

FAR WEST NEPAL EXPLORATORY GHT



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking
TRIP GRADE: Strenuous
TRIP STYLE: Camping
5 Based On 8 Reviews
KG Carbon Footprint

TRIP LEADER: International Leader
GROUP SIZE: 5 - 12 people
NEXT DEPARTURE: 17 May 2025
12 Trees Planted for each Booking

Our Nepal Far West Exploratory GHT trek starts from Simikot and follows a number of remote river valleys in an anti-clockwise direction to the Tibet border at Hilsa. This trek is wild, remote, and very much an exploratory trek in the true sense of the word. Being adventurous and flexible is required if you would like to join this group.

This exploratory trek is the result of [Adrian \(Ade\) Summers'](#) and Galden Sherpa's reconnaissance treks to Far West Nepal in April and August 2022. During our research for Ade's recce, we identified a valley to the northeast of Simikot that is unaffected by road development. So we pivoted our plans to explore this very remote region which only a small number of expeditions have ever visited to attempt unclimbed peaks on the border with Tibet. We are really excited by this new trail as it is in fact far better than the original Nepal Far West GHT route that it has replaced. We organised a group in May 2024 that successfully crossed the Nying La and completed the trip, you can find out more in our [Trip Report for Far West Nepal Exploratory GHT in May 2024](#).

To find out more about Ade's recce and our Nepal Far West Exploratory GHT route take a look at our Blog article [A Remote Trekking Option For Nepal Far West Section Of The Great Himalaya Trail](#).

After landing at the airstrip at Simikot we spend the night at Sun Valley Resort and on the next day we start the trek by walking to our first camp at Dojam. From there we start the trek heading east along the

Lurupya Khola before turning more northerly up the Chuwa Khola. We follow a narrow pony trail up the steep-sided valley. From near Syamboyak, the valley opens out as we follow the Dojam Khola. From Gurukpa camp we follow the Nying Khola where the valley retains its dry river bed appearance.

Further up the valley is the Tibet border and the unclimbed peaks of Chandi Himal. Whereas we turn off to the West into a side valley. We start ascending to our High Camp at around 5,150m in the shadow of an un-named peak at 5,894m. The next day we cross Nying La at 5,470m and descend to our camp at Nying Kuna at 4,850m.

We walk out towards Limi Valley and on a rest day, we walk to a viewpoint to see Mount Kailash and the Holy Lake at Manasarovar. Our trek continues as we head into Limi Valley where we visit Halji's ancient monastery (known as a Gumpa). We continue our journey on the traditional route to Hilsa on the Tibet border before getting a jeep back from Yari to Simikot, followed by flights back to Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are from Kathmandu to Nepalgunj and to Simikot. After the trek flights are from Simikot to Nepalgunj and then to Kathmandu.
- Twin-share rooms at Hotel Tibet or Hotel Ambassador in Kathmandu.
- Breakfast only in Kathmandu and Nepalgunj, all meals included while on the trek.
- Twin share tents while on trek using our Mountain Hardwear Trango 3 tents. These are three-person domed tents with plenty of space for two people sharing plus gear.
- Trekking arrangements. Including permits and fees, tents, International and Nepalese guides, porters, and cooks.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for the Nepal Far West region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 12 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom, or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$50 (approx £40).
- Lunch and evening meals in Kathmandu and Nepalgunj.
- Personal clothing & equipment. Take a look at the kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 25,000 Nepalese rupees (approx. £155 or US\$195)
- Other items not listed in "What is included"

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Ambassador in 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.

DAY 2: BRIEFING, PERMITS AND KIT CHECK IN KATHMANDU

Breakfast

Hotel Ambassador in Kathmandu

This morning your leader will give the trek briefing and check your gear. We will collect your passports from you so that we can apply for the trekking permits. The rest of the day is free to explore Kathmandu and to pack your bags. You can leave a bag at the hotel with items not needed on trek.

DAY 3: FLY TO NEPALGANJ (150M)

Fly to Nepalgunj

Breakfast

Soaltee Western Premium or Hotel Siddhartha

We take the flight to Nepalgunj in western Nepal. There are good views of the Himalayan mountains from the right side of the plane. Nepalgunj is the largest city in the Terai with a hot and humid climate.

Important note: there is a safety risk to consider when flying on airlines in Nepal. For information about the aviation risk in Nepal read the relevant sections "Threat and Risk Assessment" and "Internal flights in Nepal". Please get in touch with us if you would like to discuss this further.

DAY 4: FLY TO SIMIKOT (2,983M)

Fly to Simikot (2,983m)

Breakfast, Lunch and Dinner

Sun Valley Resort

After an early morning start, we take a flight to Simikot the main airport of the Far West of Nepal. After landing at the short takeoff runway we stay in Simikot for one night while the gear is arranged and sorted out for the trek.

DAY 5: TREK TO DOJAM KHOLA (2,550M)

Walking 13km (7 hours)

Breakfast, Lunch and Dinner

Camping

We start the trek by leaving Simikot along the road. After 15 minutes we turn off onto a trail to the right then descend and walk around a ridge. We keep following the trail for about 1 ½ hours down to the Karnali river where we have lunch. It takes about 4 hours to lunch and a further 3 hours after lunch to get to Dojam Khola where we camp at the Gompa (monastery).

DAY 6: BUFFER TREK DAY IN CASE OF ANY DELAYS

Breakfast, Lunch and Dinner

Camping

DAY 7: BUFFER TREK DAY IN CASE OF ANY DELAYS

Breakfast, Lunch and Dinner

Camping

DAY 8: TREK TO SUBAKONG / SYAMBOYAK (3,150M)

Walking for 9km (5 hours)

Breakfast, Lunch and Dinner

Camping

After breakfast, we visit the Gompa and then leave Dojam Khola where we soon start following the new jeep track. After a while the jeep track turns into a trail following the Chuwa Khola river. We walk through forest and contour around various river gullies and ridges. We cross the Chuwa Khola river twice before arriving at our camp in the forest at a place called Syamboyak. This is near the junction with the Tumling Khola.

DAY 9: TREK TO PHOKUNG / DHYAULING (3,720M)

Walking for 12km (6 1/2 hours)

Breakfast, Lunch and Dinner

Camping

Staying on the west side of the valley (left bank) we progress through the forest as we ascend in altitude. Along the way, we cross a number of ridges and gullies as we follow the main river. After about 2 hours the valley starts to widen and open up. We stay on the west side of the valley as we cross a tributary river on a bridge. Soon after start climbing several ridge lines and after 4 ½ hours arrive at the lunch spot in a grassy meadow by the river. If we are lucky we will see Nepal's national bird the brightly coloured Danphe birds and Griffon Vultures soaring overhead. After lunch, it takes about 2 hours to arrive at our camp. It is a good place to camp in a grassy area.

DAY 10: TREK TO GURUKPA (3,970M)

Walking for 10km (4 1/2 hours)

Breakfast, Lunch and Dinner

Camping

After leaving camp, we cross a side valley and follow a steep trail around two ridges. After about an hour we arrive at another camp that we used for our November 2022 trek. There is an easier trail to follow until a kharka and shortly after we climb up over a rocky shoulder and then descend into a wide valley. After passing through the rocky landslide to our left we arrive at our camp. As it is a shorter day of around 4 ½ hours of walking we have lunch after arriving at camp.

DAY 11: ACCLIMATISING DAY AT GURUKPA (3,982M)

Breakfast, Lunch and Dinner

Camping

DAY 12: TREK TO SUMNA (4,145M)

Walking for 10km (4 1/2 to 5 hours)

Breakfast, Lunch and Dinner

Camping

At Gurukpa the valley splits and we follow the west side of the valley along the Nying Khola. This is a wonderful day's walk on a less challenging trail than we have followed for the last few days. Along the way, we cross over several landslides on the left side of the valley. We will stop to enjoy the views, especially of the deep blue river. After about 4 1/2 to 5 hours of walking, we arrive at the lovely camp at Sumna near the riverside. The other side of the valley is fed by the glaciers in Tibet flowing down from the Chang La.

DAY 13: TREK TO PHYAJANG (4,550M)

Walking for 8km (5 hours)

Breakfast, Lunch and Dinner

Camping

From Sumna, we follow a good trail sometimes rocky and sometimes on grass that crosses a few landslides to our left. After about an hour we climb up a large rocky area on the left from the first side valley. Following the valley easy walking crossing a few rock spills from the left. Following the valley, after about an hour we climb up a large rocky spill on the left from the first side valley. On the top of the rock we head left up the valley a little bit and then straight to cross the river via rocks, then head down back into the main valley. From there, we have various features to navigate such as small streams and the

bends of the main river.

Before we reach the second valley we have a few streams to cross by hopping over rocks. After we cross the main side river which is a larger and a more tricky rock hop. From there we head up the side valley on a good dirt trail with zig zags and it is a good route to make the walking easier. After 45 minutes to 1 hour we enter the side valley and the steepness eases off. It is a further 45 minutes to camp on a grassy meadow with great views. The landscape starts to open up and with the scenery, we feel we are in a remote region of Tibet.

DAY 14: TREK TO HIGH CAMP (5,150M)

Walking for 6km (5 hours)

Breakfast, Lunch and Dinner

Camping

We leave camp on the right-hand side of the valley and follow a trail ascending steadily. We climb up and over a large ridge of grass and rock and then descend back down to the river in the valley. We follow the river while ascending gradually and after 1 ¾ hours the valley opens up. We continue along the valley on a good trail while following the river. Further up we reach a point in the valley where the trail heads steeply up on a good zig-zag path with cairns marking the route. Look out for herds of Blue Sheep on the grassy slopes. At the top of the ridge, it is a 10-minute walk to the Nying La High Camp at an altitude of 5,150m.

DAY 15: CROSSING THE NYING LA PASS (5,470M) AND DOWN TO NYING KUNA (4,850M)

Walking for 8km (6 1/2 hours)

Breakfast, Lunch and Dinner

Camping

From High Camp, we descend a short way in order to cross the river on an easy rock step. Then from here, we keep ascending on a switchback trail to the shoulder of the moraine in the main valley. We continue ascending and after about an hour we can see the snow patch of the pass, not that far away. After about 2 ½ hours from camp, we walked up the last slope to gain the pass. At the summit, there is a rock cairn and old prayer flags.

From the top, we do not descend into the obvious valley below instead we climb up to a cairn on the right-hand shoulder. This is a much easier route rather than the steep rock valley directly below. At the top of the shoulder, there are superb panoramic views in all directions. We descend on a path with switchbacks down to the shoulder into the hanging valley.

Sometimes there are patches of snow that we traverse across. At the top of the side valley, we can see our camp not too far away in the main valley (350m below and 500m along the main valley). In places, it is a steep and tricky trail down to the valley which takes about 45 minutes to 1 hour. There are some steep loose steeps on the trail but mostly it is a well-established trail. At the base of the slope, it is an easy 20 minutes to camp.

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DAY 16: TREK TO NYING PHEDI (4,570M)

Walking for 14km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

From camp, we descend gradually following the valley floor. Soon we cross a steep rocky section over a landslide. Overall it is a pretty good trail interspersed with a few sections crossing landslides and a bushy brambly section to bash through. We continue to wander down the valley and after 4 hours we stop for lunch. After an hour we arrive at the start of Nying Pedit, this is a large flat area stretching for over a kilometre where we can choose to camp.

DAY 17: TREK TO TRAKSTE (4,245M)

Walking for 9km (4 1/2 hours)

Breakfast, Lunch and Dinner

Camping

Today we continue our journey down the valley near the valley side. Sometimes we are on grass and other times on the rocky edge as the wet boggy valley floor would make walking difficult. In the past, at the end of the valley, we have met yak herders with many yaks from Halji in Limi Valley. It takes 2 hours to walk to the end of the valley and then up to a moraine shoulder onto a new path. The trail continues fairly flat along the moraine before heading down to a grassy meadow. From here the trail is good but steeper, rockier, and has more switchbacks before reaching the river. We stay on the right following the river you head up and around a rocky path carved out of a cliff, before dropping down to a grassy plain. Once across the grassy plain, we head for the sandy hills where we descend a steep sandy section with deep sand. After a few zig-zags on the trail, we arrive at a grassy meadow for lunch.

After lunch, we head off on a trail through bush to come around to the right to avoid the boggy centre and up on a short steep path to a plateau. It takes about ½ hour to traverse the plateau and a further 10 minutes to descend to a bridge and up to camp at Trakste.

DAY 18: TREK TO MARJUMLAYA (4,710M)

Walking for 11km (4 1/2 hours)

Breakfast, Lunch and Dinner

Camping

We head off from camp, by crossing a dry streambed which is easy to cross. Then we follow a good trail up and around various ridges for 1 hour where we meet the jeep road. Walking partly on the jeep road but mainly on shortcuts to cut out the switchbacks. We walk around the big circular outcrop and then have a rest at a shelter with a blue tin roof. It takes about 2 hours from camp and there are incredible views.

From here we take a short cut trail to the main jeep track. It is a long steady uphill to the top of the pass on the jeep road where there is a cairn and prayer flags. This takes about ½ hour from the shelter. From the pass, we climb and descend across a number of small ridges until we finally can see the river valley where we will camp next to a new bridge (this means no cold river crossing). We arrive at camp two hours

from the pass.

DAY 19: MORNING WALK TO VIEWPOINT FOR MOUNT KAILASH AND LAKE MANASORAVAR (APPROX 5,100M)

Walking for 22km (7 1/2 hours)

Breakfast, Lunch and Dinner

Camping

Today we walk up to a viewpoint of the sacred mountain of Mount Kailash and Lake Manasarovar. This is about a 7 1/2 hours round trip but it is well worth the effort. Mount Kailash is a holy mountain for Buddhists, Bon, Jains, and Hindus. Lake Manasarovar is known as the source of the four major Asian rivers. These are the Indus, the Sutlej, the Brahmaputra, and the Karnali which is a tributary of the Ganges.

From camp, we cross over on the bridge and walk to the shoulder generally gaining height until we reach the second river. We descend on a rocky trail to a bridge then back up to the shoulder. Then we have a long undulating climb up to a rock cairn on a ridge line taking about 1 hour from camp. From here we descend to the main valley and pick up the jeep track. We pass the red fuel tank and follow the track as we slowly gain height rising to a shoulder. It is then flattish and then we cross another shoulder heading for the skyline. After about 3.5 hours from camp, we head for the jeep track on the right. Once on it, we head around to the right and we saw a blue sign in Chinese and English saying we were in Chinese territory and to return immediately. We continue for a further 10-15 minutes for fantastic views of Mount Kailash and Lake Mansarovar. It takes about 4 hours from camp to the viewpoint and about 3 1/2 hours to return to camp.

DAY 20: TREK TO TATOPANI (4,010M)

Walking for 6 hours

Breakfast, Lunch and Dinner

Camping

DAY 21: TREK TO HALJI (3,740M)

Walking for 7 to 8 hours

Breakfast, Lunch and Dinner

Camping

We follow Limi valley and to Halji village and the ancient Gompa of Halji. Halji is the biggest and most important village in Limi Valley.

DAY 22: MORNING EXPLORING HALJI GOMPA, AFTERNOON WALK TO TIL (4,170M)

Walking for 8km (3 1/2 hours)

Breakfast, Lunch and Dinner

Camping

In the morning, we will visit Halji Gompa and see its three prayer rooms. This monastery is a place of great beauty and it exudes a sense of peace and tranquility. The visit to Halji Gompa is one of the highlights of the trip. You can read more about its architecture in this article [Halji Monastery - A Hidden Heritage in North-West Nepal](#)

After lunch, we leave Halji and follow the Limi Khola River to the West. We start following the jeep track and after about 45 minutes we descend and cross to the left-hand bank of the river on a stone wooden pole bridge. After another 45 minutes down the valley, we pass a classic suspension bridge and cross the river shortly after on another classic stone and wooden pole bridge. We follow the river for 10 minutes to a clearing. From here we climb up to gain the jeep track and then soon after turn off to the right on a path and zig zag onto the top jeep track which leads to a stupa. There is a gradual climb up to another stupa and then we follow a flat trail into our camp near Til village. If you have time in the afternoon you can walk to the village and visit the Gompa.

DAY 23: TREK TO MANAPEME (3,930M)

Walking for 12km (7 1/2 hours)

Breakfast, Lunch and Dinner

Camping

After Til, we leave the barley fields and farmland behind we enter a more rocky and steeper valley trail now following the Humla-Karnali River. We start on the jeep track and follow it to the flag on the ridge. We walk through a series of hill traverses while gaining height to cross ridges. This is followed by the most significant height gain to the main ridge. This takes 4 hours of walking from camp to the top with prayer flags. This is a good place to eat your packed lunch. We descend on a steep rocky path with switchbacks before traversing a series of ridges and gullies. It takes three hours to the last ridge before a flattish traverse to meet the new jeep track.

On the way, we will hopefully visit a sacred meditation cave, Cha-sa Nam-ka Dzong. This is the meditation cave of Lotsawa Rinchen Sangpo, a well-known interpreter of Buddhist scriptures. This is an ancient caravan route from Tibet into the Limi Valley and we continue our upper valley traverse to arrive at our camp in Manapeme. Interestingly the camp gets its name from the Mani Mantra engraved on a large rock.

DAY 24: TREK TO HILSA ON THE BORDER WITH TIBET (3,640M)

Walking for 8km (4 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we walk on the jeep track road gradually gaining height to a high shoulder. After 3 hours of gentle climbs and traverses along the valley at around 4,000m, we can see Hilsa and the Chinese border down in the valley. After the prayer flags, we start to descend into the valley, and then steep switchbacks to drop the 400m to the river. After crossing the suspension bridge and a short walk to a guest house where we stay. It takes 4 hours to walk from our camp to Hilsa.

DAY 25: TREK OVER NARA LA (4,560M) TO TARI (3,620M)

Walking for 15km (7 1/2 hours)

Breakfast, Lunch and Dinner

Camping

We will have an early start as it is a long day and to avoid the heat of the day. We leave Hilsa and pick up the old path on a ridge to cut off the switchbacks of the jeep road. It takes about 45 minutes to walk up to the ridge to gain the top section of the jeep track. We follow the road and ascend up the valley side walking around ridges and sweeping sections to get to another road section of switchbacks. Again we take short cuts between the bends of the jeep track and then gain the last section trail to the Nara La pass. It takes 4 ½ hours to the pass from Hilsa.

We will have lunch on the pass next to large rock cairn with prayer flags. We descend on a steep trail to pick up the jeep track on the other side. Again we follow the road and take short cuts on the bends as we descend down into the valley. After about 45 minutes there is a steeper section through a kharka where we regain the jeep track. We then turn left on the main jeep road and follow for about 1 ½ hours to reach the small town of Yari. There is a red roof school and small gumpa to the right of the road, and Yari is just 20 minutes pass that point. It takes about 2 ½ to 3 hours of walking from the pass to Yari. We camp in the courtyard of a teahouse lodge although use their dining room for meals.

DAY 26: DRIVE TO SIMIKOT (2,910M)

Driving by jeep for 6 hours

Breakfast, Lunch and Dinner

Sun Valley Resort

Today we drive by jeeps from Yari to Simikot. After 2 hours we stop off at the Gumpa for a break and then it is another 2 hours to Kemi where we stop for lunch. It takes another 2 hours to reach Simikot where we check into the Sun Valley Resort.

DAY 27: FLY TO KATHMANDU VIA NEPALGANJ

Fly to Nepalganj

Fly to Kathmandu

Breakfast and Lunch

Hotel Ambassador in Kathmandu

We have an early start for an early 1-hour long flight to Nepalganj in the lowland of the Terai. It is hot and humid as we are just a few miles away from the Indian border. If all goes well after a short break we board our flight to Kathmandu, with hot showers and cold beers.

DAY 28: DAY IN KATHMANDU (BUFFER)

Breakfast

Hotel Ambassador in Kathmandu

DAY 29: FLY BACK HOME

Fly home

Breakfast

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

DATES & PRICES

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
17 May 2025 to 14 Jun 2025	Adrian Summers	US\$6,195pp US\$5,995pp	US\$295pp / US\$495pp	5 Left to Guarantee Early Bird Discount

2026

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
16 May 2026 to 13 Jun 2026	International Leader	US\$6,195pp US\$5,995pp	US\$295pp / US\$495pp	5 Left to Guarantee Early Bird Discount

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON CAMPING TREK IN NEPAL

We provide a comfortable experience on our camping style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

You can read more about our [Camping Treks in Nepal](#) on our Blog. This article explains the advantages of camping versus teahouse lodge treks. It also describes what the campsite set up is like and more about the food provided by our cooks.

Food provided on Camping Trek

FOOD PROVIDED ON CAMPING TREK IN NEPAL

While on a camping style trek in Nepal we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with. Also in 2015 we purchased two food dehydrators with a vacuum sealing machine. We dehydrate a large number of different vegetables in Kathmandu before departure. This has transformed the quality of food especially on longer treks to remote areas.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR FAR WEST NEPAL GHT

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Nepal Far West GHT trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek, you will experience hot conditions with temperatures up to 25 Celsius. **You experience the coldest temperatures with overnight lows down to around -7 Celsius.**

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

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.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Water shoes such as Merrell Waterpro Maipo. Enclosed to protect your feet during river crossings.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long-sleeved tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and a down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium-weight down jacket.

Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. They should have side protection or a wraparound design.

For crossing the pass

- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings, also for walking on snow or ice higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots.
- Gaiters. A pair of knee-high gaiters used to keep boots dry if walking through snow or on wet ground.

Personal equipment

- Sleeping bag. Overnight lows down to -7 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek, we provide everyone with a foam mat. We recommend two

layers for insulation and comfort. We also provide everyone with a pillow.

- Day pack. The recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. 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 dry bags such as from Exped.
- Two water bottles. Nalgene wide-mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men, you can use an old water bottle. For women, take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. 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 with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use 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).

Threat and risk assessment

RISK ASSESSMENT FOR FAR WEST NEPAL GHT

You should be aware trekking in a developing country involves a risk of personal injury or death. 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 and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Far West Nepal GHT trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. 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.
- Altitude illness including but not limited to AMS, HACE, and HAPE.

- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke). Please note during the months of April and October it will be very hot and humid at the start of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS

Foreign, Commonwealth & Development Office ("FCDO") travel advice from UK 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](#).

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](#).

Suggested reading

SUGGESTED READING AND MAPS FOR FAR WEST NEPAL GHT

Maps

[Far-West Great Himalaya Trail](#) Series Map 1: 150,000 by Himalayan Maphouse

Books

[Wild-West Nepal a Pictorial Journey Paperback](#) – January 1, 2013 by Bharat Bandhu Thapa (Author)

A Trekking Guide to West Nepal: Limi Valley, Rara Lake, Mugu, Api, Saipal, Kanjiroba, Kailash & Guge (Himalayan Travel Guides) by Sian Pritchard-Jones and Bob Gibbons

ACCOMMODATION

HOTEL TIBET IN KATHMANDU



Hotel Tibet is in Lazimpat next to the Radisson. This is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our clients have enjoyed staying at this property. It has a good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor. On the fifth floor there is a roof terrace with the Yeti Bar overlooking the city.

CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

TRIP REPORTS

To read our trip report please click on the link below to our blog:

[Far West Nepal Exploratory GHT led by Ade Summers in May 2024](#)

[Far West Nepal Exploratory GHT led by Ade Summers in November 2022](#)

[A Remote Trekking Option for Nepal Far West Section of The Great Himalaya Trail](#)

TRIP REVIEWS

REVIEW BY ALEXANDRA ON 11/08/2024

My husband Simon and I had chosen to join an exploratory trek in the Far West region of Nepal with The Mountain Company after booking two other great trekking trips with the company before. Due to the rapid expansion of the road network in the Himalayas, several of the more traditional trekking routes now either follow or come very close to roads for an extended period of time, and the idea behind the exploratory trek was to develop a new trekking route which would avoid roads as much as possible. Since the trek had only been attempted once before and was located in a very remote region of Nepal, it was important to bring an open, flexible mind-set, which was part of the allure for us to join the trek. We were not disappointed! While we managed to follow the established route and all cheered when we managed to cross the high pass, surprises did pop up along the way, all of them handled professionally and calmly by our cheerful, knowledgeable guide Adrian and the local guides and staff. The landscape during the trek was varied, starting with a descent into a river valley just as about a million butterflies had hatched (amazing sight!), walks through dense, lush forests, sections following glacial rivers through wide plains, rocky paths into the mountains, and alpine plateaus with amazing vistas of snow-capped peaks all the

way around. Our campsites matched the beauty of the trek, always in breathtaking locations and with plenty of time in the afternoon to take the vistas in. We passed both through traditional villages that seemed frozen in time and villages closer to roads that were a curious blend between tradition and modernity, met yak herders out in the middle of nowhere and were the main attraction in villages that had not seen a Westerner for several years. The organization of the trek was excellent as always, the food as delicious as it was nutritious, keeping us well-fueled for hours of walking (the noodle soup was a real comforter on tough days!), and the staff were always kind and helpful. I can warmly recommend booking a trip with The Mountain Company. This was our third trek with The Mountain Company, and so far the experience has always been the same: We received great pre-trip preparation both via online meetings and useful written material before the start of the trip, followed by a warm welcome and an extensive briefing on-site. The guides are always extremely knowledgeable, both in terms of trekking in general and the area in which the trek takes place. The staff members are well-chosen: Kind and helpful, and very good at their job. If there are bumps on the road, communication is clear for the clients, and the challenges are dealt with efficiently, either by finding a direct solution or an alternative. I always feel like I am in very good and professional hands when travelling with The Mountain Company. ...

REVIEW BY JIM V ON 13/08/2024

Wonderful trip to a very remote part of Nepal. I've done several treks with the Mountain Company over the years (first one c.2012) Prior to the trip I'm always very impressed with Roland's communication - no query is too insignificant and always gets a personal response. Once in country things run as smoothly as that country will allow - more importantly when things become more complicated you realise that Roland, the group leader and especially the local sirdars have several back-up plans in place ready to go. The equipment and food on this very remote trip were (as always) excellent. Roland offers more trips to places that other companies don't offer (I also did Upper Dolpo with the MC) and I would highly recommend taking advantage of this. On this trip at one point, we didn't see another person for over a week - a very different side of Nepal from the Everest/Annapurna regions. When we hiked to the Mt Kailash viewpoint a lot of the crew came with us to check it out even though it was technically a rest day for them... They were as eager to explore this spiritually significant area as we were. To sum up these trips are definitely pricey but once you see the logistics that go into running them and get to experience the culture and landscape of these remote regions (which will modernise fast as roads get built) I believe they are more than worth it! Highly recommended!! ...

REVIEW BY SIMONS ON 03/07/2024

The Far West Nepal Exploratory GHT trek is a +20 day trek to a very remote region of western Nepal. This area is rarely visited by westerners and you are likely to see very few other trekkers. The landscape is varied and you'll pass through forest, high alpine desert, river valleys, villages and mountain passes meeting only a few local yak and goat herders. The trip included crossing the Nying La pass at 5400 meters (which only very few people ever does!) and visiting the Mount Kailash view point on the border with Tibet. Later the trek passes through villages with visits to very old Gompas (Buddhist temple) with impressive wall paintings. The trek is remote and includes a good amount of travel but is well worth the effort! This was the third trip we went on using The Mountain Company as operator. We will definitely come back again! As always the trek was extremely well organized and the guide as well as the local crew were excellent. The cook was very good at providing varied 3-course meals in the middle of the mountains including both pizza and chocolate cake besides the more traditional Nepali/Indian dishes of dal, rice, curries etc. All the food was of high quality and there were plenty of it to go around. The Mountain Company is well worth considering for any treks to the Himalayas as they treat their local crews well, have excellent safety measures and do a big effort to finding routes and itineraries which are away from the many roads being built in the region. By including trips to remote regions where fewer trekkers go they are also spreading the impact of tourism both in terms of over-crowding, ecological strain and boosts to the local economy. Not everything has to go to the Everest region! We highly recommend the Mountain Company. ...

Notes downloaded on: 21-11-2024

