

NAAR TO UPPER MUSTANG, NEPAL



Buddhist chorten on the Upper Mustang trek



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REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR NAAR TO UPPER MUSTANG

-) The Mountain Company will receive bespoke weather forecasts for the Annapurna and Mustang regions from EverestWeather.com throughout the duration of this expedition.
-) Western branded tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
-) We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety. We also send GPS locator called SPOT Adventures so your friends and family can track your progress during the trek.
-) There will be a range of tasty meals for breakfast, lunch and supper. We give everyone in the group one chocolate or muesli bar per day and also provide Pringles and biscuits at tea time. For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.
-) We bring a comprehensive first aid kit from plus high altitude medicine, antibiotics and other medicines. There will also be a portable altitude chamber (PAC or Gamow bag).
-) We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group (“IPPG”) guidelines. This is a tough trek for porters and it is essential that they are well looked after.
-) Everyone’s blood oxygen saturation and heart rate is measured twice daily using a pulse oximeter in order to monitor how the group is adjusting to the altitude.



NAAR TO UPPER MUSTANG

Total number of days	25 days
Grade & days trekking	Strenuous, 20 trekking days
Accommodation	4 nights hotel, 19 nights camping and 1 night in lodge
2019 price from Kathmandu	£3,495 (US\$4,495 or €3,985)
2020 price from Kathmandu	£3,495 (US\$4,495 or €3,985)
Minimum group size	5
Maximum group size	14
Dates	May 2 nd to 26 th 2019 October 3 rd to 27 th 2019 April 30 th to May 24 th 2020 October 1 st to 25 th 2020

THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

-) Upper Mustang Restricted Area Permit (US\$500).
-) Internal flight from Jomsom to Pokhara and onto Kathmandu.
-) All transfers including airport collections.
-) One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.



-) Twin share room at Hotel Tibet or Hotel Ambassador in Kathmandu.
-) Breakfast only in Kathmandu, all meals included while on trek.
-) Western branded tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
-) All trekking arrangements including permits and fees, tents, western leader, Sherpa guide, ponies and cook.
-) The portage allowance for your main bag to be carried by a porter is 15kg. For the internal flights the weight allowance is 15kg for your main bag checked into the hold and 5kg for day pack carried with you inside the aircraft.
-) Bespoke weather forecasts for Annapurna and Mustang regions from EverestWeather.com throughout the duration of this trek.
-) Thuraya satellite phone for organising logistics and medical evacuations, it can also be also used for personal calls at extra cost.
-) We use GPS on Thuraya satellite phone to upload daily your location onto Google Maps so your friends and family can track your progress during the trek.
-) Trekking map given to you on arrival to Kathmandu.
-) Rubberised luggage tags posted to you before departure.
-) Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
-) Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.



THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement in Kathmandu	£190 (US\$240 or €210)
Single tent supplement	£250 (US\$310 or €270)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

-) International flight to/from Kathmandu.
-) Travel & trekking insurance.
-) Nepal visa for 30 days at US\$40 (approx £25).
-) Lunch and evening meals in Kathmandu.
-) Personal clothing & equipment, please see the Appendix for suggested kit list.
-) Tips (guidance on amounts included in our “Nepal Pre Trip Information” notes).
-) Other items not listed in “What is included”.

PARTICIPANT SELECTION

The Mountain Company carefully selects and screens potential participants applying to join our groups to ensure the trip is an appropriate objective for you. We have a number of pre-trip questions asking information about your outdoor experience, training, experience, medical conditions and fitness. To access the pre-trip questions please send in your application by clicking on the “**Apply now**” **button** on the trek webpage. After review of your replies we might contact you by telephone or email for further information to aid our selection process.



Please ensure you have done your own research about Naar to Upper Mustang trek by reading our pre trip documents (Trip Dossier, Trip Grading and Trip Reports published on TMC blog) to ensure you have a realistic idea of what to expect. Every trip organised by The Mountain Company has been graded based on four factors: daily walking times, altitude, terrain and remoteness.

INTRODUCTION

Naar to Upper Mustang GHT is an adventurous trek from Naar village through a very remote region to the semi-independent Kingdom of Upper Mustang near the Tibet border. After leaving the Annapurna Circuit at Chame/ Koto we walk to the isolated village of Naar then from there walk up the remote Lapse Khola river. At the end head of this valley we cross the rarely trekked Teri La pass (5,595m) to enter Upper Mustang.

Upper Mustang is arid and dry with colourful rock formations containing many cave dwellings high up in the cliffs. The first trekking parties were allowed into Upper Mustang in 1992 and it is one of the few places left where one can see undisturbed Tibetan culture.

There are exposed sections on the descent from Teri La pass so it is necessary for anyone joining this trek to have accurate foot placement while walking and confidence in walking on rocky terrain without a defined trail. There was also a fresh landslide area with larger rocks and boulders to cross and it is likely this may have been caused by the 2015 earthquake. This is a rarely trekked area in a remote region of Nepal where there are only a few other trekking groups each season attempting to cross Teri La pass.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.



Day 1. Arrive Kathmandu.

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**

Day 2. Day in Kathmandu.

Today your leader will brief you on the expedition and check your gear for the trip. We will take your passports from you at the briefing and then we will visit the government offices to obtain the trek permits. For the rest of the day you can explore Kathmandu and purchase any last minute items for the trek. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: B).**

Day 3. Drive to Srichaur and walk to Jagat (930m)- 10 hours driving, 1 hour walking.

We leave Kathmandu early in the morning by private bus. It is a scenic drive with several picturesque gorges and occasional glimpses of mountain peaks. At Dumre we turn off the Pokhara highway and drive north following Marsyangdi River to Besisahar. We drive beyond this town passing a new hydro-plant being built at Bhulbule by the Chinese until we arrive at Ngadi. At this village we will change vehicles from our bus to local jeeps then continue the drive to Srichaur. From here we walk for about one hour to the village of Jagat where we stay the night in a lodge.

During the months of April, May and October it will very hot and humid with temperatures often more than 30 Degrees Celsius for the first three days of the trek. We have chosen October as this month is likely to have optimal conditions for crossing the Teri La high pass. It is important to bring plenty of water, wear a sun hat and apply sun cream. **Overnight at teahouse lodge (Meals: B,L,D).**

Day 4. Trek (and/ or drive by jeep) to Dharapani (1,940m)- 7 hours walking.

If we arrived on time yesterday to Jagat then we will walk up to Dharapani today however if there were any delays then we may make up time today by driving by jeep. For safety reasons we only drive along the section of road from Besisahar to Jagat/ Dharapani during day light hours.

Shortly after leaving Jagat, there are views of the impressive 200m Chamje waterfall before dropping to the river and crossing to return to the quieter east side



of the valley. A new dirt track, which now runs all the way into the Annapurna Circuit, is on the west side of the valley; we avoid this, enjoying the wildlife, flora, terraces and small farms and an occasionally excellent path of large stone steps climbing and descending the spurs of the valley.

The trail passes through huge boulders fallen from the mountains above. There is a steep but spectacular ascent on a good trail to the beautiful and colourful village of Tal, which lies in a wide flat valley. After about four hours walking we have lunch at Tal.

After lunch there is a dramatic section of the trail along the base of a cliff next to the Marsyangdi River. Landslides on the east bank make the trail here impassable and we have to cross the river to the west bank where we join the dirt jeep track for a short section into Dharapani. There is a good selection of camp sites, shops and a telephone point in the town. After about three hours hiking in the afternoon, the camp is at 1,940 m. **Overnight camping (Meals: B,L,D).**

Day 5. Trek to Koto (2,700m)- 6 hours walking.

There is a permit checkpoint leaving Dharapani and then we pass through the picturesque villages of Bagarchapp and Timang and we start to get views of the Annapurnas, Lamjung Himal and if it is clear, Manaslu, appears on the left skyline looking back down the valley and Peak 29 is on the right. On this day, we hike for 5 to 6 hours into Koto located at 2,600m. **Overnight camping (Meals: B,L,D).**

Day 6. Trek to Naar Phu khola camp (3,000m)- 4 hours walking.

We start off with a permit checkpoint immediately leaving Koto and then leave the Annapurna Circuit to enter the Naar Khola valley. This trail is much quieter and less frequented by trekkers.

The trail is excellent and wanders initially through pine forests and then the valley narrows to a spectacular gorge with the river a torrent running through it. The path wanders around pine-clad spurs and then crossing the Naar Khola after a short descent to a bridge. There is a small hot spring some 50 metres downstream of this bridge and although the path can be slippery, the spring is natural and is worth the 5-minute detour.



After about four hours of walking we stop in a small clearing in the pine forests where there are a few tea houses. We stay here for the night as this is required for acclimatisation to high altitude as otherwise if one pushes on there is a rapid ascent profile to Naar to village located at 4,100m. **Overnight camping (Meals: B,L,D).**

Day 7. Trek to Meta or Methang (3,500m)- 5 hours walking.

After breakfast we continue to ascend the valley then cross behind a waterfall near a clearing in the forest at 3,250m called Dharmasala. After a further hour and a half we reach the terraced village of Meta (also known as Methang), which is used by some people from Naar as a winter retreat. Meta is above the tree line and there are superb views of the surrounding area, including the way ahead to Naar and a first view of Mount Kang Garu. There is a short steep section for a further hour into Meta at an altitude of 3,500m. **Overnight camping (Meals: B,L,D).**

Day 8. Trek to Naar village (4,100m)- 3 to 4 hours walking.

This is a shorter day to allow for some rest and acclimatisation. Leaving camp we contour along the valley until we reach Naar Phedi, the junction of the Naar and Phu Khola rivers, where there are two very impressive bridges above the Lapse Khola gorge about 80m below. One bridge is stone and wood built for yaks. It is then a short hike up to the monastery where we will stop and visit the Gompa. The views up the Phu Khola valley are impressive and we are likely to see Himalayan Griffons circling on the cliff above.

It is only a 3 hour walk from here to the village of Naar, this place has Tibetan houses and also extensive field systems built by the villagers for growing barley and potatoes in these high altitude fertile soils. After a steep climb from the monastery, we pass through the wall which encloses the community of Naar and some impressive chortens in yak pastures with wonderful views of Kang Garu. Shortly after the chorten, Naar comes into view beyond a flat area of open fields. We camp at a guesthouse and there is ample opportunity to explore the village during the afternoon. **Overnight camping (Meals: B,L,D).**



Day 9. Acclimatisation walks around Naar village (4,100m).

This is an essential day for acclimatisation. We will do a short walk in the morning up the Kang La valley towards the Kang La pass to help with acclimatisation. Blue sheep are often seen along the valley sides, as well as many domestic yaks.

Overnight camping (Meals: B,L,D).

Day 10. Trek to Lapse Khola Camp (4,500m)- 7 to 8 hours walking.

After a short and gentle climb out of Naar, we descend very steeply down a zig-zag path for some 300m to the Lapse Khola river taking around an hour. We then follow the Lapse Khola river along an impressive path, cross on a Himalayan bridge and then make the steep climb to Chaungseng Kharka, a yak kharka (meadow) on the opposite side of the valley. This can be a windy place and the villagers from Naar have built yak dung drying walls, taking advantage of the wind to dry the dung before carrying it back to Naar or Meta.

We have lunch at the kharka after 3 to 4 hours hiking. After we then continue traversing high above the Lapse Khola with expansive views of the surrounding area as we are now well above the tree line. The trail undulates along the side of the valley and ascends and descends spurs. Just before the trail drops down to a small yak kharka camp near the valley bottom, there is a short section where the trail is narrow and above a series of steep scree slopes; care will need to be taken here.

It is possible to camp at the yak kharka, but we continue alongside the river for a further 30 minutes to an open grassy area set above the river, which is much better for camping about 4 hours walking in total during the afternoon. **Overnight camping (Meals: B,L,D).**

Day 11. Trek to Lungre (4,600m)- 6 to 7 hours walking.

After a short walk along the valley we climb and descend a rocky spur on a good path before crossing the Lapse Khola river. We then walk gently along and up the valley close to the river for around 2 hours before climbing the west bank opposite Jomsom khola which enters the Lapse Khola from the north. The trail then contours along the valley side with occasional rocky steps to negotiate. We pass a number of



small yak kharka where we will have lunch before descending again to the Lapse Khola river to another un-named camp at 4,600 m. Snow leopard tracks have been seen here on previous Mountain Company treks. **Overnight camping (Meals: B,L,D).**

Day 12. Trek to Teri La Base Camp (4,900m)- 5 hours walking.

This is a shorter day but as we are now walking at high altitude it can be a tough section of the trail as we ascend over 5 hours to Teri La Base Camp at 4,900m. We ascend the left valley side for a short distance until the trail levels out and then traverses the valley through sparse vegetation. There are excellent views both back down the Lapse Khola and ahead towards the Teri La, eagles may be seen circling above and along the valley sides.

After a couple of hours, we pass a small camp area as the Lapse Khola valley turns northwards. In another hour, we head west, leaving the Lapse Khola valley; there is a camp here, called 'Base Camp' on some maps. **Overnight camping (Meals: B,L,D).**

Day 13. Trek to Teri La High Camp (5,200m)- 3 hours walking.

This is a shorter day but this will set us up well for crossing the pass for the following day. We ascend 300m from Teri La Base Camp to Teri La High Camp so this is excellent for our acclimatisation. Today the trail follows a side valley on easy terrain for about 3 hours until the valley opens up with spectacular views from Teri La High Camp. You can spend the afternoon relaxing and preparing for our crossing of the Teri La. **Overnight camping (Meals: B,L,D).**

Day 14. Cross Teri La (5,595m) and descend to Pasphu Khola camp (4,750m)- 7 to 8 hours walking.

From camp we ascend for about 3 hours to the summit of Teri La at 5,595m where the views are superb over to Annapurnas and Chulus. From the pass we descend to our camp next to the Pasphu Khola. Initially dropping below 5,000m to cross the Rijung Chwa Khola, before climbing back up to cross a number of ridges and descending to our camp on the banks of the Rijung Prama Khola.



There are exposed sections on the descent from Teri La pass on rocky terrain and in places without a defined trail. There was also a fresh landslide area with larger rocks and boulders to cross and it is likely this may have been caused by the 2015 earthquake. A long but very satisfying day. **Overnight camp (Meals: B,L,D).**

Day 15. Trek to Yakpa (4,300m)- 7 to 8 hours walking.

Today we follow the trail on a high traverse day starting from camp with a steep start to gain the high shoulder, then a series of ridge traverses. There are more spectacular views of the Annapurnas, Chulus and Himlung and Kang Guru behind us.

We descend to the river and the fields of Yakpa Kharka then ascend again to a rocky ridge before a few more high contour traverses to descend into the Samena Khola Valley. We cross the river via an impressive gorge to camp in the ruins of the old Kampa (Tibetan Army) village of Yakpa. **Overnight camping (Meals: B,L,D).**

Day 16. Trek to Tangga (3,300m)- 7 to 8 hours walking.

Today follows another wonderful trail in Upper Mustang. From Yakpa we ascend for about 2 hours and 500m to reach a high path with specular views of Dhaulagiri. This view of Dhaulagiri is rarely seen on other treks. After about another 2 hours walking along a series of ridges we have lunch on a rocky col, with a large rock Chorten and pray flags.

The splendour of Upper Mustang opens up and with views of the Tibet Plateau. After lunch we have two large river valleys to cross and follow the traditional trade route through Makar Valley into Tangga. We camp in the village of Tangga. **Overnight camping (Meals: B,L,D).**

Day 17. Trek to Yara Gaon (3,600m)- 7 hours walking.

We walk through the historic village of Tangga and ascend up through the moraine of the valley to gain a high plateau. There are more stunning mountains views as we cross the plateau before entering the red earth hills and the twisting and winding path in the rock flutings. After a few hours we drop down in to the Dhechyang Khola river valley for lunch in a local tea house.



After lunch and after crossing the river we climb again on to the valley shoulder before crossing in the more weird and wonderful rock formations to arrive at the village of Yara Gaon. **Overnight camping (Meals: B,L,D).**

Day 18. Trek to Lo Manthang (3,770m)- 6 to 7 hours walking.

A pleasant walk down the river valley as we leave Yara and arrive at the village of Dhi. After a which look around the village to climb up through more rock formations to cross the Dhi la and pick up the high and airy trail along the Udi Danda to arrive into the ancient walled city of Lo Manthang. **Overnight camping (Meals: B,L,D).**

Day 19. Rest and exploratory day in Lo Manthang (3,770m).

Today is a rest day to explore the ancient city of for the more active there are options to explore the Monasteries and caves around Lo Manthang. **Overnight camping (Meals: B,L,D).**

Day 20. Trek to Ghemi (3,500m)- 8 hours walking.

A spectacular trek day as we cross to high passes to reach the village of Ghemi. Initially on the new jeep road leaving Lo Manthang to pick up the original trade route trail and climb high to cross the Chogo la (4280m) with spectacular views looking back over Mustang and the Annapurna ahead. Dropping down to the village of Lo Gekar and a quick visit to Ghar Gumba Monastery, we climb back up to cross the Mui La (4170m) and descend to the spectacular red cliff valley of Dhakmar, before crossing a small pass the Sang la to arrive in the village of Ghemi. **Overnight camping (Meals: B,L,D).**

Day 21. Trek to Samar (3,660m)- 6 to 7 hours walking.

From Ghemi it takes ½ hour to walk up to top of first small pass. After one rejoins the road and traverses steadily along and round to top of pass at 4,020m in around 1 ¾ hour from camp.

After descending to Chhungar lodge in about an hour then walk along jeep road down gully then up to cliff road in further ¾ hour. Once over the ridge one follows the jeep road to Syangboche in ½ hour. From here descend steeply through cleft in canyon walls to river and caves (take a torch) through amazing scenery. Ascend out on good paths via caves and rock walls taking about an hour up to prayer flags. You descend steeply down to yak kharka and farm then down and up two gulleys to



reach Samar. We camp in lodge garden and use their dining and kitchen and well worth visiting the new gompa. **Overnight camping (Meals: B,L,D).**

Day 22. Jeep to Jomsom (2,670m).

Today we travel by jeep as the new road has taken over from the trekking route. We drive through Chelen and then change jeeps at Chusang then continue through Tangbe to Jomsom. We stay in a lodge near the airport and then in the evening we will have a party with our amazing crew. We will also hand out tips to our crew as a thank you for all their hard work throughout the trek. **Overnight lodge (Meals: B,L,D).**

Day 23. Fly to Pokhara & Kathmandu.

We take an early morning flight to Pokhara then onto Kathmandu. **Overnight at Hotel Tibet, Hotel Manaslu or Hotel Ambassador (Meals: B).**

Day 24. Sightseeing day in Kathmandu.

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. **Overnight at Hotel Tibet, Hotel Manaslu or Hotel Ambassador (Meals: B).**



Day 25. Fly back home.

Transfer to Kathmandu airport for the flight back home. End of trip.

YOUR COMPLETE FINANCIAL PROTECTION

The Mountain Trekking Company Ltd (trading as The Mountain Company) is a fully licensed and bonded tour operator. For flight inclusive packages sold to UK residents these will be covered by our Air Travel Organisers Licence (our ATOL number is 10921). For packages that do not include flights and for packages sold to customers outside of the UK your financial protection is covered by our membership of Association of Bonded Travel Organisers' Trust ("ABTOT"). Our ABTOT membership number is 5365.



Our membership of these organisations means that you can book with us in complete confidence that all monies paid to us for trips are protected.

THREAT AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

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As a part of our planning process we have performed a detailed threat and risk assessment for our Naar to Upper Mustang GHT trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Naar to Upper Mustang we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Naar to Upper Mustang GHT is available to clients on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

-) Falls and trips resulting in physical injury eg. slipping on ice or falling off the path. There are exposed sections on the descent from Teri La pass so it is necessary for anyone joining this trek to have accurate foot placement while walking and confidence in walking on rocky terrain without a defined trail
-) Altitude illness including but not limited to AMS, HACE and HAPE.
-) Getting lost or becoming separated from group eg. crossing Teri La high pass in whiteout.
-) Severe bad weather and conditions when camping.
-) Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke). Please note during October it will very hot and humid with temperatures often more than 30 Degrees Celsius for the first three days of the trek.
-) Crossing a river with no bridge resulting in drowning and/ or a fall.
-) Rock fall and landslides.
-) Snow and ice avalanches eg crossing Teri La pass.
-) Lightning strike.
-) Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
-) Earthquake.



-) Risk of fire in the hotel or lodge.
-) Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
-) Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
-) Road traffic accident. We use a private bus or jeep from Kathmandu to Ngadi. Due to local rules we cannot take drive our bus to Srichaur so we have to use local jeeps for this section of road and also at end of trek from Ghemi to Kagbeni and onto Jomsom.
-) Flight accident [*see paragraph “Internal flights in Nepal” for further information about STOL flights*].
-) Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

THE ASSOCIATION OF INDEPENDENT TOUR OPERATORS (“AITO”)

The Mountain Company is a member of the Association of Independent Tour Operators (AITO) and we have agreed to abide by the terms of the AITO Quality Charter.

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. For more information please take a look at <http://www.aito.com/>



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience. We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

In 2017 the Association of Independent Tour Operators (AITO) launched Project PROTECT in recognition of the important role that destinations play in the future of the travel industry. The aim of this project is to encourage sustainable tourism and to nurture the destinations for tomorrow's travellers. The PROTECT acronym stands for People / Resources / Outreach / Tourism / Environment / Conservation / Tomorrow.

This project is led by Professor Xavier Font of the University of Surrey and each AITO member has to publish an annual pledge and report back at the end of the year on how they got along. To see The Mountain Company's Project PROTECT pledges for 2018 and 2017, please take a look at our [Sustainable Tourism page on AITO website](#).



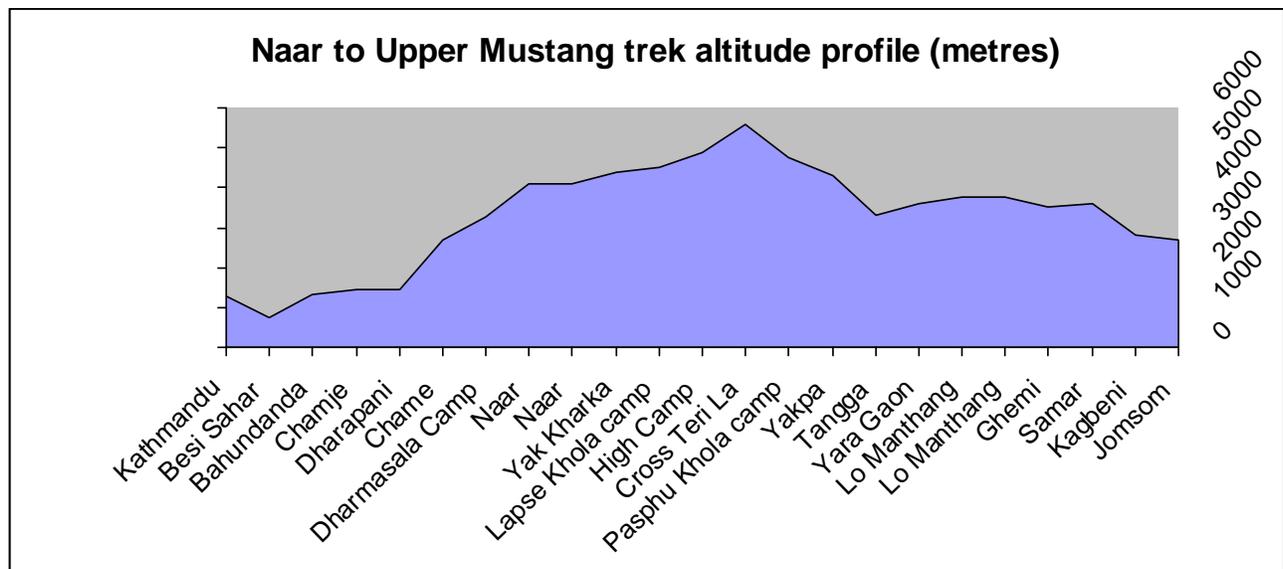


We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at www.ippg.net. We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at www.keepnepal.org

PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Naar to Upper Mustang GHT itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary



below:

There are ways of helping the acclimatisation process, as described below:

) Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!

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-) Drinks lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
-) Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.

Please remember even the fittest and healthiest person can develop one of the altitude illnesses: AMS (acute mountain sickness), HACE (high altitude cerebral edema) and/ or HAPE (high altitude pulmonary edema). The symptoms of these illnesses are listed below, if any of these occur when you are on trek please immediately tell your guide.

Symptoms of AMS:

-) Tiredness
-) Dizziness
-) Nausea or if severe, vomiting
-) Poor sleep

Symptoms of HACE:

-) Usually preceded by AMS
-) Like “Severe AMS” also with severe headache unresponsive to painkillers; confusion and physical clumsiness (ataxia).

Symptoms of HAPE:

-) Fluid in the lungs: cough, tiredness, breathlessness out of proportion to exercise especially at rest and worse when lying flat.
-) Often symptoms start later (at night or after 24 to 48 hours at new altitude).
-) Often occurs without AMS (often no headache)
-) But you can have AMS and HACE too.



If you have symptoms of altitude illness (AMS, HACE or HAPE) you must not ascend in altitude. If you have HACE or HAPE you must descend to nearest health post (if available) or seek medical help.

If you have only mild symptoms of AMS you should rest, drink fluids, try to eat, keep warm. If symptoms go away then you can go up. If symptoms get worse you have to descend in altitude escorted by one of our guides (someone with altitude illness must never descend alone).

For further information we suggest you take a look at the following websites:

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5) per minute and £2 (US\$3) to send and receive SMS text.

ACCOMMODATION IN KATHMANDU

For our treks we use several hotels in Kathmandu depending on availability. They are as follows:

Hotel Tibet is located in Lazimpat next to the Radisson. Hotel Tibet is our usual hotel for our standard trips in Nepal as our clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/> .

Telephone: 0207 0187031 / International callers: +44 207 0187031

Skype ID: Rolandh1 / Email: info@themountaincompany.co.uk / www.themountaincompany.co.uk

Postal address: 108 Crowborough Road, Tooting, London SW17 9QG, United Kingdom



Hotel Ambassador is located in Lazimpat not far from Hotel Tibet and Manaslu. This hotel was rebuilt and opened in Spring 2017 with well-appointed rooms including both King size and twin beds, complimentary wifi, tea & coffee, iron & board, combined bath & shower. The rooms are a good size at 30m² and are well decorated with original art. The rooms have air conditioning and are sound proofed for quiet nights rest. For more information on Hotel Ambassador please take a look at their website: <http://www.ambassadornepal.com/>

There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

A TYPICAL DAY ON TREK

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast it is best to pack your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper the western leader will discuss the plan for the next day with the group. People might stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.



FOOD

In Kathmandu there is a wide range of excellent restaurants, please read our Nepal Pre Trip information document for our recommendations. Breakfast is provided each morning by the hotel.

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. For our camping treks in Nepal we provide fresh coffee from our Bialetti Moka coffee machine. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -15°C.

CLOTHING AND EQUIPMENT

A list of clothing and equipment for the Naar to Upper Mustang GHT trek has been included in the Appendix below. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire and Expedition Kit Hire rent out high quality items at competitive prices which would save you the expense of buying. The links to their websites are at <http://www.trekhireuk.com/> and <http://www.expeditionkithire.co.uk>



Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport. Please read our Nepal Pre Trip information document for more details about getting your Nepal visa.

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

INTERNATIONAL FLIGHTS

The Mountain Company does not book international flights for our holidays. Instead all package prices are Land Only with services starting from arrival to the destination country.



If you would like help arranging flights then we suggest you contact our partner travel agent, StudentUniverse (ATOL registered) a specialist division of the Flight Centre Travel Group ---> [Get an online quote](#)

INTERNAL FLIGHTS IN NEPAL

British Foreign & Commonwealth Office (“FCO”) travel advice to Nepal states that “STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft.” For their latest advice please take a look at their Safety & Security section under Air Travel, link at: <https://www.gov.uk/foreign-travel-advice/nepal/safety-and-security>

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal’s air safety profile take a look at Aviation Safety Network, link at: <http://aviation-safety.net/database/country/country.php?id=9N>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

Please carefully check your insurers’ Terms and Conditions in particular you should make sure the following is covered: 1) Activity (i.e touring, trekking or mountaineering) 2) Maximum altitude reached on trek 3) Helicopter evacuation in an emergency.

It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in



arranging your own travel insurance and understand the limitations and exclusions of your policy.

You should be aware that under certain circumstances, The Mountain Company leader (or our local agent, if no western leader) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

The Mountain Company has arranged travel and trekking insurance for European Union residents with the specialist insurance broker **Campbell Irvine**. Their insurance policy will cover you for most of the trips in our portfolio. However if your trek is classified or graded by The Mountain Company as “**Strenuous**” or “**Challenging**” then you must make sure you select this option when obtaining an online quote for your insurance. Campbell Irvine will not provide insurance cover for any trips classified as “**Mountaineering**”.

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

To apply for an online quote through [Campbell Irvine's Direct Travel Insurance](#) website. Should you have any questions regarding the terms and conditions of cover please contact Campbell Irvine on 0207 938 1734 or email info@campbellirvine.com

We have [listed on TMC website a comprehensive list of specialist adventure travel insurers](#) that our trekkers from UK, EU and Internationally based have used in the past. Please carefully check their Terms & Conditions prior to purchase. These companies are not necessarily recommended by us so it is your responsibility to ensure you have appropriate coverage.

CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:



-) The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
-) There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
-) Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
-) Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
-) You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
-) When visiting a monastery or gumpa it is customary to give a donation for its upkeep.

SUGGESTED READING

East of Lo Manthang: In the land of Mustang by Peter Matthiessen and Thomas Laird.

Mustang, a Lost Tibetan Kingdom by Michel Peissel.

Altitude and acclimatisation information and advice

Going higher Oxygen, man and mountains by Charles Houston, MD

The High Altitude Medicine Handbook by Pollard and Murdugh

Medicine for mountaineering by James Wilkerson, MD



MAPS

Upper Mustang The Last Forbidden Kingdom High Route by Nepa Maps
Scale: 1:80,000 **This map will be included in your welcome pack when you arrive in Nepal.**



APPENDIX

CLOTHING AND EQUIPMENT LIST FOR NAAR TO UPPER MUSTANG GHT

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Naar to Mustang GHT trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on this trek you are likely to experience quite warm conditions and you will experience the coldest temperatures at Teri La High Camp at an altitude of 4,900m where overnight lows can get down to around -15°C.

Footwear:

-) Walking boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years of organising remote treks in Nepal we have had several boots fall apart so it is essential you also bring trail shoes as a backup (see below).
-) Trail shoes. Can be used around camp and as a replacement if your walking boots fall apart!
-) Sandals: fully enclosed sandals are best to protect your feet during river crossings. These are required for river crossings as well as two trekking poles (see below)
-) Walking socks.

Clothing:

-) Waterproof jacket and trousers (goretex or similar).
-) Trekking trousers.



-) Long sleeve shirts (not cotton).
-) Micro fleece.
-) Mid to heavyweight fleece.
-) Sleeveless or body warmer type fleece.
-) Thermals or baselayer for top & bottom (merino wool or synthetic).
-) Fleece pants.
-) Medium weight down jacket (eg. The North Face Nuptse jacket 700 fill)

Handwear:

-) Fleece gloves.
-) Warms mittens and/or gloves.

Headwear:

-) Wool or fleece hat.
-) Sun hat.
-) Bandana or scarf.
-) Headtorch. Bring extra batteries.
-) Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

Trekking gear for crossing the passes:

-) Trekking poles (Black Diamond with “Flick Lock” are best). Having two poles is mandatory as required for your safety on steep and loose sections of the trail and if you have to walk through deep snow higher up.
-) Kahtoola Microspikes or YakTrax XTRs. These are for your safety and security when descending passes if snowy or icy conditions, for more information please take a look at: <https://kahtoola.com/product/microspikes/> and <https://www.yaktrax.com/product/xtr>



-) Gaiters. A pair of knee high gaiters used to keep boots dry if walking through deep snow or on wet ground.

Personal Equipment:

-) Sleeping bag. Maximum overnight lows in Teri La High Camp will be around -15 Celsius. *Note: it is possible to rent a bag in Kathmandu from Shonas Rental.*
-) Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.
-) Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort. We also provide everyone with a pillow.
-) Daypack. Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing as well as micro crampons and down jacket for days crossing the high passes. It is also a good idea to bring a rain cover to keep the contents dry.
-) Stuff sacks for keeping your gear dry and organised. Or even better are fold-drybags such as from Exped.
-) Sleeping bag.
-) Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort.
-) Backpack large enough to carry water bottles, camera, lunch and extra clothing.
-) Stuff sacks for keeping your gear dry and organised.
-) Two water bottles (Nalgene wide mouth bottles are the best).
-) Pee bottle. Highly recommended as means you do not have to get up to find toilet tent at night! For men you can use an old water bottle for women take a look at SheWee at <http://www.shewee.com/>
-) Sunscreen and lipsalve with a high SPF.
-) Insect repellent.



-) Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
-) Favourite snack food.
-) Books, ipod and cards etc.
-) Camera with spare batteries and memory cards.
-) Insurance certificate.
-) Earplugs (optional).
-) Baby wipes (optional).
-) Hand sanitizer (optional).

Travelling:

-) Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
-) Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
-) Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

-) Any personal medications.
-) Blister treatment (Compeed patches are the best).
-) Rehydration powder eg Dioralyte.
-) Analgesics (paracetamol, ibuprofen and aspirin).
-) Plasters and zinc oxide tape.
-) Throat lozenges.
-) Diamox (helps with acclimatisation).



) Antibiotics. Although we carry antibiotics for the team, it is advisable to bring some of your own. We recommend that you visit your doctor and request one set of antibiotics to treat stomach infection and one for upper respiratory tract infection.