

ESSENTIAL INFORMATION



Nepal Treks

Pre-departure Information



INTRODUCTION

Welcome to your Women Want Adventure trek, Nepal! At Women Want Adventure, we aim to take the stress out of your travels so you can enjoy your trip to the fullest, ensuring you're appropriately prepared with regards to your fitness, cultural awareness, gear, and understanding of the nature of trekking in a developing country.

After all, the more prepared you are, the more relaxed you'll be, and the easier you'll be able to fully participate in what is sure to be a life-enriching experience.

These notes have been compiled to help with your trip preparation.

While all the information has been carefully researched, details may change from time to time due to circumstances outside our control or depending on the trip you have booked. Please read the contents thoroughly, and if you have any questions, do not hesitate to [contact us](#).

We're excited to support you to trek in what is surely one of the world's most stunning destinations – the ancient, mystical country of Nepal, nestled amidst the majestic peaks of the Himalayas.

ABOUT NEPAL

Perhaps the most thrilling of all the Himalayan nations and home to the highest peaks of that legendary mountain range, Nepal's vibrant culture and easy charm has attracted the adventurous-at-heart for decades.

Situated along the Himalaya's southern slopes, this landlocked Asian country is located between the Tibet Autonomous Region of China to the north, and India to the east, south, and west. Extending approximately 800km from east to west, and up to 90km north to south, its capital is the eternally evocative city of Kathmandu.

The natural and cultural draw-cards of Nepal are surprisingly accessible to travellers. Around 75 per cent of the country consists of mountain peaks, the most famous of which is also its highest, Everest (8,849m), summited by Sir Edmund Hillary and Tenzing Norgay in 1953.

From beautiful hilltop villages and natural vistas to places of devotion and World Heritage sites, Nepal offers a cornucopia of experiences for intrepid travellers. Our trips offer trekking from moderate to more challenging levels, for women looking to experience high passes, remote valleys, cultural villages, mountain altitude, and a real sense of wilderness.

In the Everest region, completing a camping style trek is on offer for those who prefer a more off-the-beaten track style route beyond the Everest Base Camp trail. If you're in Nepal for a longer period pre- or post-trek, you may wish to explore the area of Ganesh Himalayas, the mysterious landscapes of the Mustang region, the remote base camps of Kangchenjunga, or the traditional Tibetan culture of Manaslu. Our team have been on the ground exploring all these regions to help you with your trip planning, and our treks have been carefully chosen to encompass some of Nepal's best, most scenic regions.



ESSENTIAL FACTS

Capital city: Kathmandu

Arrival airport: Tribhuvan, Kathmandu

Population: 28,610,000 (2019 census)

Area of country: 147,181 sq km

Currency: Nepalese Rupee

Time difference from Australian AEST: 5 hours and 15 minutes ahead of Nepal

Popular dish: Dal bhat

Popular drink/s: Masala chai tea and Raksi (an alcoholic homebrew)

Power supply: 220v/240v

Official language: Nepali

Religion: Hindu 80.6%, Buddhist 10.7%, Muslim 4.2%, Kirant 3.6%, other 0.9%

Visa: Australians require a visa to visit Nepal. This can be obtained in advance or on arrival.



Did You Know?

The flag of Nepal is the only national flag in the world that is not quadrilateral in shape.



CLIMATE

While it's possible to travel to Nepal throughout much of the year, spring (March-April) and autumn (September/October/November) are considered the best windows for walking and trekking. Please note, Nepal's weather is notoriously changeable, especially between seasons. Rain and cool evenings during late September/Early October are possible.

Autumn is thought to be the best time to visit Nepal. With dry weather and crisp, clear skies, the mountain views are at their best. The countryside is green and lush, following the summer monsoon. However, during this period the popular trails can be busy, and flights book up quickly, so do book in advance if you want to trek in Nepal during the autumn with us or book pre-post trip experiences. Our trips are also designed in quieter, less 'touristy' locations to avoid crowds.



MAIN SEASONS



Winter days in Nepal are generally dry and bright, though at altitude the evenings will be extremely cold, and some high passes can be blocked by snow. Although a high-altitude trek may not be possible, winter can be a great time to visit Nepal, as there are fewer tourists. There are some fantastic walking and trekking holidays which are perfect for an adventurous winter holiday. You could spend Christmas day gazing at a perfect snowy mountain scene!



Spring is a popular time to go trekking in Nepal, as temperatures climb steadily, and the weather tends to be more stable. Trails are more crowded, however, and the skies can be a bit hazy at times. Spring features great festivals, including Holi in March and Nepalese New Year in April. The beautiful rhododendron and magnolia will be in bloom during this time.



Summer in Nepal is monsoon season, bringing hot, humid weather. As a result, most trekking areas tend to experience cloudy skies and rain, and trekkers seeking to experience certain regions of the Himalayas at this time of year, such as Upper Mustang or Nar Phu, are advised to trek in the "rain shadow" of the ranges. Internal flight schedules can be affected, and the mountain views are limited, even if the trails themselves are fine for trekking. The Yarthung Horse Festival takes place in June in Manang, as riders from the entire district and neighbouring Mustang gather to show off their skills.



Autumn is the most popular season for trekking, as the weather is usually stable, with moderate temperatures and clear skies. It does mean however that the crowds are at their largest as well, so bear that in mind. Big festivals like Dashain (October) and Tihar (November) also take place over the autumn period.

DOCUMENTATION / VISA

Tribhuvan International Airport is the only international airport of Nepal. On arrival, the visa procedure is generally very quick and simple. You can expect some queues during peak tourist season, but if you wish to skip those queues, you can also consider getting a visa from the Nepalese Diplomatic Embassy in Australia prior to your arrival.

Please ensure that your passport is valid for 6 months after your return date from Nepal or you may be refused boarding your international flight to Nepal and restricted from gaining an entry visa. It is also important to bring 2-3 passport-size photographs with a light background which are often used for permits, SIM cards, flights etc.

Visas can be obtained only through payment of cash in the following currencies: Euro, Swiss Franc, Pound Sterling, US dollar, Australian dollar, Canadian dollar, Chinese RMB, Hong-kong dollar, Singapore dollar and Japanese Yen.

You must pay in cash, and costs are AUD 40 for 15 days, AUD 60 for 30 days, and AUD 150 for 3 months. Credit cards, Indian currency or Nepalese currency are not accepted for visa payments.

To ensure a smooth arrival, please withdraw AUD cash prior to arrival. If you wish to extend your stay, you can extend your visa at the Department of Immigration in Kathmandu and Pokhara offices for total of 120 days.

Before arrival, you must complete and print the online application form by visiting online.nepalimmigration.gov.np/tourist-visa.

TRAVEL INSURANCE

Comprehensive Travel Insurance is a mandatory requirement for attendance on all our Nepal trips. The cost of medical, helicopter evacuation and/or hospital care can be very expensive. Your insurance policy should cover cancellation and curtailment, baggage loss or damage, emergency travel, repatriation, personal accident and evacuation from a remote area. It is your responsibility to ensure that you are fully insured before leaving home. Please send us your travel insurance number prior to departure.

Women Want Adventure is not liable for any cost or loss, directly or indirectly, from any personal disruption due to illness and COVID-19. Such costs or losses include but are not limited to: requirements to follow COVID-19 mandates, flights, accommodation, transfers, and other expenses incurred over and above the trip price. Once your trip has commenced there is no refund available for any portion due under any circumstances.

Ensure your insurance company covers you for trekking above 3000m.

You must provide evidence to Women Want Adventure that you have obtained the required personal travel insurance covering all of the activities you expect to participate in 70 days prior to trip departure.

Recommendations for travel insurance:

Fast Cover: [View link](#)

World Nomads: [View link](#)

TRIP BRIEFING

Before each trek, a trip briefing will be held for approximately 1 hour at Kathmandu Guest House at 4pm.

Briefing points will cover:

- Opportunity to meet the other women on the trip over a complimentary beverage
- Overview of the Nepal trekking itinerary
- Cross-check of required gear and clothing
- Distribution of duffle bags to place additional items not carried in your daypack
- Distribution and packing additional items into the duffle bags
- Explanation of what is best to bring and leave at the hotel
- Outline of inherent risks of the trip and our emergency procedures
- Cultural considerations
- Explanation of best hygiene practices while trekking
- Forecast weather conditions
- Confirmation of pick-up times for the following morning
- Opportunity to ask questions

Do I need to bring my trekking gear to the briefing?

You are not required to bring trekking gear to the briefing. However, if you wish to cross-check items, you are welcome to bring them along. As the briefing is at the hotel, you will be able to grab items if needed.

What is provided at the briefing?

Your guides and porters will provide you with a large duffle bag for additional items not carried in your daypack (see notes below). A duffle bag will be shared between 2-3 women and is large enough for each women's additional items.



GUIDES

Our treks are led by English-speaking local guides, as exploring in the company of a local is one of the best ways to really discover the culture, heritage and everyday life of a new destination.

Guides in Nepal have historically come from the Sherpa community (the word Sherpa refers both to an ethnicity as well as a profession), whose villages lie mostly in the Khumbu valley, at the foot of Mount Everest. These days trekking guides hail from all over and most communities having representation in the industry. Mountainous and Hilly terrain covers over 80% of the entire country so most communities are very familiar with the issues and risks associated with living and navigating this terrain in which we trek. Around 80% of our guides are Sherpas but we do also have guides from the Tamang, Newar and Brahmin communities.

Your local Nepal guide holds a trekking guide licence issued by either Nepal Academy of Tourism and Hotel Management (NATHM) or Nepal Mountain Academy (NMA), the two government recognised Licence issuers. In addition, we require guides to undertake a first aid course for which they are certified. Some of the guides we employ have over 25 years experience and are chosen depending on the planned itinerary, with each guide having more experience in certain regions of the country than others. The guide will then choose their own trusted porters to accompany them on their trip.



PORTERS

A porter in Nepal will help you throughout your trek by carrying additional items in a large duffle bag, provided to you at the briefing. This does not mean you should pack whatever you can get our hands on! The duffle bag is the one in which the most essential things for the trek are stored i.e., additional clothing for evenings, shoes, hygiene products, a book, sleeping bag etc.

Out of respect for the work of the porter, it is important to prepare properly for trekking and reduce the number of things we take with us. It is best to pack as if we had to carry it ourselves – this way it'll be easier for us to decide what we have to take and what will be unnecessary.

Porters most often come from the mountainous regions, so they are adapted to altitudes and, in most cases, feel great at 5,000m above sea level or higher. Even if we train in the gym, prepare for months and then go on trekking with a light day backpack, the porters will usually reach our destination first every day.

Depending on the group size and trip, you can expect a porter for every 2-3 women on your trip. We encourage women to carry most of their items in a daypack (35-45L) and outline exactly what you need (and don't need) in the packing list provided.

TIPPING

Should we tip our local guide and porters or at tea houses?

Yes. It is customary in Nepal to tip guides and porters. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. Knowing how to appropriately tip in any country can be tricky, and tipping in Nepal is no exception.

Please refer to the tipping guidelines in your packing list to determine how much cash to bring. Each trek is different due to the varying number of porters and guides.

Please pay attention to our notes on tipping. You should withdraw cash prior to your trek and use small envelopes to separate your tipping cash from any spending cash.

MONEY MATTERS

Money exchange rates in Asia fluctuate often and we ask that you refer to the following website for daily exchange rates: www.xe.com As of December 9th 2022, the exchange rate for NEPAL was 1 AUD = 89.33 NPR (Nepalese Rupees).

There are many ATM machines that accept both Visa and Mastercard but these are limited to Kathmandu and Namche Bazaar. Major credit cards are accepted in most shops, but they may charge a 2-4% transaction fee. Please note that while EFTPOS and ATMs are widely available in big cities, this is not the case in rural areas.

You won't have any troubles getting money out in Kathmandu and there is an ATM inside Kathmandu Guest House.



TRANSPORT & TRAVEL

Upon arrival in Nepal, one of our team will come to the airport to pick you up. We will be displaying a place card of your name and Women Want Adventure on it.

Airport pick-up service is available on the first day and last day of your trip.

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer, however we cannot guarantee this.

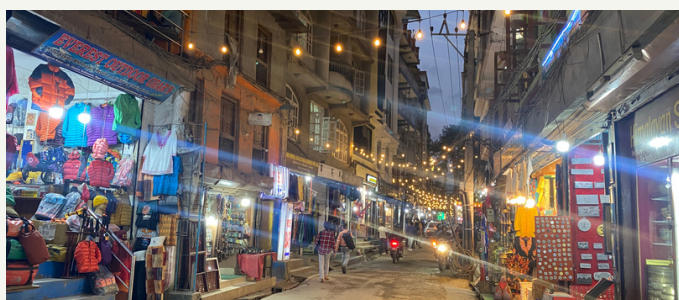
Internal flights for our Pikey Peak Trek are included in the trip cost.



SIM CARDS

In Nepal, more than most other countries, picking up a local SIM is a very smart idea to help navigate its streets and stay connected. There are three main carriers in Nepal, Ncell and Nepal Telecom and NTC provider (they usually have the best coverage). [Click here for details.](#)

Once at the hotel, proceed to reception and ask for directions to the nearest phone shop where you can purchase a SIM card (it's approximately a 3-minute walk, just outside the hotel). Please make sure you have your two passport photos and your passport with you. Having a SIM card is very helpful for connecting with other women via the WhatsApp group set up just prior to the trip, or for looking up places to eat, drink, or explore. It also assists in navigating the busy streets.



WI-FI

Due to the low reliability and frequent change in weather in alpine villages, mobile connectivity isn't always possible. Sometimes the power can go out in a valley for a week and there is no service or Wi-Fi. Wi-Fi connections are usually accessible on trips at the tea houses for an additional charge. We highly recommend you take your adventure holiday as an opportunity to switch off from your daily routine, work and have a break from your phone. However,

we understand you may wish to stay connected with family and friends. Please note, Wi-Fi may not be an option at every village and payment must be arranged individually with the teahouse owners and is paid in cash only.

Is charging my phone possible during the trek? It is possible to recharge your electronic items and batteries for a small cost at most of the trek tea houses. Tea houses will charge between approx. 500 \$4-\$5 AUD to charge your device.

For our camping treks, you will need to bring a power bank.

PRE AND POST TREK ACCOMMODATION

On Women Want Adventure trips, pre- and post-accommodation is usually provided. Please refer to your itinerary for nights included. Any additional nights must be arranged and paid for individually. Women Want Adventure does not arrange additional nights' accommodation or mid trip accommodations.

Room bookings are for private rooms. As most of our treks involve twin share at tea houses while on the trek, or shared tents, you will certainly appreciate your own room post-trek to reset and rest. If you're travelling with a partner or friends and wish to share a room, please let our team know.

If arriving earlier or staying on post trek, you must arrange your accommodation with the hotel provider individually.

Luggage storage is provided at Kathmandu Guest House for items you may not need while out trekking.

TEA HOUSES/GUEST HOUSE ACCOMMODATION

Tea houses are accommodations along trekking routes in Nepal that offer basic lodging and meals. Many Sherpas and local village people own and operate tea houses. There are usually no roads to villages and all materials have been carried up mountain valleys to build the tea houses. Most tea houses have a communal restaurant area with a central yak dung-burner that provides great heat output. Trekkers will usually gather in the communal restaurant to eat, socialise or read. Tea houses are not private, and while our groups will take up most of the rooms, there may be others who we will share the communal areas with.

You will receive a key to lock your door. Generally, rooms are setup as twin share, featuring two beds with a mattress, pillows, duvet (blanket), sheets and one overhead light (that works sometimes). The beds are generally comfortable with a foam pad, pillow, and a blanket. We always ask women to bring a sleeping bag to ensure that you stay warm enough at

night, and there is no guarantee of cleanliness when it comes to shared beds and sheets.

A sleeping bag is required on our trips. It can get very cold at night, particularly higher up, so using a four-season sleeping bag is recommended. A solid pair of earplugs will also help ensure a good night's sleep. Walls are thin and uninsulated, making earplugs a wise choice. A face-mask is also a good idea if rooms do not have curtains (or thin ones).

It is not always possible to have your own room at the tea houses due to availability in small mountain villages, therefore all tea house accommodation is twin share basis. When hiking with a group, we also need to accommodate for our local guides and Sherpas. This may mean every room at a tea house is pre-booked with our group.

Tea houses can be small, with limited rooms, which means twin-share is usually the only option. If you arrive at a tea house and there is an additional room available, you are welcome to pay extra for the night's room at your own expense. Any extra nights in a single room are not covered in your trip price.

TOILETS & SHOWERS

Tea houses will either have Western-style (sit down) toilets or the more traditional squat toilets found across Nepal. You never know which one you're going to get, but the higher up you trek, it's more likely to be the latter. Make sure to bring enough toilet paper for your entire trek and always have hand sanitiser nearby. Small tissue packets are also highly recommended. We advise bringing zip-lock bags for any sanitary items, that you can place in the zip-lock and dispose of in a bin. As most villages do not have a sewage system, you will not be able to place your tissues and toilet paper down the toilet. A small bin is provided for loo paper next to the toilet.

As for showers, they're generally available most night on our Langtang Valley Treks, but the hot water is not always certain. Bring a packet of wet wipes with you. Our camping treks provide a small "wash bowl" with warm water and if the weather permits, we may have time to set up a shower tent with a bucket.



DRINKING WATER

Crisp glacial streams in the mountains aside, it won't take you long to realise that the overall water quality in Nepal (particularly in Kathmandu) isn't the greatest. Using it to shower is totally fine (keep your mouth closed), but be warned that the water from the tap can be a funny colour and often smells... different. Tap water and river water in Nepal is unsafe to drink. You will have a choice between bottled water, purification tablets (please ensure you pack some), or boiling water. When brushing your teeth, do not use tap water.

There's nothing worse than trying to adventure when you have Nepal-belly (trust us, we've been there), so be safe and take extra precautions. Most trekking paths will have clean water tanks, but we recommend still investing in a water purification and filtration bottle – we use The **Grayl GEOPRESS**, which is hands-down the best travel-related investment we've ever made, and means we can drink the tap water anywhere we go – including India! Alternatively, bring along some water purification tablets.

The Camping Trek does not require a Grayl water bottle, as we boil water along the way. Please not not bring plastic bottles on the camping trip.

Drinking sufficient amounts of water in Nepal is essential to avoid the risk of dehydration, so if you follow the steps carefully, you should be safe for your trip. Please note, buying bottled water from villages is not included in your trip price. Please bring additional cash with you.

Tip: We strongly recommend bringing electrolytes with you to keep hydrated throughout the days trekking.



FOOD & MEALS

Eating is a big part of travelling. When travelling with Women Want Adventure, you'll experience the vast array of wonderful food available in the mountain tea houses. Expect a lot of tea – the name 'tea house' isn't misleading! Often the first thing you'll be greeted with at a tea house is a warm cup of black tea with sugar or ginger tea, great for altitude sickness. If you're hiking in the rain, snow, or wind it's the perfect way to relax.

Meals are often cooked over a fire in the small kitchen by the owners. While much of the food is delicious, especially the Nepali staples like momos and dal bhat, the quality of the Western-style dishes will vary greatly. Kitchens are not like a Western-style restaurant, with chefs catering for a range of dietary requirements – what is on the menu is the menu. Please note, our treks do not cater for specific dietary needs, and it's best to contact us to talk through any requirements prior to booking. Vegetarians and vegans are well catered for in Nepal.

Here's a typical list of what you can expect to order in a tea house:

BREAKFAST

- Tea, coffee, hot chocolate and juice
- Eggs (any style)
- Toast with butter/jam/honey/cheese
- Chapati, Tibetan bread, muesli porridge
- Hash brown potatoes
- Pancakes/crepes
- Slushy oats for porridge with apple
- Boiled egg
- Tomato omelette

LUNCH AND DINNER

- Pasta and noodles: chow mein, noodle soup, spaghetti, fried rice
- Rice – chicken curry rice, veggie curry rice
- Momos, veggie dal bhat, pakoda
- Cooked potatoes
- Spring rolls
- Pizza
- Macaroni
- Sandwiches – vegetable sandwiches, egg with cheese sandwiches
- Soups (veg, garlic, mushroom, egg/rice noodle, onion, potato)
- Dessert (rice pudding, chocolate pudding, apple or banana fritters)

SNACKS (EXTRA CHARGE)

- Popcorn
- Prawn fry

Help yourself to the generous portions of dal bhat, Nepal's local dish that literally means "lentils and rice." Mostly vegetarian, but sometimes served with meat on request, this dish is a daily staple across Nepal, India, and Bangladesh: a heavy lentil-based soup eaten with rice, curry, veggies and spices that locals will eat at least once a day. Seriously.

We highly advise you to stay away from the meat dishes as they might not be fresh and therefore not safe for consumption. According to the religious faiths of the Sherpa people, they are not allowed to slaughter in the mountains, so all the meat items are carried up to the tea houses on foot, often over many days! If the tea house is understaffed, or there is an abundance of trekkers, guides and porters will often hop in the kitchen to lend a hand. You are not expected to help, and are kindly advised not to.



DIETARIES

Nepal is also a good country for vegans and vegetarians in general. Kathmandu is filled with trendy cafes and restaurants will all sorts of creative takes on international favourites and Nepal food. Tea houses throughout the trek can also cater for vegan/vegetarian as most dishes are vegetarian/vegan based, or you can make them so.

If you are gluten intolerant or celiac, you must inform us before booking. There is no guarantee the tea house or camping style treks can completely eliminate gluten in regards to cross contamination in tea house kitchen or camping kitchens.

As we are also unable to guarantee a nut-free or allergen-free trip, we strongly encourage clients with severe or life-threatening allergies to take all necessary medical precautions and speak with your doctor. Clients trekking with us with allergies must inform us prior to departure on a medical form and carry all necessary medications for allergies, including be capable of self-administration.

SNACKS

We love snacks, and from experience how important snacks are to keep our energy levels high while trekking. We also know first-hand how Nepal is somewhat lacking in our favourite type of snacks we enjoy back home. That's why we strongly recommend bringing your favourite bars, scroggin mix, lollies etc. with you for the trip. It's worth packing 1x muesli bar each day, along with a self-made scroggin/trail mix with nuts and seeds. Bars such as Twix and Mars are available in most villages, however you will not find delicious nut/oat bars etc or healthier options.

Please consider bringing some or a mix of the below from home:

- Making a scroggin/trail mix at home suitable for the duration of the trek
- Bringing a mix of your favourite health bars
- Packing your favourite chocolate and biscuits
- Bringing favourite tea/coffee

ALCOHOL AND CAFFEINE

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip and while on the trek. Celebrate your achievements after your trek at our farewell dinner. Both alcohol and caffeine increase dehydration and we advise you limit your intake of both when trekking at high altitudes.

BEVERAGES

Apart from tea and coffee at mealtimes on the trip, beverages are not included as part of your trip price. You are welcome to bring some of your favourite tea or special coffee from home. Hot water will be provided. Cold drinks such as Coke or alcoholic drinks however are not included in your trip price. Please bring additional cash with you if you wish to purchase at the tea houses.

HYGIENE

When traveling in Nepal, it's important to maintain standards of hygiene to avoid diarrhea and vomiting. This is particularly important if you're camping on a trek, for example, as the effects of illness whilst walking can be debilitating. Wash your hands before and after meals and in camp use an alcohol hand gel. After using the toilet, wash your hands thoroughly. In some camps, drop toilets are used. For this reason, leave your boots in the outer part of your tent – not the inside where you sleep and put your hands! Use shoe bags to avoid contamination of your belongings, as giardia is an unpleasant gastrointestinal parasite found in contaminated water in Nepal.

HEALTH

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitisers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our guides are prohibited from administering any type of drug including headache tablets, antibiotics, etc. Here's your text with the spelling and grammar corrected:

If you have been unwell - having had COVID within a month of departing on your Nepal trek, you must inform us. This helps us better understand why you may be struggling with your breathing. If you are unwell on your trip, you must wear a mask on the bus and/or plane and be considerate of other group members.

ALTITUDE SICKNESS

Altitude sickness can affect anyone, regardless of age, trekking experience or level of fitness. It's one of the top concerns people share about trekking Nepal and it's a valid one. Unless you live at a very high altitude, our bodies are not acclimatised to the lack of oxygen in the high mountain air. Ascending too fast can cause problems. If symptoms of altitude sickness in Nepal (or anywhere else) are not addressed quickly, they can be extremely dangerous.

All our itineraries allow enough time for you to safely acclimatise. However, there are also things that you can do to support your own acclimatisation. If you know what symptoms to look out for, you can act quickly with the help of your trekking guide.

Altitude sickness, also called Acute Mountain Sickness (AMS), makes it difficult for oxygen to enter your body (vascular system) due to the low air pressure. The higher the altitude, the harder it is to get the amount of oxygen you need.

Altitude sickness can occur when you ascend to a high altitude too quickly. It's more likely to affect people above 2,500m/8,200ft. Most of our treks climb to at least 4,000m/13,000ft, so there's an element of risk.

Your level of physical fitness, age, sex and even your previous experience at high altitude have no connection to your chance of getting altitude sickness in Nepal. It really can affect anyone. You **MUST** inform your local guide immediately if you are feeling unwell, even with minor symptoms.

Symptoms are usually worse at night and can include:

- Headache
- Nausea and vomiting
- Dizziness
- Tiredness
- Loss of appetite
- Shortness of breath

The best way to prevent altitude sickness in Nepal is to travel to altitudes above 2,500m/8,200ft slowly, to allow your body time to acclimatise. All our itineraries allow enough time for you to safely acclimatise. As it is unsafe to ascend more than 300-500m/1000-1600ft per day (between sleeps), some walking days will be shorter than others.

To help prevent altitude sickness:

- Drink plenty of water and use electrolytes
- Avoid alcohol, smoking and caffeine
- Eat a light but high-calorie diet
- Drink ginger tea
- Hike slowly

To help reduce altitude sickness, medication exists called acetazolamide, commonly known by its trade name Diamox. We're unable to provide this, as it's a prescription medicine. If you're interested in taking this medication, either as a preventative or to have in the event of altitude sickness symptoms, please speak with your doctor, local travel clinic, or medical professional before you leave home.

If bringing any medication on your trip, please advise us of any side effects of any medication you take and of any dietary requirements related to taking them.

TREK FITNESS

Our Nepal treks are designed for those seeking to challenge themselves further. To participate, you should be engaging in a regular exercise program 4-5 times per week and possess a good level of fitness and health. Please ensure you read the trip grading specific to your trek. It's important to be in good health and fitness to keep pace with the group. These treks are suitable for individuals who maintain a consistent fitness regimen.

Please pack your hiking poles.



We can't underestimate how important it is to have a good-to-high level of fitness for the Nepal trek. You'll be moving for up to 8 hours a day, at altitudes over 4000 metres. Training and preparation are an absolute must.

Fitness and Preparation – A regular fitness program that involves at least 3 to 4 sessions per week of aerobic activity, along with hill walking with a daypack and trekking on uneven surfaces. Walking similar distances to days on your itinerary leading up to your trip will help achieve fitness goals for trips of this nature.



GRADING

Every Nepal trip is given a different grading depending on the terrain, length of trip and altitude. The Langtang Valley Trek is graded Moderate to Challenging. It's important you read the grading description of your trip prior to booking to understand if it's right for you. You will need an excellent level of fitness and in good health to be prepared for your trek.

Difficulty is a relative term, and adventure is a state of mind. For some women, one of our moderate trips may be simple, while for other it may be a terrifying, life-changing experience. Some of our trips will vary between moderate to challenging.

To help guide you to the most appropriate trip for your fitness, please see below:

Moderate – Trekking between 5-7 hours on terrain that is rugged and uneven underfoot. Moderate trips involve steps and steep inclines, and you will need a good level of fitness. Remember, there is no such thing as an 'easy' trek. Treks will involve carrying a daypack and trail conditions will vary between well-defined to rough trails

Challenging – Trekking between 7-9 hours on terrain that can be difficult in sections, steep and at higher altitude (between 3500-5100m) with high elevation gain, often in remote areas in variable, adverse weather conditions, for up to 7 to 9 hours+ a day, possibly more if needed due to weather conditions. Be prepared to carry a daypack weighing between 6-10kg.

SUSTAINABLE TRAVEL

At Women Want Adventure, our ethos is to 'leave no trace'. We do all we can to ensure we leave no rubbish behind in these wild and beautiful places we visit and kindly ask that you do the same. If there are no recycling facilities in-country, we ask you to consider bringing any recyclable materials home with you.

When trekking, biodegradable soap, shampoo, and toilet paper are recommended. Keep to the paths to reduce damage to plants and minimise any disturbances to wildlife. Avoid using plastic bottles or buying mineral water, and instead use refillable water bottles wherever possible. Buy boiled water or carry water purification treatment (we recommend a SteriPEN or similar type of handheld UV water purifier).

We encourage you to buy locally made handicrafts, but please do be wary of items made from wild animals, e.g. shahtoosh shawls, made from endangered Tibetan antelope.

CULTURAL RESPECT

The Nepalese greeting is 'Namasté', with hands held in front of the face. The higher they are held, the more respect your greeting communicates. Please note that throughout Nepal, it is the culture that men will shake hands with men but not with women – no offense is meant.

When visiting temples or monuments, walk in a clockwise direction around the buildings. Ensure that you ask permission before entering places of worship, and remove your shoes. We also ask you to place any leather items to one side before entering Hindu temples.

Be mindful that pointing your feet (the least sacred body part) at people or religious places, or pointing or beckoning with a single finger is considered impolite – if you have difficulty getting someone's attention, please liaise with your guide.

The people of these regions are innately conservative, so please refrain from displays of affection. Similarly, wearing loose-fitting clothing that covers your legs and shoulders is advisable, especially when visiting homes, monasteries or temples.

Do it like the locals! Eat, wipe your mouth, pass food, and give and receive with your right hand only – the left hand is reserved for toilet duties and should not be used for any of the above described activities lest offense if caused. Only handle your own food and drink.

Finally, please ask permission before you capture people on camera. Exchanging a few words or gestures beforehand can go a long way. Offering (and actually sending) a copy via post is a great way to benefit both parties!



WAIVER FORM

A waiver form will be required to be completed at your trip briefing on day 2, unless otherwise sent earlier. Completion of the waiver form is a requirement for participation.

CULTURAL CONSIDERATIONS

As Nepal is a predominately Buddhist and Hindu country, we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or monasteries or other holy sites. While visiting monasteries, please make sure you wear long trousers, take off your shoes, and maintain quiet before entering the monasteries. In Nepal, the dress standard is more conservative than it is back home, so when packing, try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. Many of these clothing items are better purchased on arrival in Kathmandu. You may find you enjoy the shopping!

Please ask permission before taking photographs of people. Speak with your local guide, who can approach on your behalf to ask locals their permission in Nepali prior to taking any photos.

Patience with your local guide: The style of the local guides is much different from the team at WWA. Often, these guides have self-taught English and may take a while to process words. Please be patient during the trip briefings each night after dinner. They are softly spoken, yet so lovely. If you're unsure about something, don't hesitate to ask!

GIFTS

While many clients wish to give gifts to children, groups and communities as a gesture of kindness, it's important be mindful when offering such gifts in regard to social responsibility and inclusion. Sometimes our best intentions can cause unintended issues – if gifts are given incorrectly, it may create jealousy within communities or cause internal conflicts.

PROBLEMS ON YOUR TRIP?

In the unlikely event that you have a problem or complaint during your trip, please speak to your guide without delay – we cannot address things on the trip if we are unaware of there being an issue!

If after advising your guide of the problem it is still apparent and/or has not been resolved to your satisfaction, please explain further to us at info@womenwantadventure.com.au and contact our office as soon as possible on **0403918346** (via WhatsApp, which can be used overseas) or email.

Please do not wait until the trip is completed before bringing any matter to our attention as 99% of problems are easily and quickly resolved locally without affecting your enjoyment. Women Want Adventure are committed to ensuring you have the best adventure possible, and we'll do our best to resolve any problem in a timely manner.



INTERNAL FLIGHTS

If booked on a camping style trip it is best to book your return flight home from Nepal a couple days post trek. Due to weather conditions, sometimes flights in or out of Phaplu are delayed and you may have to wait 1-2 days for another flight. We strongly recommend you allow 1-2 couple of days on the back end of your trip to allow for such changes. There are plenty of things to do in Kathmandu or Lukla and as a group, your guides will assist you with logistics, such as your accommodation changes in Lukla or Kathmandu.

CHANGE OF ITINERARY

We reserve the right to change or alter any itinerary at any time for reasons beyond our control. These could include but are not limited to adverse weather conditions, cancellation of flights or government restrictions in certain areas. Whenever we are forced to make such late changes, we will always endeavour to give guests as much advance notice as possible and to ensure that the alternate itinerary achieves, insofar as possible, the objectives of the original tour.

CANCELLATION POLICY

Please carefully read the terms and conditions for International Trips via our [Terms and Conditions page here](#). Do not hesitate to contact us if you have any questions. We're happy to help.

CONTACT

We have tried to outline as much information about your Nepal trip as possible in this document and to answer your most common questions. Have a question that isn't answered here? Please contact us at:
Email: info@womenwantadventure.com.au
Phone: 0403918346

FEEDBACK

We welcome your feedback – it helps us update, maintain and improve trips so we can continue to provide experiences of the highest possible standards and quality. If you have a comment to share, please let us know via the feedback form, which is sent within 30 days post trip. While it is rare, we acknowledge clients may have experienced a problem during their trip that was not resolved to their satisfaction. It is important to let us know in your feedback form or by speaking with us directly so we can try to resolve the matter. If you have a complaint about your trip, please contact us at info@womenwantadventure.com.au.

EMERGENCY CONTACT INFORMATION

Should you need to contact us during a situation of dire need, it is best to first call on **0403918346** and send a text message (via WhatsApp). Please also send an email to **info@womenwantadventure.com.au**. For family trying to contact you, advise them that it is best to send an email to the above address, as this will be monitored and a reply sent within 48hrs. Please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

For emergencies or natural disasters please see details below to reach our operators in Nepal. We kindly ask you do not contact the below unless it is a strict emergency. Please communicate with Women Want Adventure for all your direct questions and enquires regarding your Nepal trip.

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group guide or our local representative straight away so that they can do their best to rectify the problem and avoid any potential negative impact on the rest of your trip.

In case of a genuine crisis or emergency, you can reach our local office on the number below:

WWA Manger Tracy mobile: **0415657567**
WWA Director Monique mobile: **0403918346**

You can also contract the above on WhatsApp which is helpful for our team when overseas, thank you!

Email: info@womenwantadventure.com.au

NEPAL EMERGENCY NUMBERS

Phone: +977 (0)1 4411 225
Mobile: +977 9841013483
WhatsApp: +977 9808053754
Email: ashok.awal@mountaintravelnepal.com

Nepal Treks

See you in Nepal Soon!

