



# Ruby Valley Trek - 7 Days



## Trip Facts

Destination	Nepal
Duration	7 Days
Group Size	2-10
Trip Code	DWTR1
Grade	Moderate
Activity	Ruby Valley Travel
Region	Ganesh Himal Region
Max. Altitude	3,845m Pang sang Pass
Nature of Trek	Home stay/local lodge
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Home stay/local lodge
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Local Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu - Syabrubesi - Dundure Khola - Dhading Bensi - Kathmandu by local transport.

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

An unexplored beauty amidst the Himalayas, the Ruby Valley package lets you enjoy scenic elegance along with cultural and traditional virtue. Ruby valley lies in between Langtang National Park and...

Ruby Valley Trek begins with a 7-8 hour local bus ride from Kathmandu to Syabrubesi, which is included in the package. However, you can book a private jeep at an extra cost for comfort. We also request our valuable guests to arrive in Kathmandu before 3 pm at least one day before the trek departure to take part in the trip briefing. The primary motive for










the meeting is to give you proper guidance and vital information about the trek. Secondly, we recheck all the equipment for a comfortable journey.

## About the Trip

An unexplored beauty amidst the Himalayas, the Ruby Valley package lets you enjoy scenic elegance along with cultural and traditional virtue. Ruby valley lies in between Langtang National Park and Manaslu Conservation Area, but it is much more than just a marvelous landscape. The whole trek takes place in a homely environment with homestays rather than in hotels/lodges providing an authentic Nepali experience that you will hardly experience anywhere else.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

### Highlights

-  Newly opened and unexplored trekking destination close to the capital city of Kathmandu
-  Relaxing natural hot springs
-  Panoramic closeup view of Ganesh Himal, Langtang Himal, and Manaslu Himal
-  Pangsang La Pass (3,842 m /12,604ft)
-  Diverse terrain farmland, green meadow, and rocky hills
-  Home to the domestic animals like sheep, yak, goat, and ox and exotic animals like musk deer, leopards.
-  Dense rhododendron, pine, oak, and bamboo forests
-  Raging rivers with suspension bridges, gorges, waterfalls, and stone-driven mills
-  Unique, rich, culture and traditions of Tamang, Gurung, Brahmin, and Dalits

### What is Included?

- ✔ Kathmandu to Syabrubesi (trek start) and Borang (trek end) to Dhading Besi to Kathmandu by local bus
- ✔ Accommodation (total 6 nights) local lodge/homestay
- ✔ Meals during the treks (7 Lunches, 6 Dinners, and 7 Breakfasts)
- ✔ Government licensed English Speaking Discovery World Trekking experienced trek leader/guide and porter to help trekkers luggage (1 porter for every two trekkers. Per Porter limit 9 kg)
- ✔ Guides and porter costs, their meals, insurance, salary, lodging, transportation, flight, and other necessary equipment
- ✔ Langtang National Park entry permit fee
- ✔ Trekkers Information Management System (TIMS) card fee
- ✔ Water purification tablets
- ✔ All government, local taxes, and official expenses
- ✔ Rescue operations arrangements in case of complicated health conditions (funded by travel insurance).
- ✔ Discovery World Trekking trek achievement certificate
- ✔ Souvenir - a company's T-shirt & cap
- ✔ Farewell dinner at the end of the trek

### What is Excluded?

- ❑ International flight airfare
- ❑ Visa fees at Tribhuvan International Airport

- ⊞ Excess baggage charges (Limit is 9kg per person)
- ⊞ All accommodations and meals in Kathmandu, before and after the journey
- ⊞ Extra night accommodations in Kathmandu due to early arrival or late departure, or early return from the trek
- ⊞ Personal expenses (shopping, snacks, boiled/bottled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, telephone call, battery re-charge fee), extra porters, etc.
- ⊞ Personal clothing and gear
- ⊞ Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)
- ⊞ Tips for guide and porters
- ⊞ Additional costs due to delays due to circumstances beyond our control, for example, landslides, bad weather conditions, itinerary modifications for safety, illness, change of government policies, strikes, etc
- ⊞ All the costs and expenses not listed in "What is included in Ruby Valley Tour Package?" will be counted as excludes

## Overview

Ruby Valley lies between Manaslu Conservation Area and Langtang National Park, and this trek takes place in a new trekking route amidst the **Ganesh Himal** and **Langtang Ranges**. The trek is a quiet trek providing striking panoramic views of the Himalayas. Along with the majestic views of the Ganesh Range, **Lamjung Himal(6,800m)**, **Langtang Lirung(7,300m)**, **Manaslu(8,163m)**, and several other peaks, you will also witness two stunning waterfalls, **Ganga and Jamuna**. Ruby Valley is home to exotic floras, faunas, and minerals like ruby, crystal, and zinc.

Your trek begins with a drive from Kathmandu to **Syabrubesi (1,503m)**. The road to Syabrubesi is adventurous with narrow and rocky paths. As you drive past Langtang National Park, you slowly start to see exotic floras and faunas.

After spending a night at Syabrubesi, we head to Tamang village of **Gatlang (2,337m)** via Chawatar. The trail takes you through lush green forests, raging rivers, and thrilling suspension bridges over them. We stay at Gatlang with local Tamangs. You will surely appreciate their hospitality and their delicious food. The next day, we will hike from Gatlang to Parvati Kunda, a beautiful, sacred lake. After appreciating Parvati Kunda, we continue to Somdang (3,271m), known for zinc, copper, crystal, and ruby mines. We will spend a night at a homestay in Somdang.

On your fourth trek day, you will cross the marvelous **Pangsang Pass (3,842m/12,604ft)** to reach **Tipling (2,087m)**. While on the route, you can catch panoramic views of the Himalayas, along with diverse farmlands, green meadows, and rocky hills. In fact, you can see 23 snow-capped mountains - including **Manaslu**, **Ganesh Himal range**, **Annapurna range**, **Langtang range**, **Tibet Himalayas**, and **Dorje Lakpa Himal**.

After a night at Tipling, we head to **Chalish Village** - inhabited mainly by Gurungs and Tamangs. We will explore and interact with the locals at Chalish Village. Further, we will also visit another pretty village of Shertung. As it gets dark, we return to our homestay in Chalish Village.

The next morning we leave Chalish Village for Dhading Besi, but we begin trekking to Borang first. After reaching Borang Village, we take a local jeep to Dhading Besi - the headquarter of Dhading district. We will be staying at Dhading Besi for the night. If you wish, you can return to Kathmandu this very day, but it will be a long ride.

On the last day of the trek, we wake up at Dhading Besi, have breakfast, and then take a bus to Kathmandu. We are sure that you will be cherishing the moments you created during this journey throughout your life.

This lesser-known trail provides you with the opportunity to explore some very remote areas in Nepal, giving you a great experience. Discovery World Trekking organizes a **fully supportive homestay** trekking to assist the local economy and provide the opportunity to experience the great hospitality of local people.

Ruby Valley itinerary is for trekkers who would like to experience a **more cultural journey in Nepali Himalayas** while enjoying a diversified scenery, geography, and climate.

## Day to Day Itinerary

### Day 1

#### Kathmandu to Syabrubesi (1503m / 4945ft)

##### Itinerary Facts

**Driving Hours** (122km / 75.8miles) 7- 9 hrs.

You will start your **Ruby Valley** journey through a drive **to Syabrubesi**. We will be driving into Langtang National Park, where we must register our trek permits. The 7 to 8 hours scenic drive following the Trisuli Bazaar, Ramche Gaon, and Dhunche is undoubtedly a pleasant ride. The road is a bit narrow and rocky, but the **alluring landscape** will leave you in awe. We spend the night in Syabrubesi. **Syabrubesi**, being the mid-point of several treks and the border of **China**, has all the things you might require for the trek. We rest and relax at Syabrubesi and prepare for our hike the next day.



Overnight stay at a homestay/local lodge



Included standard meals (Breakfast + Lunch + Dinner)

### Day 2

#### Trek from Syabrubesi (1,503m / 4,945ft) via Chawatar (lunch) to Gatlang (2,337m / 7,690ft)

##### Itinerary Facts

**Highest Altitude** 2337m / 7690ft

**Trek Duration** 5- 6 hours

Our destination for today is a small **Tamang village** called **Gatlang**. We follow a narrow and twisty trail to Bahun Dada Pass and then descend to reach Gatlang. We stop at **Chawatar** for lunch. The food is amazingly delicious here as most of the vegetables are freshly picked and locally grown. As we pass through this magnificent **Tamang village**, we witness the **richness** of their culture and tradition. We stay at Gatlang with the Tamang people. Their hospitality and food, without a doubt, will prove to be one of the best experiences you will ever get.



Overnight stay at a homestay/local lodge



Included local meals (Breakfast + Lunch + Dinner)

### Day 3

#### Trek from Gatlang (2,337m / 7,690ft) to Parvati Kund, Yuri Kharka (lunch) to Somdang (3,271m / 10,760ft)

##### Itinerary Facts

**Highest Altitude** 3,271m / 10,760ft

**Trek Duration** 6-7 hours

We begin the hike from **Gatlang to Parvati Kunda**, a natural alpine **freshwater lake**. Named after the famous **Hindu Goddess Parvati**, the wife of Lord Shiva, this beautiful lake is also considered sacred by the **local people**.

As you trek further ahead, the habitat and lodges decrease. However, you might come across very few tourists. We continue the trail through lush pine and **rhododendron forest** to Yuri Kharka. After a **delicious meal** at Yuri Kharka, we hike towards the **Somdang** via **Khurphu Bhanjyang**. There is a shutdown mine, a few hours' walk from **Somdang**. Though the mine has not functioned for years, you can still take a look around and explore its astonishing beauty. In the past, this mine used to produce **zinc, copper, tin, and crystals (including rubies)**.

We will spend the night at **Somdang Valley**. The valley is so remote and silent you will literally find out what silence looks like.



Overnight stay at local lodge/homestay



Included local meals (Breakfast + Lunch + Dinner)

## Day 4

### Trek from Somdang (3,271m / 10,760ft) via Pangsang Pass (3,842m / 12,604ft) to Tipling (2,078m / 6,835ft)

#### Itinerary Facts

**Highest Altitude** 3,842m / 12,604ft

**Trek Duration** 6 to 7 hrs.

After waking up at Somdang, we enjoy a delicious breakfast. On this day, you will be passing through the **Pangsang La Pass**, which is a demanding, yet exciting trek. While appreciating the stunning mountains and spectacular landscapes, we head to the southwest of Somdang Village to reach **Pangsang Kharka**. Pangsang Kharka is a large meadow that lies in Pangsang Pass.

From Pangsang Kharka, you can witness the panoramic views of Mount Manaslu and the Ganesh Himal Range. As one of the lesser-traveled trekking routes, there are relatively fewer homestays here. Then, we descend to **Laptung village**, passing through dense fir and rhododendron forests until we arrive at **Tipling** after a long trek.



Overnight stay at local lodge/homestay



Included local meals (Breakfast + Lunch + Dinner)

## Day 5

### Trek from Tipling (2,078m / 6,835ft) to Chalish Gaon (1,800m / 5,960ft)

#### Itinerary Facts

**Highest Altitude** 2,078m / 6,835ft

**Trek Duration** 2hrs

Today's trek will be a short and relaxing one as we trek our way to the **sister villages** of Shertung and Chalish Gaon. First, we descend through the serene jungle, cross a tributary and reach **Chalish Gaon**, which lies in an idyllic setting. About 100m, above Chalish Gaon, is **Shertung village**, and both of these settlements have a lot to explore. However, you can just choose to relax and enjoy the spectacular surrounding fields and lush valley below. Shertung and Chalish Gaon are inhabited mainly by **Gurungs, Tamangs, and Dalits**.



Overnight stay at local lodge/homestay



Included local meals (Breakfast + Lunch + Dinner)

## Day 6

### Trek From Chalish (1,800m / 5,960ft) to Borang (1,700m / 2,296ft), drive to Dhading Besi (580m / 1,902ft)

#### Itinerary Facts

**Highest Altitude** 1,800m / 5,960ft

**Trek Duration** 2-3hours

**Driving hours** 4-5 hrs

A final day before you return to **Kathmandu**, you will enjoy all the wonderments of this trail. After a pleasant breakfast, we will hike further to Borang village then descend to Lishne Khola from **Borang**. From Borang, we take a local jeep to take us through a curvy road past Ankhu Khola and Kimdang Phedi Villages to **Dhading Besi**. As you return, you will see several peaceful settlements, which will make you nostalgic. We will be staying at Dhading Besi for the night.



Overnight stay at local lodge/homestay



Included local meals (Breakfast + Lunch + Dinner)

## Day 7

### Drive from Dhading Besi – Kathmandu (1,310m / 4,323ft)

#### Itinerary Facts

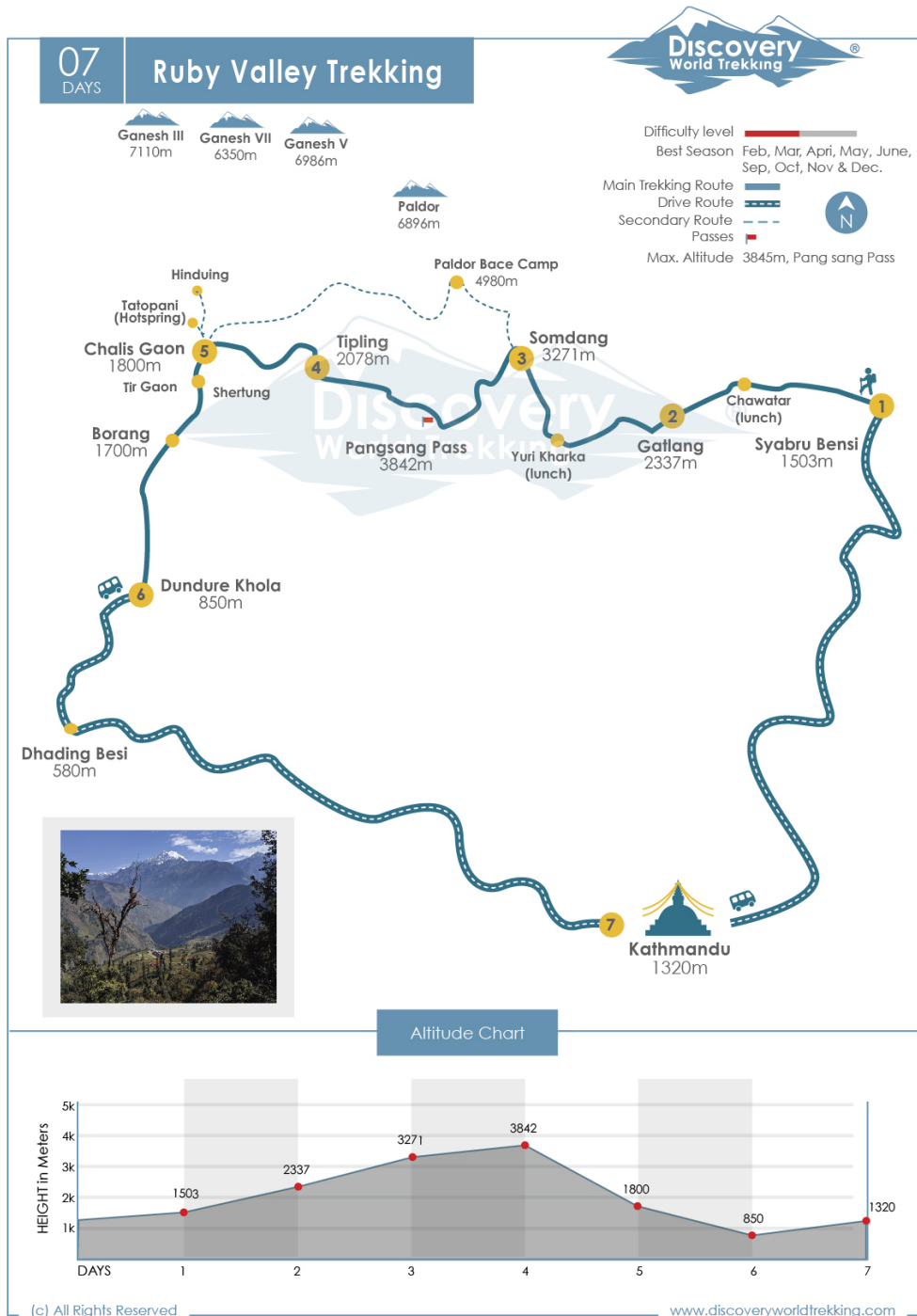
**Driving Hours** 4 to 5 hrs.

We take another bus from **Dhading Besi to Kathmandu back to your hotel**. If you want, we can arrange a Kathmandu city tour taking you to several world heritage sites. As beautiful as the surrounding mountains, the culture in and around Kathmandu City is a must-see before you call it an end to your vacation.



Included local meals (Breakfast + Lunch)

Route Map



Altitude Chart

Days	1	2	3	4	5	6	7
Height (m)	1503	2337	3271	3842	1800	850	1320

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## Trips Notes

### Ruby Valley Trek

You will arrive in Kathmandu at Tribhuvan International Airport. You need to stay in a hotel in Kathmandu for at least one night, but this package does not include the hotel costs. On the trip departure date, we will take a local bus or a jeep to Syabrubesi, where the trek starts.

This package includes local transportation costs (Kathmandu to Syabrubesi and Dundre Khola to Kathmandu). You can hire a private jeep at an extra cost.

### Complimentary Airport Pickup

We provide **free airport arrival and departure** transfer for valuable clients who have booked **the Ruby Valley Trek package with us**. Our representative will be at the airport holding a pamphlet with your name as well as our company name on it. They will welcome you with either a khada or a marigold garland and take you to your hotel in a private vehicle.

### Ruby Valley Accommodation Details

**Ruby Valley package** includes **six nights** of homestay/ local lodge to lodge stays at mountain regions in a homely environment filled with warm hospitality. **You will require at least two nights hotel stay in Kathmandu before and after** the trek. Since hotel preferences of all individuals are different, this package does not cover hotel stays in Kathmandu.

### Meals during the trek

**Ruby Valley** trek takes place in higher elevations, which means you need enough nutritious food. We will provide you with plenty of nutrient-rich, hygienic, and tasty food during the trek.

We will be providing you with **seven breakfasts, seven lunches, and six dinners** during the trek.

We have designed this trek for cultural explorations as well, so it takes place in a homely environment, and you will mostly stay in homestays. You will be eating the **same food that locals eat**. The food will be fresh, hygienic, tasty, and nutritious.

We recommend you to take enough liquids, green tea, lemon tea, hot lemon, ginger tea, and garlic soup (must) at high altitudes. Similarly, fresh vegetables are great for high elevation treks.

Though plenty of non-veg items are available in trek regions, we do not recommend them because you can never be sure about the meat quality. Experts also suggest high-altitude trekkers to avoid alcohol, caffeinated drinks, hot chocolate, and dairy items.

All personal bills (alcoholic, hot (tea/coffee), and cold drinks) in tea houses/ lodges or cafes except standard meals (breakfast, lunch, and dinner with seasonal fruits) are excluded from the package.

### Best Time To visit Ruby Valley

You must consider weather while deciding when to hike to Ruby Valley. For the best trek experience, choose the spring and autumn seasons. The trails are a little slippery and wet in summer due to the monsoon, and winters are cold. However, we conduct Ruby Valley Trek throughout the year. As the trek region is near Kathmandu, this trek is very accessible.

#### January – February

January and February are the **coldest** months, especially from early January to early February. Though the days may be warm and admirable with clear skies, the nights are frigid.

#### March – April



This is the **best season** to trek in the Ruby Valley, as you will get stunning views of the central Himalayan ranges. Temperatures start rising from the mid of March, and with clear skies, snow mountains look their best. Trekkers hiking in March-April will find rhododendron flowers welcoming them.

#### May – June

It is also a **great time to trek**, right before the rainfall. It starts raining from the end of June till mid-August in trek regions. The overlapping of spring and summer makes the trek much more enjoyable during these months.

#### July – August

The rainfall hits its peak during these months. The rainfall makes the trails get wet and slippery, making treks challenging. Trek paths mainly at ridges and descents require great attention.

#### September – October

It is also one of the **perfect seasons** for the Ruby Valley trek. For this reason, most tourists take a hike to Ruby Valley during these months. As the monsoon retreats, a perfect trekking climate sets in. The temperature goes up to 20 degrees during the day and falls to 5 degrees during the night. The clear skies and amazing views of the mountains allure most trekkers to Ruby Valley. We recommend you to trek to Ruby Valley from mid-September to the end of October. If you hike during these months, you will also witness the two great Nepali festivals - Dashain and Tihar.

#### November – December

As winter slowly begins, snow falls begin in the Ruby Valley regions, and it eventually gets tough to trek. Nights start to get colder. However, November treks are also popular due to sparkling days and stable temperatures. From December, the temperature drops and it begins to snow.

The weather in the Himalayas is unpredictable, and the temperature changes quickly.

### Acclimatization in Ruby Valley

Ruby Valley trek includes a **few days hike at over 3500m**. So there is a small chance of altitude sickness. We have designed trip itineraries that allow slow and steady ascending so the body can adapt.

All our trekking leaders and guide have completed **extensive first aid training** and are well-experienced in the Himalayas. If you notice any signs of altitude sickness, please inform your group leader/guide.

Moreover, your trek leader will also suggest ways to prevent altitude sickness. You can lessen the chances of altitude sickness by taking time while ascending and drinking plenty of water (more than 4 liters) every day.

The only cure for severe altitude sickness is to descend immediately. Please note that your group leader has the authority to decide whether to stop the ascent immediately, based on the condition of the team members. It is essential to understand that some persons are more vulnerable to altitude sickness than others.

### Trip Grade: Fitness level and Health

The Ruby Valley is an **easy and rewarding trek**. Depending on the day's destination and the nature of the walk, you will be hiking for **4-6 hours a day**, but we will be taking regular breaks to admire the mountain views. The trek routes involve long climbs, steep descents, and forward trails in rocky regions and forests. The fitter you are, the more comfortable and enjoyable your journey will be. Trek experience may be advantageous, but you do not require it. However, before booking the trek, contact us if you suffer from sensitive medical conditions, such as heart or lung diseases.

### Trekking in group/single

We organize a **group as well as private treks**. If you have your group, you will be eligible for discounts. However, you will not get discounts for groups we assemble. Each group will have a trekking guide, a porter for every two trekkers. Further, we can handle all group sizes and add an assistant trek guide for groups with 12 or more members.

### A typical day in Ruby Valley

Each day you will be rewarded with a **unique trek experience** providing your opportunity to enjoy the scenery, take photos, explore the local village, and interact with the villagers. During the trek, our experienced, expert guides along with porters carrying your baggage will accompany you. However, you will be carrying a small regular day pack for your valuables.

The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome

breakfast, we set off on that **day's walk at around 7 am to 8 am**, depending on the duration and nature of the trek.

After trekking for 3 to 4 hours, we will serve you lunch around midday on the route to the next destination. Then we rest for about an hour before restarting the trek.

The afternoon walk is generally shorter and lasts only 2 to 3 hours. When we reach our overnight lodge, we snack on the prepared extra dietary snacks. Before dinner, you will have free time to explore nearby places. You will be having dinner between 6 to 7 pm.

In the evening, before going to bed, we discuss each others' hiking experiences. Your guide will brief the next day's plan. After completing the trip briefing and before going to bed, you can enjoy yourself however you like. You can read books, watch mountaineering videos or play cards. Most foreigners also indulge in learning a few common Nepali words.

### Communication during the trek

During the trek, you can use internet services through 4G data packages at lodges/homestays you will be staying in, paying a small service charge. Once we reach high altitudes, we will communicate through phones.

**Discovery World Trekking office** communicates with all trek groups through trek leaders at least once a day. We want to ensure that all treks are going fine. If you wish, you can buy a local sim in Kathmandu. However, based on the network you use, the mobile signals may not be strong enough.

You can use the internet through the 4G data service available in lodges/homestays but comes with an extra cost.

### Extra personal expenses

**Meals and accommodations in Kathmandu** are up to our valuable clients themselves. You can choose to stay in luxury or budget hotels/lodges. Moreover, trekkers will need money for various purposes - including visa processing, travel insurance policy, snacks, hot (tea/coffee), cold and alcoholic drinks, tips to the trekking crew members, souvenirs, etc.

We **recommend bringing cash** (major currencies) and exchanging them for Nepali Rupees in Kathmandu. Trek regions only accept Nepali Rupees.

### Electricity and water while on the trek

Throughout the lodges/homestays in Ruby Valley trek regions, **electricity** for the camera and mobile recharge **is available** by paying a small price at lodges/homestays.

Water during the trek, you can buy either packed mineral water from shops or fill your water bottle with boiled/filtered water in local lodges/homestays. We suggest you to use water purification tablets before drinking water.

You shouldn't drink water from local rivers, taps, and wells in trek regions because it might not be drinkable as it seems.

### Travel insurance for Ruby Valley Hike

Trekking in the Ruby Valley requires preparedness. Like other high mountain treks, this trek also comes with slight risks - including high altitude sickness. So, **travel insurance is compulsory** for the Ruby Valley trek.

At a minimum, you require a comprehensive travel insurance policy that covers medical and emergency repatriation - including helicopter rescue and evacuation expenses at altitudes up to 4000m.

We **can recommend insurance companies** based on our clients' previous experiences, but we do not sell insurance policies.

We kindly request you to send your detailed insurance information once you book the trek. In emergencies, we will use your insurance policy and other informational documents you sent us to arrange a quick and effective rescue operation. Ensure that your insurance policy covers the cost incurred for mountain rescue service at the highest trek elevations.

Before buying travel insurance, make sure to call insurance companies and recheck if they have helicopter rescue and evacuation up to 4000m. Do not just rely on the insurance company website content.

## Nepal Tourist Visa

All foreigners except Indian nationals need a valid visa to enter Nepal. **Visa is available on arrival at Tribhuvan International Airport** upon entry in Kathmandu, Nepal, and at immigration checkpoints along India and Tibet borders.

Citizens of China, and the South Asian Association for Regional Cooperation(SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka), get a **free visa**.

A visa application requires a passport with at least 6 months validity, one passport-size photo, and visa fees. The current visa cost for 30 days is USD 50 (to be paid in cash). Children under 10 get free visas.

Citizens from certain countries - Nigeria, Zimbabwe, Ghana, Swaziland, Cameroon, Liberia, Somalia, Ethiopia, Iraq, Palestine, and Afghanistan may not receive on-arrival visas. So if you are a citizen of any of these countries, you need to contact your local Nepalese embassy.

The government can change immigration rules without notice, so please visit <https://www.immigration.gov.np/> for the latest information.

We recommend you add 1-2 extra days for the trip so that you will not miss your international flight back home in case of trek delays. If there is no delay, we can arrange fun activities during this time.

## Currency exchange

### Currency exchange

**Nepali Rupees (NPR) is the local currency.**

**(1 USD = ~ Rs.120 NPR).**

You **can exchange major foreign currencies** through local banks and legitimate money exchanges in Kathmandu and all over Thamel.

Legitimate money exchanges display their current exchange rates visibly. Please remember that only Indian Rupee notes of 100 and 2,000 are legal in Nepal.

Though traveler's cheques are more secure, we **recommend you to bring cash** to avoid lengthy processes and high bank commissions. You can also withdraw cash in Rupees from ATMs in Kathmandu and Thamel itself. Several of these ATMs are open around the clock. The maximum ATM withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee using your foreign card.

If you use the money exchange facilities at banks and financial institutions, they will charge a service fee of 4% or more.

There are no banks and money exchange services at trek regions. So you should exchange your money in Kathmandu, depending on how much personal expense you require.

Most established banks in Asia do not accept faded, old, or torn foreign currency notes. So, please ensure that you have new, clean notes.

## How much luggage can I take on the trek?

The luggage weight limit is **9 kg per trekker**. We assign one porter for every two trekkers, and they will not carry more than **18kg** of combined weight. We also expect you to carry a backpack for your valuables. Please bring only the essentials. You can store your excess luggage at Discovery World Trekking store for free.

We will recheck your luggage, gear, and equipment during the trip briefing to ensure that you have all the essentials for the trek.

## Trek Safety




**Client safety is our first priority.** To ensure safety, we will be carrying all the necessary gear, equipment, first aid kits to face any situation. Our trek leaders/guides have completed extensive first aid training. If a trekker falls sick during the trek, the trek leader has the authority to decide whether to descend immediately or to continue forward.

In an emergency, a rescue helicopter, funded by insurance, will bring you back to safety from the higher elevation. We will trek as a group for safety.




## **Equipment Checklist**

We recommend you to **carry basic clothing and accessories**. Though we assign porters to carry your luggage, please remember that **per person luggage weight limit is 9 kg**. Here is a list for you to help pack things for the trek.



### **Head**

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries











### **Face**

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes



### **Hands**

-  Lightweight gloves
-  Heavyweight winter gloves






### **Body**

-  Hiking shirts
-  Long-sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants








### **Footwear**

-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)





### **Essential gear**

-  Backpack or daypack (Size depends on whether you take porter or not)
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 degree bag is best for high altitude trekking)

## Toiletries

-  Medium size drying towel
-  Toothbrush
-  Toothpaste
-  Deodorant floss
-  Biodegradable bar soap
-  Nail clippers
-  Small mirror

## Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

## Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
07 Jul, 2022 - 13 Jul, 2022	\$650 \$360
11 Jul, 2022 - 17 Jul, 2022	\$650 \$360
14 Jul, 2022 - 20 Jul, 2022	\$650 \$360
18 Jul, 2022 - 24 Jul, 2022	\$650 \$360
21 Jul, 2022 - 27 Jul, 2022	\$650 \$360



## Discovery World Trekking

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Quick Questions? Email Us

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