rate to allow your body time to acclimatize. A drug to help prevent altitude-related illnesses (acetazolamide, a.k.a. Diamox) is available as well, and is less expensive in Kathmandu pharmacies. Drink plenty of water and eat soup to stay hydrated. Daal bhat (rice and lentils) is preferable as a meal (and your guides and porters will most likely choose this for themselves – follow their example). Never use sleeping pills – they're dangerous at high altitudes.

### Stomach Upsets

Any visit abroad can result in stomach upsets due to a change in diet. It is important to carry medications to deal with this issue when trekking – that last thing you want on your mind when walking to Everest Base Camp is the need for a toilet. Ciprofloxacin is usually recommended by travel doctors, and is available at a less expensive cost in Kathmandu pharmacies (no prescription required).

### First Aid Kits

You can get many supplies for your **first aid kit** in Kathmandu, including **medications** at local pharmacies (no prescription required, and pills are very inexpensive compared to prices in Canada and the United States). A more comprehensive list of what to include in your first aid kit is provided in the "**Trekking Checklist**."

## **IMPORTANT DOCUMENTS**

There are some permits you need to get before trekking, including a Trekking Permit and your TIMS Card (Trekker's Information Management System). There is a desk at the Nepal Tourist Centre where you can purchase your TIMS card. Passport photos are required, and

you also need to bring your passport with it when purchasing your TIMS card. The desk at the Nepal Tourist Centre only accepts Nepalese Rupees.

Other important documents you should have are your Nepal tourist visa, important phone numbers (emergency contact, next of kin), and your travel insurance which covers emergency medical insurance such as helicopter travel to the nearest hospital.

## **MONEY**

Before leaving for your trek you should exchange your money in Kathmandu as you will not be able to do so during your trek. However, you can exchange money in Namche Bazaar (Everest Trek), but the rate tends to be better in Kathmandu. Don't expect any ATMs on your trek.

Small denominations are required as you will find it difficult to make change for a Rs 500 or Rs 1000 bank note.

## **ACCOMMODATIONS**

Trekkers will be staying in guest houses and lodges located along their trek – there is no camping involved in the treks we offer. Rooms are simple, and the guest houses will have access to toilets – which will vary from the typical “squat toilet” to Western toilets depending on the accommodations and location. If shower facilities are available you will typically have to pay for them.

## **GARBAGE**

Garbage is become a big problem along the trekking routes in Nepal. Trekkers should be considerate of the environment and pack out your garbage (e.g. plastic bottles). Zip-lock or odor-control bags are useful, and can also be used as organizational tools for your belongings in your pack.

## **WHAT TO BRING**

Your pack should be a maximum of 10 kilos per person as your porter will be carrying two people's bags. Please be considerate of your porter when packing. In addition to your main pack, you should carry a day backpack with your water, sunscreen, sunglasses, and similar items for easy access – your porter may be traveling at a different pace so you will not have access to your main pack.

The following is a recommended list of equipment required for most treks. Please note that equipment may vary depending on the trekking location, season, and the altitudes involved.

These items are available in Kathmandu, unless otherwise indicated.

<b>TREKKING CHECKLIST</b>		
<b>CLOTHING</b>		<b>GEAR</b>
<b>Footwear</b>		Large backpack (no suitcases!)
	Walking boots (sturdy well worn in hiking boots) * recommended that you buy before your trek – you can get some in Kathmandu, however, you want them broken in to avoid blisters	Small day backpack (for sun block, camera, water bottle, etc.)
		Sleeping bag (check trek temperatures to ensure the cold rating is appropriate)
	Thick hiking socks	Sleeping mat (optional)
	Hiking Sock Liners (helps minimize friction)	Head torch, batteries
	Sandals/flip-flops for wearing around the guesthouses in the evenings	Water bottle
<b>Outerwear</b>		Rehydration crystals (optional)
	Windproof waterproof jacket (down jacket when trekking to higher altitudes such as Kala Patthar on the Everest Trek)	Pair of Walking poles (optional, but highly recommended for some treks and level of fitness)
	baseball cap or wide brimmed hat warm hat	Watch/alarm clock High energy snacks (optional)
	Gloves (outer and inner)	Plastic bags for laundry (optional)
	Kerchief (to protect face from dust)	Trekking/Sports Towel (quick dry, microfibre recommended)
	Sunglasses (keep dust and grit out of your eyes as well as protection from the sun)	<b>DOCUMENTS</b> <b>(leave a copy with next of kin)</b>
<b>Baselayer and Midlayers</b>		Passport
	Thermal long sleeved top	Travel Tickets
	Thermal pants/underwear	Tourist visa (costs \$25 USD for 15 days, \$40 USD for 30 days, and \$100 USD for 3 months – you can get your visa at the airport)
	Undershirt/tank top	
	Underwear (should be lightweight, cotton and loose fitting) and sports bra (if applicable)	Cash (note: you will need to exchange prior to leaving Kathmandu, can exchange in Namche, exchange before Annapurna, can use CC in Jomsom)
	T-shirts (Quick-dry, sweat wicking)	Traveller's cheques (optional, major centres)



	Fleece jacket or sweater (quick-dry, water resistant)		Credit Cards (optional, only KTM, maybe Pokhara, Everest Region.... some hotels)
	Trousers (trekking pants are ideal as they are quick-drying, breathable, and usually water resistant, or lightweight cargo pants. Avoid jeans.)		4 passport photos (for your trekking permit and TIMS – you can get photos in Kathmandu)
			Travel Insurance (please bring a copy of your insurance certificate with emergency contact number)
			Copies of Vaccination Certificates (may be useful if you require medical attention)
<b>HEALTH AND HYGIENE</b>		<b>ENTERTAINMENT</b>	
	Toothbrush and toothpaste		Camera and batteries
	Soap (anti-bacterial, and ideally in a bottle, can be used for laundry)		Battery chargers and adapters for electronic devices
	Shampoo/Conditioner (Bio-Degradable)		iPod (optional)
	Lip balm with sun protection		Novel or guide book (optional)
	Baby wipes		Journal, pens (optional)
	Razor and cream	<b>FIRST AID KIT</b>	
	Feminine Products (if applicable)		Adhesive dressing (plasters, blister pads)
	Shower Gel (Bio-Degradable)		Bandages for sprains
	Deodorant		Diarrhea tablets, Imodium
	Toilet paper and tissues		Pain killers (e.g. Paracetamol, Ibuprofen)
	Hairbrush/comb		Altitude sickness pills
	Insect repellent		Anti-malarial course
	Sun block		Water purification tablets
	Moisturizing lotion		Duct tape
	Hair elastics/sports headband (if applicable)		Travel scissors
	Nail clippers		Tweezers
	Cotton swabs		Allergy medication (antihistamine)
	Anti-bacterial hand gel (hand sanitizer)		Salt (for leeches, depends on trek and weather)
	Zip-lock bags/Anti-odour bags (for garbage and organizing items in your pack)		Cold/flu tablets and throat lozenges
			Calamine lotion, after-bite, aloe vera
			Antibiotic, ciprofloxacin
			Multi-vitamin

## Appendix A: Sample Trek Itineraries

### ANNAPURNA REGION TREKS

Annapurna Full Circuit- 16 days of trek				
Day	Activites	Time		Remarks
1	Arrival Kathmandu/Stay at KGH or Hotel Mandala			Please email us if you need hotel booking to be done.
2	Sightseeing day in Kathmandu (Pashupati Nath/Swoyambu/Kathmandu Durbur Square)			Getting Trekking permits/TIMS etc and change money
3	Jeep ride to Khudi via Besisahar and trek to Ngadi	9 hours.	800 m	Bus not recommended as the road are not good, and travelling on a jeep saves a day.
4	Trek to Jagat	7 hours	1340 m	
5	Trek to Dharapani	7 hours	1900 m	
6	Trek to Chame	7 hours	2700m	
7	Trek to Pisang	7 hours	3310m	
8	Trek to Manang	9 hours	3540m	
9	Rest day at Manang/Acclimatization	Whole day		
10	Trek to Ledtar	6 hours	4200m	
11	Trek to High Camp via Thorang Phedi (4450m)	7 hours	4850 m	
12	Trek to Muktinath via Thorang Pass (5410m)	9 hours	3800 m	Trek starts very early in the morning.
13	Trek to Kagbeni	3 hours	2720 m	Start the trek after lunch
14	Trek to Marpha via Jomsom	4 hours	2800 m	Famous viallge for its apple production
15	Trek to Ghasa	7 hours	2000m	
16	Trek to Tatopani	4 hours	1200 m	
17	Trek to Ghorepani	7 hours	2870 m	

18	Trek to Birethanti drive to Pokhara			Early morning trek to PoonHill at 3300 m
19	Day off in Pokhara	Whole day		
20	Rafting in Trishuli and back to Kathmandu			
21	SightSeeing and Shopping in Kathmandu			
22	Departure			

Annapurna Circuit: 11 days Trek				
Day	Activites	Time		Remarks
1	Arrive to Kathmandu/Stay at Schechen Guest House			
2	Jeep ride to Khudi via Besisahar and trek to Ngadi	9 hours.	800 m	Bus not recommended as the road are not good, and travelling on a jeep saves a day.
3	Trek to Jagat	7 hours	1340 m	
4	Trek to Dharapani	7 hours	1900 m	
5	Trek to Chame	7 hours	2700m	
6	Trek to Pisang	7 hours	3310m	
7	Trek to Manang	9 hours	3540m	
8	Rest day at Manang/Acclimatization	Whole day		
9	Trek to Ledtar	6 hours	4200m	
10	Trek to High Camp via Thorang Phedi (4450m)	7 hours	4850 m	
11	Trek to Muktinath via Thorang Pass (5410m)	9 hours	3800 m	Trek starts very early in the morning.
12	Trek to Jomsom	3 hours	2800 m	Start the trek after breakfast
13	Fly to Pokhara	4 hours		
14	Return to Kathmandu	7 hours	2000m	
15	Day off in Kathmandu			
16	Departure			

### ANNAPURNA BASE CAMP (11 Days)

Day	From/To	Length	Details
1	Kathmandu to Tikedhunga (via Pokhara)	35 min. flight to Pokhara  2 hour drive to Birethanti  4 hour walk	<ul style="list-style-type: none"> <li>⤴ Domestic flight from Kathmandu to Pokhara (35 min.)</li> <li>⤴ 2 hour drive to Birethanti</li> <li>⤴ Lunch at Birethanti</li> <li>⤴ 4 hour walk to Tikedhunga. <ul style="list-style-type: none"> <li>◦ Starts with a gradual uphill for 2 hours, then gets a little bit steeper after that. You will be walking through rice fields and villages.</li> </ul> </li> <li>⤴ Stay overnight in Tikedhunga</li> </ul>
2	Tikedhunga to Gorepani	7 hours	<ul style="list-style-type: none"> <li>⤴ Walk to Banthanti 1 <ul style="list-style-type: none"> <li>◦ Really steep uphill to Banthanti 1</li> <li>◦ There is no shade (no trees). You will be walking through villages.</li> </ul> </li> <li>⤴ Lunch at Banthanti 1</li> <li>⤴ Walk to Gorepani <ul style="list-style-type: none"> <li>◦ Not very steep, although it is a little bit at parts. You will be walking into the jungle.</li> </ul> </li> </ul>
3	Gorepani to Tadapani (with Poon Hill)	5 hours	<ul style="list-style-type: none"> <li>⤴ Walk to Poon Hill <ul style="list-style-type: none"> <li>◦ Wake up at 4 am</li> <li>◦ Steep uphill walk, 1.5 hours, through jungle.</li> <li>◦ Spend 0.5 hours at Poon Hill for panoramic view of Annapurna, then walk back</li> </ul> </li> <li>⤴ Breakfast in Gorepani</li> <li>⤴ Walk to Deorali <ul style="list-style-type: none"> <li>◦ Steep uphill for 2 hours,</li> </ul> </li> <li>⤴ Then 1 hour downhill to Banthanti 2</li> <li>⤴ Lunch at Banthanti 2</li> <li>⤴ Walk to Tadapani <ul style="list-style-type: none"> <li>◦ Steep uphill (little bit) for 15 min., then gradual up and down for 1 hour, then steep downhill for half hour. You will then cross a river. Next, there is a steep uphill for 1 hour.</li> <li>◦ You will be walking through jungle.</li> </ul> </li> </ul>
4	Tadapani to Chhomrong	5 hours	<ul style="list-style-type: none"> <li>⤴ Walk to Kimrong <ul style="list-style-type: none"> <li>◦ Steep downhill for 2.5 hours, then steep uphill for 1 hour.</li> </ul> </li> <li>⤴ Lunch at Kimrong</li> <li>⤴ Walk to Chhomrong <ul style="list-style-type: none"> <li>◦ 1.5 hours gradual up and down.</li> </ul> </li> <li>⤴ You will be walking through jungle.</li> </ul>

5	Acclimatization Day in Chhomrong		
6	Chhomrong to Doban	5-6 hours	<ul style="list-style-type: none"> <li>▲ Walk to Bamboo <ul style="list-style-type: none"> <li>◦ Steep downhill for 0.5 hours, steep uphill for 2.5 hours, then gradual for 2 hours, then steep downhill for 0.5 hours.</li> <li>◦ You will be walking through villages.</li> </ul> </li> <li>▲ Walk to Doban <ul style="list-style-type: none"> <li>◦ 1 hour to Doban.</li> <li>◦ You will be walking through jungle.</li> </ul> </li> </ul>
7	Doban to Machhapuchhare Base Camp miscellaneous	5 hours	<ul style="list-style-type: none"> <li>▲ Walk to Deorali <ul style="list-style-type: none"> <li>◦ Gradual uphill for 0.5 hours.</li> <li>◦ Steep uphill for 0.5 hours.</li> <li>◦ Gradual uphill for 1 hour (entering alpine region).</li> </ul> </li> <li>▲ Lunch at Deorali</li> <li>▲ Walk to Machhapuchhare Base Camp <ul style="list-style-type: none"> <li>◦ 2 hours to Machhapuchhare Base Camp. Uphill, gradual, with some areas flat.</li> </ul> </li> </ul>
8	Machhapuchhare Base Camp to Bamboo (with Annapurna Base Camp)	7 hours	<ul style="list-style-type: none"> <li>▲ Walk to Annapurna Base Camp <ul style="list-style-type: none"> <li>◦ Wake up at 4 am.</li> <li>◦ Gradual uphill for 2 hours.</li> <li>◦ Stay for 0.5-1 hour.</li> </ul> </li> <li>▲ Breakfast at Machhapuchhare Base Camp</li> <li>▲ Walk to Bamboo</li> </ul>
9	Bamboo to Jhinu	5 hours	<ul style="list-style-type: none"> <li>▲ Walk to Chhomrong <ul style="list-style-type: none"> <li>◦ 0.5 hours steep uphill, then 2 hours gradual/flat, then 0.5 hours downhill, then 0.5 hours uphill.</li> </ul> </li> <li>▲ Lunch at Chhomrong</li> <li>▲ Walk to Jhinu <ul style="list-style-type: none"> <li>◦ 1 hour walk.</li> <li>◦ Then 0.5 steep downhill to hot springs. Spend 2 hours at the hot springs before walking back to Jhinu. 1 hour steep uphill to Jhinu.</li> </ul> </li> </ul>
10	Jhinu to Pokhara	8 hours 2 hour drive to Pokhara	<ul style="list-style-type: none"> <li>▲ Walk to Birethanti <ul style="list-style-type: none"> <li>◦ Steep downhill for 0.5 hours, steep uphill for 0.5 hours, then gradual up and down.</li> </ul> </li> <li>▲ Taxi/Bus to Pokhara <ul style="list-style-type: none"> <li>◦ 2 hour drive.</li> </ul> </li> </ul>
11	Pokhara to Kathmandu	35 min. flight to Kathmandu	

or 7 hours  
bus ride.

\* Note: all times are approximate and are determined by weather conditions and the individuals involved

**GOREPANI TREK AND POKHARA (8 days)**

Day	From/To	Length	Details
1	Kathmandu to Pokhara	35 min. flight or 7 hours bus ride.	
2	Pokhara to Ghandruk	7 hours	<ul style="list-style-type: none"> <li>⤴ Drive to Birethanti               <ul style="list-style-type: none"> <li>◦ 2 hours</li> </ul> </li> <li>⤴ Walk to Seuli Bazaar               <ul style="list-style-type: none"> <li>◦ 3 hours steep uphill</li> </ul> </li> <li>⤴ Lunch at Seuli Bazaar</li> <li>⤴ Walk to Ghandruk               <ul style="list-style-type: none"> <li>◦ Steep uphill for 3 hours</li> </ul> </li> <li>⤴ You will be walking through villages.</li> </ul>
3	Ghandruk to Tadapani	5 hours	<ul style="list-style-type: none"> <li>⤴ Gradual uphill.</li> <li>⤴ You will be walking through jungle.</li> <li>⤴ Lunch at Yakkharka.</li> </ul>
4	Tadapani to Gorepani	6 hours	<ul style="list-style-type: none"> <li>⤴ Walk to Gorepani               <ul style="list-style-type: none"> <li>◦ 0.5 hours steep downhill, 1 hour steep uphill, 2 hours gradual, 1.5 hours steep uphill to Deorali, steep downhill to Gorepani.</li> </ul> </li> <li>⤴ Lunch at Banthanti 2</li> </ul>
5	Gorepani to Tikedhunga	5 hours	<ul style="list-style-type: none"> <li>⤴ Walk to Tikedhunga               <ul style="list-style-type: none"> <li>◦ Steep downhill all the way.</li> <li>◦ 3 hours walking through jungles, then walking through villages until Tikedhunga.</li> </ul> </li> <li>⤴ Lunch at Banthanti 1</li> </ul>
6	Tikedhunga to Pokhara	6.5 hours	<ul style="list-style-type: none"> <li>⤴ Walk to Birethanti               <ul style="list-style-type: none"> <li>◦ Gradual downhill for 2 hours, then flat for 2 hours.</li> </ul> </li> <li>⤴ Lunch at Birethanti.</li> <li>⤴ Drive to Pokhara               <ul style="list-style-type: none"> <li>◦ 2 hours</li> </ul> </li> </ul>
7	Pokhara		<ul style="list-style-type: none"> <li>⤴ Sightseeing</li> </ul>
8	Pokhara to Kathmandu	Flight or bus ride.	

\* Note: all times are approximate and are determined by weather conditions and the individuals involved

## EVEREST REGION TREKS (Sagarmatha National Park)

EVEREST BASE CAMP (13 days)			
Day	From/To	Length	Details
1	Kathmandu to Lukla to Monjo	4 hours	Fly to Lukla Lukla (2840) Monjo (2835)
2	Monjo to Namche Bazaar	3-4 hours	Monjo (2835) Namche Bazaar (3440)  Up
3	Acclimatization		Namche Bazaar (3440) Khumjung (3780) Syamboche (3720)
4	Namche Bazaar to Tyangboche	6 hours	* could also end day in Deboche (3820)  Namche Bazaar (3440) Tengboche (3860)
5	Tyangboche to Dingboche	5 hours	Tengboche (3860) Dingboche (4410)
6	Acclimatization		
7	Dingboche to Lobuche	4-5 hours	Dingboche (4410) Lobuche (4910)
8	Lobuche to Gorak Shep (with Everest Base Camp)	3 to Gorak Shep 3 hours to EBC 2 hours back	Lobuche (4910) Gorak Shep (5140) Everest Base Camp (5364)  rocky to EBC and glacier
9	Gorak Shep to Pheriche (with Kala Patthar)	8-9 hours	* could also end day in Pheriche (4240) Gorak Shep (5140) Kala Pattar (5550) Lobuche (4910) woke up early
10	Pheriche to Namche Bazaar	6-7 hours	Lobuche (4910) Pheriche (4240)
11	Namche to Lukla	7-8 hours	Pheriche (4240) Namche Bazaar (3440)
12	Stay in Lukla		Namche Bazaar (3440) Lukla (2840) *purchase your certificate in Namche (RS 300)

13	Lukla to Kathmandu		
* Note: all times are approximate and are determined by weather conditions and the individuals involved			

GOKYO (15 Days)			
Day	From/To	Length	Details
1	Lukla to Monjo	4 hours	
2	Monjo to Namche Bazaar		
3	Acclimatization		
4	Namche Bazaar to Dhole	6-7 hours	Flat, then climb up to Mong for lunch, down, then gradual up, forest
5	Dhole to Machhermo	4 hours	Walk, stay for lunch and stay overnight, up and down
6	Machhermo to Gokyo	4 hours	Gradual and flat
7	Acclimatization		See the lake , Gokyo Ri, see 3 peaks (Everest, Choy U...) up early
8	Gokyo to Drognag	4 hours	Glacier, hard
9	Drognag across Chola Pass to Dzonglha	8 hours	Hard day, rocky and then ice
10	Dzonglah to Lobuche	4-5 hours	Downhill, flat, then up
11	Lobuche to		

RENJO PASS (11 days)			
Day	From/To	Length	Details
1	Kathmandu to Lukla to Phakding	3.5 hours	Fly to Lukla Lukla (2840)
2	Phakding to Namche Bazaar	6 hours	
3	Acclimatization		
4	Namche Bazaar to Thame	4 hours	Flat, cross bridge, uphill for 25 min.
5	Thame to Lungdhen	5-6 hours	Flat, riveside way
6	Lungdhen to Gokyo (via Renjo Pass)	8-9 hours	Rocky, up gradual, cross Renjo pass and then down to Gokyo packed lunch required



7	Rest day at Gokyo and hike to Gokyo ri		Gokyo Ri
8	Gokyo to Machhermo	4-5 hours	Downhill gradual
9	Machhermo to Khumjung	5 hours	downhill
10	Khumjung to Phakding	6-7 hours	downhill
11	Phakding to Lukla	2.5 hours	Downhill, relax in Lukla
12	Lukla to Kathmandu		Fly back to Kathmandu

**LANGTANG AND HELAMBU TREKS (Langtang National Park, Shivapuri National Park, Helambu)**

LANGTANG/HELAMBU TREK (14 days)			
Day	From/To	Length	Details
1	Kathmandu to Syaphru Besi	8 hour drive	
2	Syaphru Besi to Lama Hotel	5 hours	Sherpagaon steep uphill, then gradual, through villages, lunch at Sherpagaon (4 hours), then 2 hours to Lama Hotel
3	Lama Hotel to Langtang	5 hours	Thyangsyapu  lunch at Thyangsyapu, jungle all the way, after lunch enter alpine region
4	Langtang to Kyanjin Gompa	4 hours	Kyanjin Gompa lunch at Kyanjin Gompa, stay at Kyanjin Gompa
5	Kyanjin Gompa to Langtang	4 hours	sightseeing, Kyanjin Ri, then back to Langtang
6	Langtang to Thulo Syaphru	6-7 hours	Lama Hotel lunch at Lama Hotel
7	Rest Day		
8	Thulo Syaphru to Chandarbari	6 hours	Shin Gompa lunch at Shin Gompa, steep uphill
9	Chandarbari to Gosainkunda	4 hours	Gosainkunda lunch at Gosainkunda, steep uphill, 1 hour walk and then into alpine region

10	Gosainkunda to Therapati	7 hours	Ghopte lunch at Ghopte, steep down then gradual, alpine
11	Therapati to Nakote	6 hours	Mangengoth downhill, lunch at Mangengoth
12	Nakote to Tarkegyang	6 hours	Golphur Byanjyang gradual up for 2 hours, 1 hour down, 1 hour up, lunch at Golpbur Bhanjyang
13	Tarkegyang to Sermathang	6 hours	Mulkharka steep downhill, jungle, lunch at Mulkharka
14	Sermathang to Kathmandu	7 hours	3 hours of downhill trek and 4 hours of bus journey.
* Note: all times are approximate and are determined by weather conditions and the individuals involved			

#### HELAMBU VILLAGE TREK (10 days) (Moderate Trek)

Day	From/To	Length	Details
1	Kathmandu to Sundarijal to Chisopani		
2	Chisopani to Chipling	3.5 hours	
3	Chipling to Kutumsang	5 hours	
4	Kutumsang to Tartong	5 hours	gradual for 3 hours, then steep downhill
5	Tartong to Nakote	6 hours	gradual down for 3 hours, then cross river, uphill gradual for 2.5 hours.
6	Rest Day		
7	Nakote to Tarkegyang	2 hours	Uphill
8	Tarkegyang to Sermathang	4 hours	Flat
9	Sermathang to Timbu	3 hours	Downhill
10	Timbu to Kathmandu		
* Note: all times are approximate and are determined by weather conditions and the individuals involved			

#### HELAMBU TREK (8 days)

Day	From/To	Length	Lunch	Details
1	Kathmandu to Sundarijal to Chisopani	6 hours inc. lunch	Mulkharka	into jungle, after 2 hours reach Mul Kharka for lunch or a little further), steep uphill from Sundarijal to Borlang Bhanjyang, 2.5-3 hours to Chisopani downhill ½ hour and then gradual uphill, this day through the Reserve
2	Chisopani to Kutumsang	7-8 hours	Chipling	Downhill for 1 hour, 2 hour steep uphill to Chipling, lunch at Chipling, most open, not a lot of jungle, from Chipling 1.5 steep uphill and then down to Golphu, and then steep uphill for 2.5 hours and then down for 1 hour to Kutumsang
3	Kutumsang to Tharepati	7 hours	Mangangoth	Jungle, Steep uphill for 3 hours, lunch at Mangangoth, gradual uphill to Tharepati 3.5 hours
4	Tharepati to Melamchigaon	4 hours	Melamchigaon	Rhododendron Jungle, Steep downhill for 4 hours, lunch and stay
5	Melamchigaon to Tarkegyang	5 hours	Nakote	Forest, steep downhill for 3 hours to Nakote, lunch at Nakote, steep up to Tarkegyang
6	Tarkegyang to Sermathang	5 hours	Ghang-yul	Jungle, 3 hours to Ghang-yul, 2.5 hours to Sermanthang
7	Sermathang to Timbu	4 hours		steep downhill
8	Timbu to Kathmandu			Bus 5 hours
* Note: all times are approximate and are determined by weather conditions and the individuals involved				

TAMANG HERITAGE TREK (9 days)				
Day	From/To	Length	Details	
1	Kathmandu to Syaphru Besi	8 hour drive		
2	Syaphru Besi to Gatlang	4.5 hours	<ul style="list-style-type: none"> <li>• Steep uphill for 2 hours, then flat</li> <li>• You will be walking through pine forest</li> <li>• Gatlang is a traditional Tamang village, with a beautiful lake (Pavarti Kunda)</li> </ul>	

3	Gatlang to Tatopani	5-6 hours	<ul style="list-style-type: none"> <li>• Walk downhill, then cross a suspension bridge.</li> <li>• Walk uphill to Tatopani, where you'll find hot springs.</li> </ul>
4	Tatopani to Nagthali Gyang	3-4 hours	<ul style="list-style-type: none"> <li>• There is a viewpoint of the Langtang Range and the Tibet border.</li> </ul>
5	Nagthali Gyang to Thuman	3 hours	<ul style="list-style-type: none"> <li>• Walk downhill to Thuman</li> </ul>
6	Thuman to Timure	4 hours	<ul style="list-style-type: none"> <li>• Gradual uphill, then downhill</li> </ul>
7	Timure to Briddhim (via Rasuwagadhi)	5-6 hours	<ul style="list-style-type: none"> <li>• Walk 1 hour uphill to Rasuwagadhi (on the border of Tibet) for photographs.</li> <li>• Walk on a gradual uphill to Briddhim.</li> </ul>
8	Briddhim to Syaphru Besi	4 hours	<ul style="list-style-type: none"> <li>• Walk for 1 hour downhill, then flat</li> </ul>
9	Syaphru Besi to Kathmandu	8 hour drive	
* Note: all times are approximate and are determined by weather conditions and the individuals involved			

Note: For cost, please write to us at [jimmylama@gmail.com](mailto:jimmylama@gmail.com)