

Himalaya
Indian
Sub-continent

the kingdom of mustang



trip highlights

- Trek through rugged mountain landscapes and rich cultural legacy
- Visit the ancient walled city of Lo Manthang with its famous gompas
- Explore an area culturally closer to the heartland of Tibet than Kathmandu
- Enjoy a fully supported camping based trek with three hearty meals per day
- Watch the sun rise and set behind the breathtaking Annapurna range
- Experience an incredible Himalayan Mountain flights from Kathmandu to Pokhara & Jomson



Trip Duration	16 days	Trip Code: KOM
Grade	Moderate	
Activities	Trekking	
Summary	16 day trip, 11 day trek, 3 nights hotels, 11 nights camping, 1 night eco-lodge	

welcome to World Expeditions

Thank you for your interest in our The Kingdom of Mustang trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

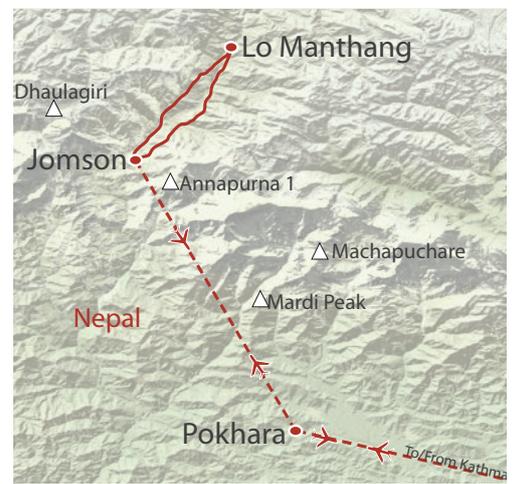
why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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trip cost

Joining Kathmandu from: \$3799
All prices are per person

options & supplements

Single Supplement Hotel Only: \$130
Single Supplement Tent Only: \$210
Single Supplement: \$340

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

inclusions valued at USD\$:

Meals: USD\$600
Internal Flights: USD\$512

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

the trip

Situated on the border of Nepal and Tibet, north of the Annapurna range, Mustang is one of the finest Himalayan destinations for both its rugged mountain landscapes and rich cultural legacy. This outstanding trek, which includes several long trekking days and a number of passes over 4000m, follows established trails through substantial villages that once served a thriving trade route between Nepal and Tibet. These whitewashed settlements, set amid fields of barley and home to impressive chortens and simple monasteries, reflect the abiding Buddhist culture. The terrain is striking; a semi-arid desert with deep ravines and rock shelves, flanked by snowy peaks. A highlight is the visit to Lo Manthang, where the King of Mustang reigns over his tiny kingdom and surveys a world still culturally closer to the heartland of Tibet than to the markets and temples of Kathmandu. This is an outstanding journey to one of the true gems of the Himalaya.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	HALF DAY SIGHTSEEING TOUR, AFTERNOON AT LEISURE.
DAY 3	FLY TO POKHARA
DAY 4	FLY TO JOMSOM (2710M), TREK TO KAGBENI (2810M), WALK APPROX. 3HRS.
DAY 5	DRIVE TO CHHUKSANG (2900M) 2 HOURS, WALK TO SAMAR (3660M) APPROX. 3-4HOURS.
DAY 6	TO CHHUNGGAR (3750M), WALK APPROX. 7 HOURS
DAY 7	TO DHAKMAR (3820M), WALK APPROX. 6 - 7 HOURS
DAY 8	TO LO MANTHANG (3830M), WALK APPROX. 6 - 7 HRS.
DAY 9	AT LO MANTHANG (3830M)
DAY 10	TO YARA (3650M), WALK APPROX. 6 HOURS.
DAY 11	TO TANGGE (3240M), WALK APPROX. 6 - 7 HOURS.
DAY 12	TO PAHA (4218M), WALK APPROX. 5 - 6 HOURS.
DAY 13	TO CHHUSANG (2900M), WALK APPROX. 5 - 6HRS. DRIVE TO KAGBENI (2810M), 2 HOURS.
DAY 14	TO JOMSOM (2720M), WALK APPROX 3 HOURS.
DAY 15	FLY TO POKHARA AND KATHMANDU
DAY 16	TRIP CONCLUDES IN KATHMANDU

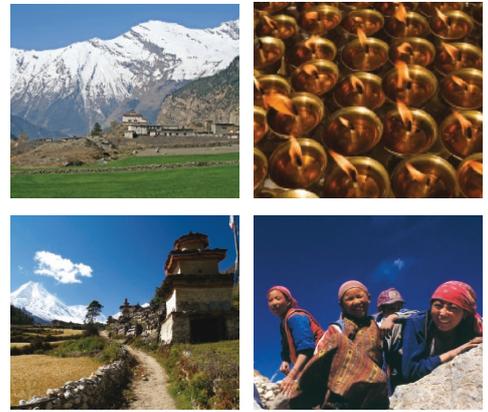
what's included

- 15 breakfasts, 12 lunches, 12 dinners including all meals on trek valued at US\$600
- airport transfers
- expert bilingual guide
- flight Kathmandu/Pokhara/Jomsom/Pokhara/Kathmandu valued at US\$512
- an extra 5kg luggage allowance on Jomsom to Pokhara flight, total 20kg
- special permit US\$500
- group medical kit
- good quality accommodation in Kathmandu
- use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- Souvenir World Expeditions kit bag
- private transportation
- all park entrance fees
- porters to carry all personal and group equipment
- porter's insurance
- sightseeing in Kathmandu



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Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

trip dates

2019 24 Mar - 08 Apr
04 May - 19 May
24 May - 08 Jun 1
23 Sep - 08 Oct

2020 22 Mar - 06 Apr
02 May - 17 May
22 May - 06 Jun
21 Sep - 06 Oct

important notes

1 - Trip coincides with Tiji Festival in Lo Manthang. Dates subject to confirmation.

- site entry fees
- accommodation in our fully serviced wilderness campsites

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance
- Please allow US\$50 for monastery visits and donations in upper Mustang

detailed itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

Overnight: Radisson Hotel

meals: NIL

DAY 2 Half Day Sightseeing Tour, afternoon at leisure.

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore Durbar Square, Patan, Swayambhunath or Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

meals: B

DAY 3 Fly to Pokhara

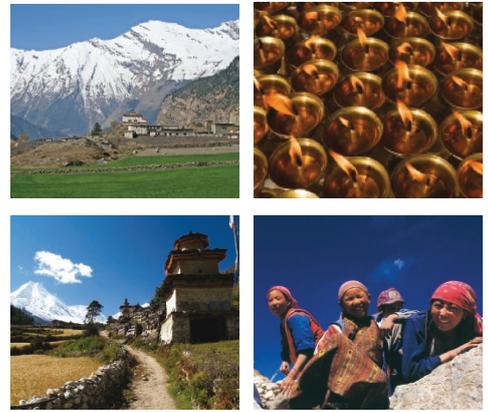
This morning we take a flight west to Pokhara, Nepal's second largest town and our first night's camp.

Overnight: Private Eco-camp

meals: B,L,D

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fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

Himalaya and Indian Subcontinent

*Ask our staff for more information.

DAY 4 Fly to Jomsom (2710m), trek to Kagbeni (2810m), walk approx. 3hrs.

This morning we take a spectacular flight to Jomsom where we will meet our trekking crew. After a long journey from our respective homes we have a half day walk to stretch the legs that brings us to Kagbeni, an impressive village that is our gateway to Mustang. To pass beyond this point you need a special Mustang permit. We will meet our liaison officer and the crew will prepare for tomorrow's crossing into Mustang.

Overnight: Camping
meals: B,L,D

DAY 5 Drive to Chhuksang (2900m) 2 hours, walk to Samar (3660m) approx. 3-4hours.

We enter Mustang by 4x4 Jeep and follow the road along east bank of the river over a series of small ridges and past Tangbe, where we encounter the distinctive black, red and white chortens that typify upper Mustang. At Chhusang our jeep ride ends, here we will take a detour to the beautiful village of Tetang before returning to Chhusang for lunch. Following lunch we begin our trek in earnest along the road until we near the village of Chele (1 hour), where we cross to the west bank of the Kali Ghandaki and begin our ascent to Samar along a beautiful trekking trail. Immediately, the strong influence of Tibetan culture of Lo is evident with the decoration of the houses. As we ascend our views of the surrounding area beyond the Ghandaki improve, we will pass the village of Ghyakar and trek on to the Dorjori La (3735m) our first pass crossing for the trip. From there we descend to our camp for the night in the village of Samar (3660m). These altitudes should not present any acclimatisation issues, so we just take our time and enjoy the walk.

Overnight: Camping
meals: B,L,D

DAY 6 To Chhunggar (3750m), walk approx. 7 hours

The trail this morning involves crossing of a series of large spurs before we reach the Chungsi Cave on the Syanboche Khola. Here the Padmashambhava, also known as Guru Rinpoche, meditated on route back to India from Tibet. It's then upward along the Syanboche Khola to the Syanboche La (3850m). It is in this area that there are some iconic chortens and an excellent view of this barren but beautiful countryside. Following lunch we follow the road through some undulating terrain to our camp at Chhunggar (Kunga).

Overnight: Camping
meals: B,L,D

DAY 7 To Dhakmar (3820m), walk approx. 6 - 7 hours

Avenues of poplar trees and fields of barley mark the way as we head to Nyi La. At 4020m this is the highest point of the trek thus far and offers fantastic views both south towards Annapurna and further into Mustang. The famous red cliffs a real feature of the landscape. We take a detour from the road to cross the Ghami La (3765m) before arriving in the village of Ghami in time for lunch. From Ghami we leave the road behind and trek on for a further 3 hours, making a gradual ascent to the village of Dhakmar Overnight: Camping

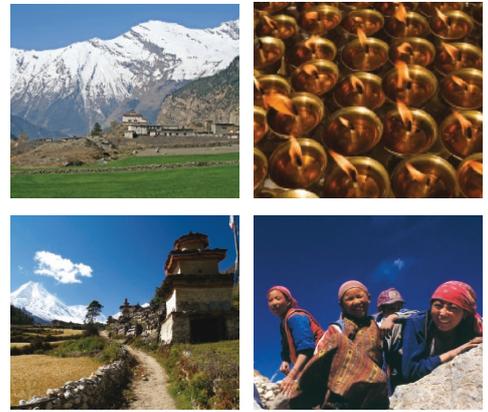
meals: B,L,D

DAY 8 To Lo Manthang (3830m), walk approx. 6 - 7 hrs.

Today we make our final approach to Lo Manthang. Today's route takes us far from the motor road to Lo Manthang and allows us to get a sense of what life before modern transportation must have been like for the people of Upper

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thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading Moderate

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

To prepare for a moderate trek you should begin training at least four to five months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

Mustang. We start by following the trail along the top of one of Mustangs famous red cliffs to the Mui La (4100m), descending slightly to Lo Gekar for lunch. At Lo Gekar we will be visiting the Ghar Gumpa (monastery) which is believed to pre-date the first monastery built in Tibet, that being Samaye Monastery built by the Padmashambhava. Following lunch it's a gradual ascent to cross the Chango La (4280m) before making a final descent to the ancient walled city of Lo Manthang.

Overnight: Camping
meals: B,L,D

DAY 9 At Lo Manthang (3830m)

Today is yours to explore this outstanding historical and cultural centre. There are 4 major Gompas to visit during our stay. The palace is the home of the Raja (King) and his Rani (queen). Although the Raja's function is now primarily ceremonial he is seen as a person who can help people resolve local issues. The town itself is fascinating, and offers countless opportunities to observe the vibrant Tibetan culture. An optional side trip is also available either on horse or jeep to the nearby Chosar Valley. Chosar is a remarkable location with towering red-cliffs with caves that were inhabited as far back as 2,500 years ago. The cost of this optional side trip is paid locally (USD\$35 for horse or USD\$150 for a jeep that can fit up to 7 people).

Overnight: Camping
meals: B,L,D

DAY 10 To Yara (3650m), walk approx. 6 hours.

Today we depart Lo Manthang and head south-east. The morning walk will start with a steady climb up to Lo La (3950m). From here you will have a spectacular view back at Lo Manthang and the surrounding area. Shortly after we leave the road once more as we walk toward the Dhi La (3950m) before descending into a beautiful canyon where we will find the village of Dhi. From Dhi we will follow the Punyung Khola past many more beautiful cliffs to the village of Yara.

Overnight: Camping
meals: B,L,D

DAY 11 To Tangge (3240m), walk approx. 6 - 7 hours.

This morning we cross the Punyung Khola and start a gradual climb for an hour or so to a view point where we will have views back at Yara village. From here it is a gradual descent to the Dechyang Khola where we may be lucky enough to spy the beautiful peaks of Nilgiri and Dhaulagiri. After crossing Dhechyang Khola the trail continues towards Tangge. Your efforts trekking to the lunch spot (4015m) will be rewarded with a feast for the eyes as we savor the views of the Himalayas. After lunch we will descend to a plateau and on to Tanggye, our overnight stop.

Overnight: Camping
meals: B,L,D

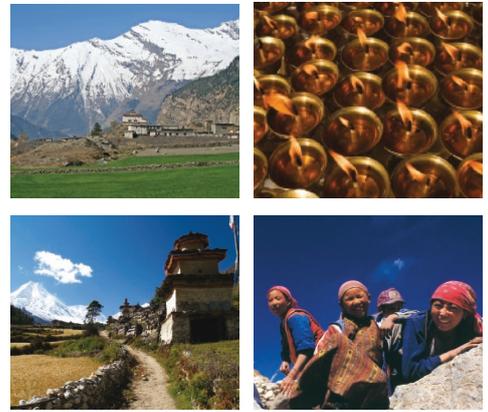
DAY 12 To Paha (4218m), walk approx. 5 - 6 hours.

This morning we cross the Tangge and Yak Kholas before ascending once more along a fantastic trail with gorgeous views on your back, be sure to stop ever once and a while to soak them in. Tonight we will make camp in an area used by local herdsmen to graze their livestock when conditions allow.

Overnight: Camping
meals: B,L,D

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 13 To Chhusang (2900m), walk approx. 5 - 6hrs. Drive to Kagbeni (2810m), 2 hours.

As is often the case, what goes up must inevitably come down. Today we make our final descent to Chhusang, gradual at first as we follow the ridge line towards the Kali Ghandaki, on route the views of the surrounding area are bound to be as good as any other section of our journey. After approximately 3 hours and with Chhusang in view below, we make a rapid descent back to where it all began. Following lunch we return to Kagbeni by 4x4 Jeep.

Overnight: Eco-lodge
meals: B,L,D

DAY 14 To Jomsom (2720m), walk approx 3 hours.

One final stretch to Jomsom to take in the view of this splendid part of the world.

Overnight: Camping
meals: B,L,D

DAY 15 Fly to Pokhara and Kathmandu

This is a fantastic way to conclude our journey. The spectacular flight down the Kali Gandaki that defies description with the huge mountains of the Annapurna and Dhaulagiri ranges towering above us. At Pokhara we board another aircraft for yet another spectacular mountain flight, this time along the face of the Himalaya past the Annapurna, Manaslu, Ganesh and Langtang ranges. On arrival in Kathmandu we transfer to the hotel.

Overnight: Radisson Hotel
meals: B

DAY 16 Trip concludes in Kathmandu

After breakfast trip concludes with a transfer to the airport.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

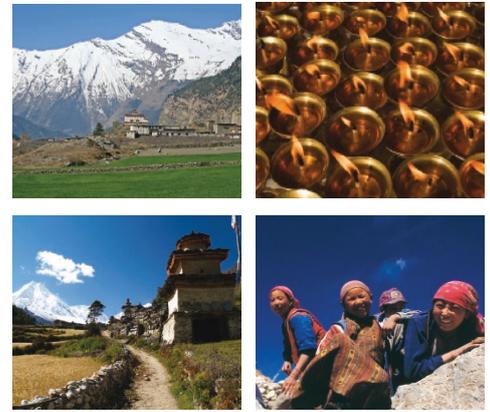
- Chitwan Safari
- Bardia National Park
- Kathmandu to Delhi

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

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Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

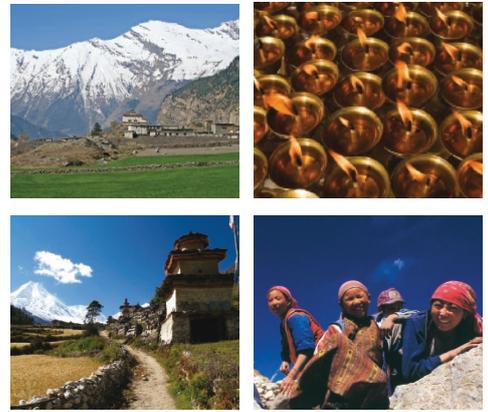
mountain flights

The flights to and from Pokhara are a spectacular journey and a highlight of any trip to Nepal. Unlike the small mountain airstrips that use small aircraft and are often unreliable due to weather delays, this flight is from the major airport of Pokhara to the capital of Kathmandu. The many flights between these two cities use larger aircraft and have frequent schedules. The views of the Annapurna, Manaslu, Ganesh and Langtang ranges are breathtaking.

Twin Otter aircraft is the usual mode of transport to and from Jomsom. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash, travellers

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cheques, or credit cards (Visa Cards, American Express only) are accepted. You will be given a receipt upon payment so that you may lodge a claim with your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

equipment provided



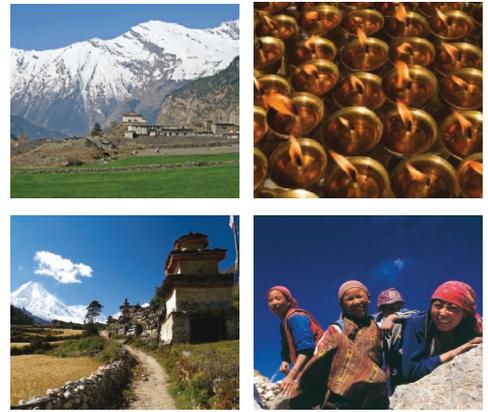
You will be provided with the use of a World Expeditions trek pack which includes a duffel bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

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equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

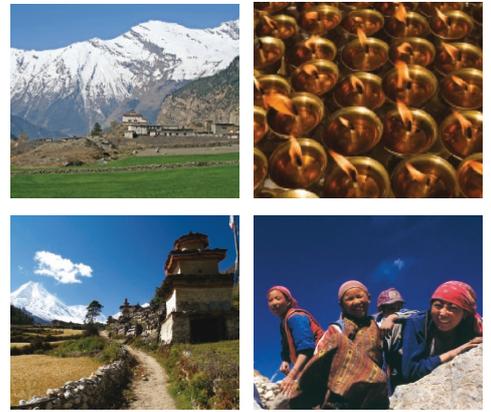
Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- *A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- *We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- *We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- *Porters also receive life insurance and income protection insurance.
- *Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.
- *Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.
- *Porters are not to carry more than 30kgs.
- *The minimum age for a Porter is 16 and the maximum age is 50 years old.

the kingdom of mustang

Explore the long forbidden 'Tibetan' Kingdom of Mustang



World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us.

We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news! Head to our website to subscribe to our regular e-newsletter.

social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at [facebook.com/worldexpeditions](https://www.facebook.com/worldexpeditions)

INSTAGRAM: [@worldexpeditions](https://www.instagram.com/worldexpeditions)

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YOUTUBE: World Expeditions

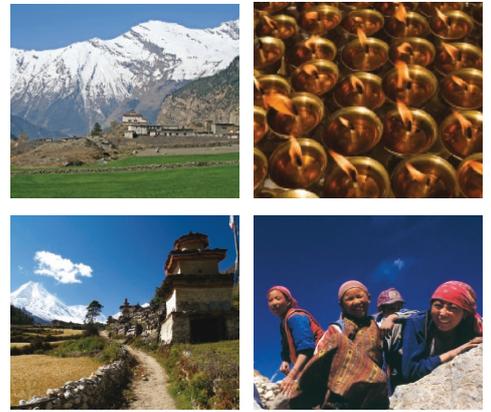
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Share the love



the kingdom of mustang

Explore the long forbidden 'Tibetan' Kingdom of Mustang



Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.