NEPAL

EXPLOIT ADVENTURE - LIBERATE YOUR TRUE SELF

“GREAT MEMORIES ARE CREATED WITH NEPAL PYRAMIDS”
EARTHQUAKE 2015

Our deepest respect to all our guests (tourists) for their generous support in rehabilitating us and our country— in fact now we have more admiration to all who did join hands and went an extra mile to support Nepal in times of suffering, Thank You. Next biggest support to help us to let us rise would be your pleasant visit to our country. So let’s get together and help us rise.
“YOUR EPIC QUEST FOR NEPAL”

NAMASTE

We are very thrilled to welcome you to once-forbidden land, the Himalayan realm of Nepal and experience the time honored history and legends which are immensely phenomenal. Nepal still has so much to offer in terms of diversity that still flourish in great harmony even in the midst of modernization and the tragic 8.2 scale earthquake that hit Nepal on the 25th of April, 2015. Since we believe in the right to travel, Nepal Pyramids is here to craft your dream into reality assuring you a trip extraordinarily out of the world with quality service value for money, comprehensive flexible packages with unbeatable price - without any hidden cost, hassle free vacation with closer outlook to local culture, ancient hidden valleys and imperial hills and mountains.

Attain your travel experience with Nepal Pyramids, typically a Nepalese local company, government certified and administered by skilled local professionals. We are incomparable and we stand out from the rest with our trustworthiness and diverse prospective.

Since we are a responsible company we fully understand and respect the principles of responsible tourism and we always give our utmost to minimize the negative social and environmental impacts. Finally, we provide you with fundamental trekking gears saving you from all the hassle of buying expensive gears. Ultimate holiday!!! Guaranteed...
We are genuinely very concerned about how challenging it is for anyone to pick one among unreasonable amount of trekking companies that exists in our country but we are here so resolute to transform the fashion of age-old trekking culture by making each of our trips more adventurous. Nepal Pyramids is a registered; government licensed local Trekking Company based in central Kathmandu, traditionally known as the ‘city of temples’ and the capital city of Nepal. Administered by the team of trekking professional we organize trips in Nepal in all facets of events with exceptional service, competitive price and at the most reliability.

We are in all actions to give you the experience of a life time with enhanced excitement - promising you an extraordinary trip amid remarkable dwellings, witnessing beyond belief surroundings with Shangri-La like setting and time honored history.

Significantly, its value for money without any hidden costs.

As a local company we aspire to put up our own distinguished hallmark to which we aren’t hesitant to compete in the global market with international standard service. We provide fundamental trekking equipment’s like sleeping bag, fleece liner, warm down jackets and duffle bag making your holiday exclusively hassle free.

Worrying is out of question as we are here to help you with your Nepal dreams of things you always crave to do, places you want to visit and cultures you want to experience. Your contentment is what we guarantee and we are ready to go an extra mile to achieve this objective.
Nepal is a small landlocked, the youngest republic country which is bordered by China to the north, and by India to the south, east, and west with an area of 147,181 square kilometers. Nepal has a population of roughly 30 million according to 2014 census and approximately 3 million living in Kathmandu, the capital city and the country’s largest metropolitan city. The population consists of about 101 ethnic groups and over 92 languages are spoken with several tribal groups having their own distinctive language. Nepali is the official language which is spoken and understood by majority of the population. It is by far a Hindu nation as more than 80% people practice Hinduism. Nepal being the birth place of Buddha, Buddhism is the second biggest religion. It is rich and unique in its culture which is a blend of Indo-Aryan and Tibeto- Mongolian influence.

Out of 14 highest peaks in the world Nepal has eight 8000m peaks including Everest, the world’s highest mountain. The altitude variation of Nepal is very unique unlike any country in the world, from 59 meters from sea level in the tropical Terai to the south it goes as soaring as to the highest point of 8848 meters to the north.

In the midst of modernization and the western influence, prosperous culture still thrives among the Nepalese. Though they live under diverse geographical condition yet they are in general the peace loving people always with a smile in their face. They always welcome you as special guests with traditional salutation of “Namaste”, a universal greeting. Besides, all the picturesque exquisiteness and high mountain the greatest characteristic of trekking is to interact with the local people who have a tough life style, but despite that they are very friendly and has positive outlook towards life and enjoy every seconds of their existence.

Though Nepal is still under the rehabilitation process for the April 2015 Earthquake and the slow pace of government relief efforts, with bereaved families and many remote communities yet to receive the required aid yet it is very strange to see the Nepalese being very cheerful and welcoming. Happiness among the people of Nepal masks the sad realities of the country - as we believe in the phrase “we never know what tomorrow brings, today is a good day to be the last – let’s be HAPPY”.

NEPAL AND ITS PEOPLE:
Responsible tourism is not about staying in a five star eco-friendly hotels or eating organic food in super expensive restaurants - it’s more about engaging yourself in a dignified way to construct a better place to visit. We believe in being different and we take pride in our environmental legacies so we open up our excitements without limiting our exploration but in a more responsible way.

We consider responsible tourism is something very simple since it’s all about supporting local people, respecting their culture and being easy on their native soil and that’s all we need to do. It’s all about personal understanding, learning and experiencing - which undoubtedly is more than just mere looking.

Nepal Pyramids is devoted to invent the system of tourism that is environmentally friendly and has constructive impacts over our fragilities. In each of your trip visitors are endow with an opportunity to make a significant connection with the local people and recognize their cultural, social and environmental issues. Significantly, for the welfare of the porters we provide essential equipment as per the status of the trip and give our best to educate their kids who are in real need of aid - who are being deprived of the education right due to financial difficulties.
TRIP FOR WELFARE:

Your holiday with us contributes somebody a chance to educate, a pleasure to shelter and a privilege to medication. Every time you book one of our holidays, some amount from your package goes to the welfare of the underprivileged children for their education, general medication and rehabilitation of their homes that got devastated after the 2015 earthquake which is yet to be fully built. We also have Porters Children Education Campaign where we are giving our utmost to give education to Porters kids who are deprived of education rights due to financial complications. Starting with the number of five kids we have started our venture to educate these innocent minds and hopefully with your support we would with conviction get to the most of it.

We hope if only others in our industry would do the same and walk hand in hand to the welfare of these ignorant minds, who are indeed our tomorrow so that in the near-term years we can give thousands deprived local children a greater life prospect.
LEADERS:

It's been truly said that any trip can be made or broken by the quality of the Group Leader or Guides; to this regard we give you the best of our local leaders who are proficient in delivering their responsibility with utmost care and concern. Their professionalism, dedication and their knowledge for local environment is evident from all the excellent feedbacks from our previous clients. They are fun with all their local secrets.

They have undergone an extensive training in the field of First Aid, Emergency situations and Medication and are very well with the knowledge of dealing with any mountain ailments, hazards or life threatening situations. Furthermore, they are equipped with Oxygen cylinders, medications and Oxygen Chamber Bag for just in-case circumstances. Additionally, all our Assistant Guides go through basic medical training that includes – mountain ailments, operating oxygen cylinders / Oxygen chamber bag and dealing with emergency situations.
EXPERIENCING LOCAL:

Nepal Pyramids offers you a once-in-a-lifetime authentic Local experience, while still ensuring you to see things that you’ve travelled so far to see. It’s strange why travellers around the world tend to choose a common place and common things to see – is it because it’s incredible or because everyone else is there? In fact we simply miss or overlook what local, who are always around you are doing, what they are eating? What they are wearing? and where’s their usual hangout places? This is the reason why we truly believe in ‘travelling like a tourist and living like a local’ strategy being rightly open to real local authentic trip.

Isn’t it simply wise to get away from your comfort zone and book an adventure that gives you a true local experience? Wouldn’t it be great to have local Leaders and local staff catering you and exchanging their native experience and stories? Isn’t it incredible to visit native house and experience the local practices? Locals offer a perspective you’ll likely never receive from a mainstream tour operator. They are always there to serve you with their favorite spot, secret places with the best views and stories that are never mentioned in the guide books. Learning few Nepali key words or phrases assists you a lot and the locals respond more politely and positivity when they see you trying to learn our language. So experience the moments, the people and the culture around you with Nepal Pyramids, volunteer with us and give yourself a chance to reach out and support the local population and see the unexplored areas of our country. Toss aside your guidebooks and do like the Nepalese do, respect local tradition, try the local delicacies, connect with people, learn new things, and allow yourself to go with the flow and see where it takes you. Stop worrying and get ready to say yes to do things that you have not planned or prepared and get lost where locals live and hang out.
WHAT YOU NEED TO KNOW:

LEVEL OF FITNESS:

Level of fitness is required for trekking which is exclusively physical. Here we are not asking for something hardcore as we don’t consider trekking to be a contest to demonstrate your level of fitness. It’s a holiday being with nature, local environment and in wilderness, yet few weeks of physical homework is required to support you while enjoying your freedom. Nevertheless, to make your holiday not so much of a sweat draining, we have well designed itineraries and we always keep up with our convenient walking pace giving you an ample time to take pleasure in each of your step. Our mantra with three ‘S’ is Slowly, Steadily, but Surely.

MOTIVATION (MENTAL/PHYSICAL):

The most significant factor while trekking which is overlooked quite often is ‘motivation. Mental preparation is inseparable from physical, it’s your mind and not your body that determines what you are capable of doing providing you with goal-oriented behavior. If you want to succeed and make your freedom of trekking the most pleasant of all then inspiration to know your potential and significantly believing in yourself is important. While trekking, simply providing you with our professionals isn’t enough to guarantee you a safe passage to what you are doing, in fact it’s you and your positive outlook that make the whole thing go exactly the way you want.

CAPTURE MEMORIES:

Nepal offers you with ample opportunity for photography which has so much to present you with its stunning and spectacular scenery and its respectful people. Nepal has never failed to lure the professionals and has actually served as a platform for emerging photographers. Taking away the pictures of innocent faces of Nepali people is an excellent opportunity but some are with religious belief against being photographed so it is always polite to ask for permission first. Nonetheless, batteries die very soon in the cold temperature environment so it is always sensible to carry extras though you have charging facility in almost every trekking destination in Nepal.
CULTURAL DELIBERATION:

In the midst of great social transformation, Nepal still thrives as very spiritual and conventional country. Though foreigners are treated with great respect and as a special guests yet, in return they are requested and expected to respond to our fragile social norms, customs and tradition in a very sensible approach.

TIPPING:

Finally, at the end after we are done with our trek there is a trekking practice we call it “Tipping”. Well, as you know that the local staff both porters and Sherpa’s who works incredibly hard look forward to something at the end of the day. In fact tipping isn’t something that we introduced, it’s a trend that was set here by the foreigners like you to which these people (porters) are fond of working with the tourist and the trekking companies. But again, tipping isn’t something that we make mandatory, it’s absolutely personal matter and entirely optional. Basically its 10% of the trip cost, per trekker but you can always tip considering the service that you have received from our company/staff.

As for your group leaders you can always do it once you arrive in Kathmandu.

A.M.S. (ACUTE MOUNTAIN SICKNESS):

Interpreting about the Mountain Sickness – in the early 1980s when trekking was just becoming popular in Nepal it was quite dreadful to witness someone die with what it seemed like the flu or chest-infection or pneumonia because it wasn’t diagnosed then as Altitude Sickness. Even after all the extensive medication that we have these days it is still tragic to see mountain sickness among trekkers which is simply because many people are ignorant of the real fact and hazards of going to high altitude.

AMS occurs due to failure to acclimatize to high altitude. When you fail to acclimatize, the body emits a kind of a fluid that collects in between your body-cells and eventually accumulates either to your Brain or to your Lungs. This sickness is reported at any altitude above 2800m.

Your group leader will brief you on altitude sickness prevention and above all he will be there to assist you with prompt measures of medication and oxygen related equipment’s before any serious health catastrophe. Above all, to minimize the effect of altitude Nepal Pyramids has designed all our itineraries to such an extent that the ascent is slow and not very fatiguing. However, there is a wise saying that “it’s not altitude that kills people, it’s the fear of altitude”.

What you can do to get away with Acute Mountain Sickness (AMS)

- Walk very slow, give time for acclimatization.
- Do not make regular or too fast Ascent.
- No Alcohol and Sleeping pills.
- Maintain your body with adequate fluids, at least 3 to 4 liters a day.
- Do not miss any of your acclimatization excursions.
- Follow the advice of your group leader.
- Descend if you suspect any severe symptoms.
- Stay away from getting cold.

THINGS TAKEN CARE OF:

As Nepal Pyramids believe in the right to travel we take the stress of all the hassles in organizing the essential things required for your holiday. Set aside your guidebooks and maps as your proficient Group leader will be doing the exceptional job of catering you with answering your queries, dealing with mountain ailments, daily briefing and telling you all the untold stories and legends not mentioned in the book or map. Worrying is out of question since accommodation, permits and transportation will be all prearranged prior to your arrival to Kathmandu.

WHAT IS INCLUDED?

- National park entry fees, conservation fees, trekking permit, TIMS permit.
- Airport pickups and drops facility on both Domestic and International flights.
- Three star twin bed sharing hotel Accommodation in Kathmandu or Pokhara on Bed / Breakfast basis.
- Half day guided city sightseeing with paid entrance fee.
- All Government and Local tax.
- Domestic flights as per the itinerary.
- Fundamental trekking gears like sleeping bag, down jacket fleece liner etc.
- All Ground transportation to and from preferred destination as per the itinerary.
- Teahouse accommodation or tented camp as per the trek.
- Meals (Lunch, dinner, breakfast with hot beverages) during trek.
- An accomplished trekking Group Leader and assistant guides.
- Oxygen cylinders and an all-inclusive medical kit on all trips.
- Take away Nepal Pyramids duffle bag, T-shirt and trekking Map.
- Porter service.
- Porters’ Clothing.
ACCOMODATION:

The hotel accommodation in Kathmandu and Pokhara would be a twin bed sharing room in a 3 star hotel on bed and breakfast basis, single supplements would be provided as per the requirement on trivial additional cost. While on trek accommodation in the teahouse will be basic as per the availability and the trekking destination on twin bed sharing room with common toilets. Rooms with attach toilets and single supplement will be provided depending on the availability as not all trekking destination in Nepal offer single supplement due to the limitation of teahouses over the restrictions and obligations of National park rules and regulations.

TRAIL:

Nepal being a Hilly country involves great amount of ups and down walking. Furthermore, trekking in any part of Nepal includes remarkable walking into a series of rocky steps, boulders and rock-slabs. However, any trekking trails to Nepal's destination isn’t something that would require a technical experience other than being slow and taking pleasure. But despite all these, the beautiful panoramic views of the towering Himalayas and stunning cultured villages with thousands of centuries-old terraces cut in the hill which the locals use it for farming - gradually you will apprehend the magic of Nepal and appreciate why trekking is the ultimate holiday.
A TYPICAL TREKKING DAY:

Our everyday program normally starts with a wakeup call at about 6:30 to 7:00am depending on the summer/winter day-stretch schedule and also subject to the distance you will be walking that particular day. Our Sherpa (assistant guides) will take the order for your breakfast that will be organized by the time you finish your washing and packing. Soon you are done with your packing you are always to leave your duffle bag just outside your room-door so that it will be easy for the porters to pack up and leave early at the head of you. This is basically to make sure that, for your convenience, your luggage reaches the camp before your arrival.

After breakfast, we will set out on our delightful trip in the beautiful cool morning with so much to do and see on the way. Usually after 2 and a half to 3 hours walking, depending on our pace, we reach the local settlement where we take a break for lunch followed by hot beverage. Generally food preparation takes time based on where we are and the availability, during which time people tend to relax, chat, read books etc. After lunch we continue with our trip and around early or late afternoon we get to our destination where afternoon tea will be served by the Sherpa’s before they hand out your room key or lead you to your camps. Your afternoon stroll is governed by the time we get to our destination. Soon the dinner order will be taken and evening is typically exciting sharing your days stories, playing cards with the staff or merely chatting.

Make sure you get your bottle in the dining hall as our staff will be filling up your bottles with properly boiled water for drinking. After the dinner your Group Leader will give you the detail briefing on the next day’s program on the time duration, trail condition, village en-routes, facility etc. Based on next day’s stretch your assistant guides may take the breakfast order that very night.

GLORIOUS FOOD:

Beside the welcome dinner on your arrival breakfast is included in the city accommodation specially Kathmandu and Pokhara. While on trek we provide you with breakfast, lunch and dinner with hot beverages and every day we try our best to vary the menu as much as possible providing nutritious, plentiful and tasty. In our teahouse trip
we will eat all the meals in Teahouse and our staff will make sure that your food is prepared with hygiene. We can also cater for specific dietary needs if you advise in advance besides our delicious mixture of Nepalese, Indian, Chinese and continental food. On camping trips our trained and experienced cook caters hygienic varieties of meals to enthrall you even on mountain under less than ideal conditions.

**TREKKING CREW:**

**GROUP LEADER:** we provide you with accomplished local group leaders fluent in English, responsible, committed to work and have obtained guiding license from Nepal Government. They have undergone and extensive training over first aid, medication and emergency situation. They will be there to cater you right from the day of your arrival till your departure.

**ASSISTANT GUIDES:** all our Sherpas (assistant guides) are more of a co-leader who have the knowledge of region, basic medical and first aid awareness and are ready to replace the job of a group leader in cases of crisis.

**PORTERS:** all our porters are the ones who have been working with us since ages and are very acquainted with the region and the interested candidates are in the progression of learning the necessary procedure for the future up-gradation. Though these people come from below poverty line yet they are very reliable with an always incredible smile on their face.

**CLIMBING:** We will provide you a licensed, English speaking, professional climbing guide who recognizes the mountain and has indeed bragged ages of climbing experience. Beside, we will have a proficient cook and a kitchen helper to provide you with enchanting food while camping.
Nepal is a beautiful country rightfully called a paradise on earth. Here we are listing the most fun and interesting facts about Nepal. The most baffling fact about Nepal is that all of the following happens within the limited area of 147,181 sq. km (56,827 sq. mi) and within the extending length of 885 km (550 mi) SE – NW and the width 201 km (125 mi) NE – SW.

**GEOGRAPHY**

- Nepal has 8 out of the world’s 14 highest mountains including the Mount Everest.
- In a span of 100 km going from South to North at any part of Nepal you can experience hot tropical climate to bone chilling Artic type weather with altitudinal variation that ranges from 70 meters to 8848 meters.
- Nepal boasts over the most thrilling places on the earth such as the highest lake on the earth (Tilicho 4800 meters), the deepest gorges (over 6000m) in Kaligandaki, the highest valley on earth (Arun valley) and the tallest grassland in the world in Chitwan.
- Kaligandaki is the river older than the Himalayas. Therefore, it acts as a major ecological dividing line of the whole eastern and western Himalayas.
- Nepal is a four season destination.
- Nepal is called an Amazon of Asia. The hidden treasure of its rich biodiversity is not yet fully explored. Many new species could be discovered from Nepal.

**BIO DIVERSITY**

- Nepal has more than 360 species of Orchid which constitutes over 2% of the world’s orchids.
- Nepal has 8% of the total species of birds found in the world.
- Nepal comprises 6% of the world’s rhododendron species.
- Nepal harbors 5980 species of flowering plants which covers 2.4% of the world’s total. Over 250 species of the flowering plants are endemic in Nepal (i.e. It is not found elsewhere else in the world.)
- Kaligandaki is the river older than the Himalayas. Therefore, it acts as a major ecological dividing line of the whole eastern and western Himalayas.
- Nepal was never been under any foreign invasion. Thus Nepal does not have an independent day because Nepal was never colonized. Nepal is also the oldest country in South Asia.

**CULTURE, LIFESTYLE AND PRIDE:**

- Nepal has the only living goddess in the world called Kumari. Kumari literally means virgin in Nepali.
- Nepal has one of the best habitats for Snow Leopard.
- SuklaPhanta in West Nepal harbors the world largest herd of Swamp deer.
Heritage Sites. Kathmandu valley alone has 7 World Heritage Cultural sites within a radius of 15 kilometers. No wonder Kathmandu is called the living cultural museum of the world.

◆ Nepal is the only country with a non-rectangular flag. The current flag has been in place since 1962 although the basic design has been used for over 2,000 years in Nepal.

◆ People in Nepal greet one another by saying “Nasmaste” or “Namaskar” with their palms together and bow their forehead. Namaste is directly translated as ‘I salute the God in you’.

◆ Elephant polo game was originated in Meghauli, Nepal. Tiger Tops in Nepal is the headquarters of elephant polo and the site of the World Elephant Polo Championships.

◆ Some of the highest permanent human habitat in the world exists in Himalayan region of Nepal.

◆ Nepal has over 80 ethnic groups and 123 Languages.

◆ Nepal opened its borders in 1949.

**ENVIRONMENT:**

◆ Over 19% of the total country’s landmass is protected under National Park and Protected Area in Nepal.

◆ Shivapuri National Park at Budhanilkantha in Kathmandu is the only World’s National Park close to the capital and international airport.

◆ Multi conceptual park management system was first successfully implemented in Annapurna Area and now ACAP is the world model for conservation and sustainable development.(1986)

◆ Under developing country like Nepal and with abundant ancient infrastructure, it is the first in the world to survive 8 magnitude earthquake with minimal human and property damage.

◆ World’s best weed (marijuana) grows wild in Nepal. Especially in rural area. Though it’s not legal yet marijuana grows almost everywhere in Nepal and is used basically for animal digestion ailments.

**ADVENTURE:**

◆ Gosainthan (8046 m) is the Nepali name for Shisha Pangma, the 14th highest peak in the world that falls in Tibet.

◆ Nepal boasts few of the world’s most popular trekking trails such as Annapurna Circuit trek and Everest Base Camp Trek.

◆ Nepal is one of the best arenas for Extreme & Adventure Sport tourism such as mountaineering, cannoning, paragliding, mountain biking, kayaking, rafting, bungee jumping, high altitude marathon etc.

◆ Karnali in Simikot is one of the best rivers in the world for kayaking and most of the upstream Nepalese rivers offer the best rapids for white-water rafting.
WHAT TO BRING, CARRY WITH YOU: (GEARS)

Nepal Pyramids delivers you with complimentary duffle bag, warm sleeping bag, down jacket, and fleece liners for all trips. However, we recommend the following items for a typical multi-days trekking in Nepal. Since you have the luxury of Porters the size of your daypack can be reasonable that can take your personal valuables along with camera, rain gear, minute snacks and one warm light weight jacket/pullover. Meanwhile, the weight limitation in our domestic flights is only 15kg / 33pounds it is very wise to pack sensibly. However, you can buy the missed out gears once you arrive in Kathmandu.

HIKING EQUIPMENTS

- Backpack (reasonable size convenient to you that can take your personal supplies including valuables, rain jacket, camera etc.)
- Hiking boots (Gore – Tex, ankle support and break them in prior to your adventure)
- Trainers (at the end of the day everybody wants to get off their heavy boots)
- Woolen socks (bring a few pairs of varying thickness)
- Lightweight trekking pants (for day time walking)
- Trekking shorts (depending on the time of year you are trekking in Nepal)
- T-Shirts (lightweight wool/ half and full sleeves is great)
- Long underwear/Wool thermals
- Fleece jackets or pullover
- Waterproof jacket and pants or Rain Poncho.
- Gore-Tex pants for high elevations chill factor.
- Light weight Jacket
- Winter and Summer hat
- Winter gloves
- Underwear

PERSONAL SUPPLIES

- Water bottles (minimum of 3 liters total capacity)
- Baseball cap (to ward off the strong sun)
- Trekking poles (gives extra backing to your joints)
- Sunglasses (necessary for both sun and snow)
- Head lamp with extra batteries
- Reading materials (Kindle may be best to minimize the weight limitation)
- Journal and pens
- Camera with extra batteries
- Gators (though not mandatory)
- Sun screen 30+
- Toiletries (toothbrush, toothpaste, deodorant, floss, sanitizer, etc.)
- Face/body wipes
- Throat lozenges, lip balm
- Prescribed medication
- Extra passport photos and photocopies of your passport.
Is Nepal safe?

Nepal is doubtlessly the safest destination to travel. Tourist or facility related to tourism has never been targeted or hindered even in times of emergency or strikes. After the 2006 peace treaty between the government and Maoist that ended the Nepalese civil war has shaped Nepal to be the safest place where now tourist can walk off to any destinations without any interference.

Any effects of 2015 Earthquake on trekking destinations?

1) Out of 75 districts only 10 districts are affected by earthquake so 65 districts are safe to visit and stay.

2) As Nepal has 10 National Park only one (Langtang National Park) is affected other 9 National Park are safe to visit and stay.

3) As there are 8 UNESCO world heritage sites listed from Nepal 3 sites of them are 40% affected and other 5 sites are safe to visit and stay.

4) As for the connection of transportation there is 0% damage in Highways and sub-ways so you can travel around and get transportation connection. No communication facility was injured. Hospitals and clinics are safe and in operations.

5) Out of 35 trekking routes only 2 trekking routes are affected (Manaslu –Gorkha and Langtang-Rasuwa) whereas 33 trekking routes are in healthy shape. 90% hotels are safe and are under operation. Our international airport and domestic airports are without any injuries and are functional.

6) Trekkers have and are still travelling to paradise like Nepal even after the 2015 earthquake. There are rumors about the Nepal Tourism coming to an end after the earthquake but it’s all fictitious. Risk assessment has been done and it’s fully functional.

Can I obtain Nepal visa on arrival or online?

Yes, you can obtain Nepal tourist visa on your arrival at Kathmandu International Airport. In fact for some countries Nepal visa is to be prearranged from their country itself prior to their entry to Nepal. For more details please check ‘Visa Information’ in our website.

Any immunization required?

Any sort of vaccination is not mandatory while visiting our country. But we strongly suggest for a personal medical consent before you sign up for ‘Visit Nepal’ packages if you have any pre medical history.
Is pick-up and drop facility included in the package?

Yes, your group leader will be there catering you from the day of your arrival till departure. They are there to welcome you, cater you all through the trip and seeing you off in the airport.

Is trekking tough?

There is a beautiful saying, ‘if you want to come up with any new ideas, go walking’. Trekking in the wilderness of Nepal has so much variation and also depends on the choice of your destination. Terrain varies from effortless to strenuous plus yet with a very well organized itinerary and enough time for adaptation makes a difference in the genre of trekking.

What physical preparation is needed for Nepal trek?

As for the level of fitness and trek preparation we suggest that trekking in Nepal mountains is not appropriate for someone with very weak ankles, knee, heart or lungs problems and for all these your doctors advice is obligatory. But even the kids of early age to the adults of over 70 have walked to varied landscapes of Nepal. However Nepal Pyramids itinerary are so designed that the walks are short and attainable. Nevertheless trekking is not a walk in the park, it includes tremendous amount of ups and downs so to prepare for any trips in Nepal you need to train yourself with the everyday undulating walking with the amount of weight you are thinking of carrying while on your trek.

What are our leaders like?

Since Nepal Pyramids employ professional, qualified and competent employees- all our group leaders are very well with English and medical knowledge who would be catering you from the day of your arrival until your departure. They hold a Guiding License certified by the Government of Nepal and Nepal Mountaineering Association (NMA) which makes them legitimately professional. They being typically local have advance knowledge about the culture and history of the region and are always ready to go an extra mile to give you the necessary information. Besides facilitating you with the incomparable service they are there to ensure that all our local staffs (porters and assistant guides) are very well looked after.

What if I am very slow in the group?

We are of the notion ‘keep up your own pace’ with absolutely no pressure on your holiday. Other than your group leader you will have assistant guides in your group. Your leader will sort out assigning each of his assistants in the group systematically while he takes responsibility for the slow walking people being at the tail of the group making it utterly non strenuous. With Nepal Pyramids everyone has the right to relish their adventure with no stress of catching up the group. Nevertheless, your leader would be counseling everyone in the group to stay together and walk collectively as a team.

What am I to do with my valuables and left luggage?

Before we depart all your left over luggage is to be deposited in the safety store which is made available by the hotels itself, make sure you get a baggage tag from the hotel. The hotel has safe deposit box for your valuables or you can give it away to Nepal Pyramids office and can claim it effortlessly after finishing your trip, though our group leaders will be there to assist you.

What is the weight limitation on domestic flights?

The maximum weight limitation is 15 kilograms.

What is the drinking water facility like?

Nepal being the developing county water is out of hygine in the cities. It is always safe to buy mineral water bottles while in the cities. Since there are too many brands it is always safe to get it from the departmental store as they are only sanctioned to procure water from the genuine mineral water suppliers. Besides boiled drinking water provided in your hotel rooms is out of harm’s way. However, it is safe drinking water in the trekking areas, yet we recommend not to make an effort with new water diets.

While on trek Nepal Pyramids strongly oppose the use of plastic mineral water bottles for environmental concern so your local crew will supply you with properly boiled water throughout your trip and discourage drinking plastic bottled water. We suggest you to bring at least 2 metal or plastic Nalgene bottles so that you can have enough to last the duration of the day. Besides you can use the hot bottles in the night as hot pack in your sleeping bag and can still drink it during the day when it’s still warm.

What is the food and accommodation like while on trek?

While on every trek in Nepal Nepal Pyramids uses the best family oriented lodges with twin bed sharing rooms with clean common toilets and occasional rooms with attach toilet bathrooms. Lodges are at its best offering you the comfort experience and its typical local environment. You have variety of choices for the food and most lodges prepare food better than most restaurants in Kathmandu. So far there has not been any complaints whatsoever in regards to food and accommodation provided by us.

What am I to bring / carry with me?

Depending on the weight restriction on most international airlines and limitation of 15kg in our domestic airlines it’s always wise to minimize your weight limitation. However, you will receive a trip
dossier with specific detail list on what you need to bring. While on trek you will be carrying your day pack containing your valuables and essential gear for the day, whereas your entire gear goes into the company provided duffel bag to which you will have access only once you get to your destination.

What are common mountain ailments?

Each year thousands of trekkers come to Nepal and do Tea-House Trekking and at the end of the day they come up with horror stories regarding bad treks, food poisoning, stomach problems and altitude sickness – and honestly most of which are true. In regards to precaution to all these ailments your group leader will update you with preventive measures of choosing the right food, maintaining the precise pace while walking etc.

Procedure in case of emergency?

Nepal Pyramids provides professional group leaders to cater you who are very well with mountain ailments, first aid, medication and emergency procedure. They are capable of dealing with mild to severe circumstances in the wilderness. In cases of severe emergency where evacuation is essential, the company will organize a rescue operation for which the victim is to pay once they are in the safe zone. Further, necessary paper-works will be handed over to the casualty for the insurance claim.

What is the tipping guideline for leaders and porter?

Tipping is entirely a personal matter. It is not a custom but a good way of saying thank you and appreciating someone’s work who have had a crucial part over making your trip. Despite our staff being very well paid, tipping adds up more to their effort. However, the culture of tipping has indeed lured thousands of underprivileged people into the field of tourism either as a porter or Sherpa’s. We recommend 10% of your total trip cost which is to be distributed among the staff and your leader.

How do I book a trip with Nepal Pyramids?

You can simply select the desired trip and contact us in the given e-mail address to exchange any queries. We are very pleased to entertain you with any of your requirements and inquiries. Finally all you have to do is finish our booking form and pay non-refundable US$200 per person as a confirmation deposit which will be deducted while paying the remaining trip cost in Kathmandu.

Since the bank charges 4% extras over any bank cards payments which are quite high, we request you to pay your remaining payment in cash or Travellers Cheques.
Though Nepal’s climate varies with its geography and altitude, its monsoon is affected by Bay of Bengal in India, the world largest bay making June till September very wet and humid. Monsoon is probably not the real off season for people who fancy coming to Nepal. During this time Nepal Pyramids operates number of trek to upper Mustang and upper Dolpo which is a rain shadow area and monsoon is the perfect time to visit these very cultured and untouched places.

SEASONS:

Nepal has four distinct seasons.

**Spring (between March – May):** The temperature will be moderate giving you the plenty of opportunity with stunning mountain views and picturesque landscape. It’s more of a very ideal time for expeditions where mountaineers from different parts of the world come to summit varied peaks of Nepal. In addition, spring is real time for different floras giving anyone abundant prospect to understand the exquisiteness of natural surroundings.

**Summer (between June – August):** This is the monsoon and summer season in Nepal where the weather is hot, humid and wet. It’s literally off season and not a very favorable time to trek in Nepal other than the rain shadow area of Upper Mustang and Upper Dolpo.

**Autumn (between September – November):** This is the longest trekking season and considered the best period for trekking in Nepal. This is the finest season where beautiful days are certain offering you clear skies and outstanding mountain views. In addition, the popular Hindu festivals fall in this season where anyone can participate and witness the splendor of celebration.

**Winter (between December – February):** this season is particularly encouraging for those doing the lower elevation foothills treks. Despite the cold temperature the weather is very promising presenting you with clear blue skies without much hindrance from the monsoon clouds and gives you marvelous advantage of being in the less crowded trails and tea houses.
POONHILL/GHOREPANI TREK:

PROLOGUE:

Poonhill / Ghorepani trek is a small circuit trek giving you ample opportunity to witness the majestic Annapurna range, the spectacular landscape and to understand the culture of the western people popularly known as GURUNGS. It’s one of the highlight of the Annapurna region that in reality connects the great Annapurna Circuit Trek.

DAY 1: IN KATHMANDU (1400m/4593ft)

Soon you land in Kathmandu airport your group leader will be there with Nepal Pyramids sign board to greet you and transfer you to the hotel. Despite, the capital city of Nepal certainly being the busiest with hectic traffic it undoubtedly has a strong appeal with local splendor and vigorous activities around, where you can simply relax and take pleasure in the fun of driving through the unfamiliar roads.

◆ Pick up from the international airport.
◆ Transfer to hotel Shakti by your Group Leader.
◆ Short preliminary briefing.
◆ Arriving early gives you an opportunity to explore Kathmandu.
◆ Welcome dinner and getting to know each other.

DAY 2: IN THE CAPITAL

Today would be the most exhilarating day where your leader introduces you to our city tour expert who guides you to the most pious Hindu and Buddhist religious place that are listed in the world heritage sites and elucidates you the entire mysticism over its existence.

◆ Breakfast depending on your choice and preference.
◆ Meet-up at 9am for the tour.
◆ Visit to BoudhanathStupa and Pashupatinath.
◆ Lunch on your preference.
◆ Getting together for trek briefing as per the time given by your leader.
◆ Distribution of company’s trek equipments.

DAY 3: DRIVE TO POKHARA (820m/2690ft)

Driving to Pokhara, the second biggest city of Nepal, in a tourist bus or the private van as per your requirement is very entertaining giving you ample opportunity to know how locals live up to drive through these winding roads in local bus which are often enormously packed.
6 hours drive.

Early drive to Pokhara to skip any uncertainty of traffic jam.

Fabulous scenery as you navigate through this new roads.

A very relaxing multiple breaks gives you time to stretch and enjoy.

Lunch stop in one of the highway restaurant with its excellent food choices is very comforting.

Being in Pokhara unlike Kathmandu will definitely add more excitement to your anticipation.

**DAY 4: DRIVE TO NAYAPUL AND TREK TO GHANDRUK: (1940m/6364ft)**

- Approximately 1 and ½ hour’s drive on narrow paved road to Nayapul, the starting point of your electrifying expedition is sincerely adventurous.
- Approximately 5 hours walk to Ghandruk, the biggest Gurung rural community in the region.
- Drive to Nayapul.
- 2 hours gentle walk to the beautiful settlement of Syauli Bazaar for lunch.
- 3 hours of vertical ascend through the series of villages.
- The scenic beauty, deep gorge and farming terraces at the backdrop is phenomenal.
- Overnight stay, fabulous dinner and briefing by your leader along with number of alluring narratives.
- Great view of Annapurna South, Hiunchuli and Machhapurchare (fishtail) mountain.

**DAY 5: TREK TO TADAPANI: (2630m/8628ft)**

- 3 and half to 4 hours walk through the beautiful forest of Rhododendron, Maple, Oak and number of other floras.
- Wake up call as set by your leader.
- After breakfast today’s walk is pretty much on undulating trails.
- Most of the time you are in the shade keeping you away from the harsh day sun.
- Overnight stay in this small settlement is quite an experience.
- Landscape and mountain views are stunning.

**DAY 6: TREK TO GHOREPANI: (2860m/9383ft)**

- 6/7 hours walking through the beautiful Lord of the Rings trail set-up is overwhelming and getting to Gorepani the leading protected area in Nepal with the world largest Rhododendron forest is extraordinary.
- Unbelievable hike through the dramatic forest setup.
- Lot to see if you are trekking in spring.
- Lunch at Deurali (3090m/10,137ft) is another attraction.
- Walking down few hundred below to the blue roof settlement is electrifying.
- Overnight stay, marvelous dinner and chill out.
- Briefing by your leader and entertaining activities.

**DAY 7: TREK TO HILLE: (1460m/4790ft)**

- Morning sunrise view from Poon-Hill is one cherishing moment with panoramic view of mountains like Annapurna, Nilgiri, Dhaulagiri, Dhampus peak, Fishtail etc. Looking down upon the Kali Gandaki Gorge, the world’s deepest gorge is something remarkable.
- Early wakeupcall for the 45minutes excursion to Poon-Hill (3200m/10,498ft).
- Dazzling sunrise view that moves many emotionally.
- Breakfast and steep descent (1400m) down to Hille.
- Despite no mountain view Hille is admired for its culture and its farming terraces that dates back to ancient.
- Being it a last night fun activities follows with dancing, eating, drinking and tipping.

**DAY 8: TREK TO NAYAPUL/DRIVE TO POKHARA:**

- 2 and a half hours walk to Nayapul, the starting point and depending on your preference the leader will organize your lunch. 1 and a half hour drive to Pokhara.
- End of your trekking days.
- Drive to Pokhara.
- As per preference your leader will assist you in your Pokhara activities that may include: lake explore and hike to peace pagoda, paragliding, zip lining etc. or its entirely up to your choice if you want to stay back and explore Pokhara for shopping.

**DAY 9: DRIVE/FLY TO KATHMANDU (DRIVE/FLY AS PREFERENCE).**

**DAY 10: TRANSFER YOU TO THE INTERNATIONAL AIRPORT.**
NEPAL: WHERE YOU TRULY BELONG

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NEPAL PYRAMIDS TREKKING AND CLIMBING (P) LTD.

Chapali – Bhangal – 2, Kathmandu, Nepal

P.O. Box: 832

Managing Director: MR. SUNIL GURUNG

Phone: +977 4370625

Mobile: +977 9851052003

Email: mail@nepalpyramids.com

Website: www.nepalpyramids.com