

**TREK NAAR PHU AND TILICHO LAKE**  
**25 DAYS**

**Departures:** during March, April, May, October, November and December at the dates of your choice - for other periods to consult us. [khumbushangrila@gmail.com](mailto:khumbushangrila@gmail.com)

**Lasted of the stay:** 25 days since your arrival with Kathmandu until your departure

**Programs detailed:**

**J1 with J3:** we will seek you with the airport and will lead you to your hotel. The following day, you will have one day for prepare your business and to make the last purchases in Kathmandu. Then we will travel by the bus to join Besi Sahar. Approximately 6 hours should be counted.

<b>J1 arrived Kathmandu transfer</b>
<b>J2 hotel one day to Kathmandu</b>
<b>J3 direction in the bus Besi Sahar 700m</b>

**J4 at J7:** the rises with Ngati, Jagat, Dharapanie and Koto are the occasion of the first contact with the country. The first impression confirms that Nepal is a country of walkers. Although a road is in construction all the exchanges are done with back of men.

<b>J4 Ngati stage 1 5 hours 860m</b>
<b>J5 Jagat stage 2 6 hours 1350m</b>
<b>J6 Dharapanie stage 3 3 hours 1950m</b>
<b>J7 Koto stage 4 6 hours 2620m</b>

**J8 in J9:** the rise with Méta proceeds on a way traced well in under wood along a river which goes down from the glaciers of the tops of 7000m. Then one leaves under wood, to join a succession of small plates intersected with moraines which should be crossed. We will join the village of Kyang which is inhabited only the winter by the inhabitants of Phu who go down from their village "absorbed" by snow. It is built against the mountain with materials of the corner. One sees there fawn-coloured vultures which place in the rock with the top of the village.

<b>J8 Meta stage 5 8 hours 3500m</b>
<b>J9 Kyang stage 6.6 hours 4000m</b>

**J10 and J11:** visit village of Phu. The village of Phu is splendid. Still more than Kyang, Phu is built "in" the mountain. The inhabitants are typified Tibetans and live of agriculture. This area is opened to the tourists only since 2002, it thus remains "intact". Many temples and Bouddhistes monuments are present in this area.

<b>J10 Phu stage 7 5 hours 4600m</b>
<b>J11 Visits Phu 3200m</b>

**J12 and J13:** we will join then the village of Naar located in a close valley. The rise is made with the rising sun with a splendid sight on the tops of Kang Guru which culminate with more 7000m.

<b>J12 Naar Phedi stage 8 6 hours 3500m</b>
<b>J13 Naar stage 9 3 hours 4150m</b>

**J14 in J17:** it is the crossing of the collar Kangla to 5306m. The way which joined the collar since Naar does not go up very extremely. It is thus a pleasant rise, but it is necessary "to be forced to slowly go" in order to acclimatize itself well to altitude. Arrived at the top of the collar we will have an extraordinary sight on all the chain of Annapurnas until Tilicho. The descent on Nawal is rather long but we will return in Nawal by a way of Bouddhistes prayers with many flags to prayers. Splendid. Then, we will almost flat join Manang by a very broad way. Manang it is comfort "to remake" a health after the long stage of rise to the Collar.

<b>J14 Kangla Phedi stage 10 3 hours 4500m</b>
<b>J15 crossed Kangla It (5306m), Nawal stage 11 9 hours 3680m</b>
<b>J16 Manang stage 12 3 hours 3500m</b>
<b>J17 Rest Manang 3500m</b>

**J18 in J20:** of Manang we will not follow the “traditional” way of the Turn of Annapurnas but we will take the valley which goes up to the lake Tilicho which one of the lakes is located highest at the world 4800m. This lake is crowned for the Buddhists who make pilgrimages there. The landscapes of the rise to the lake are “lunar”, the vegetation is typified Mediterranean and arrival at the edge of the lake we will be with the foot of the top of Tilicho (7165m). We will install the camp at the edge of the lake.

J18 Tilicho Bases Camp stage 13 6 hours 4150m
J19 Lac Tilicho stage 14 7 hours 4950m
J20 Traversée Mesokanto (5121m) Kaisang stage 15 7 hours 3450m

**J21 and J23:** the descent on Jomosson while passing by the collar of Mesokanto will offer a splendid sight on Dhaulagiri to us. Jomosson is not a very pretty city but at 2 a.m. we have Marpha. Marpha it is the “capital” of apple. All the village was restored, it is a village to be visited. Return in the plane to Kathmandu.

J21 Jomosson stage 16 6 hours 2750m
J22 Jomosson visits Marpha stage 17 2 hours 2800m
J23 departure for Kathmandu

**J24 and J25:** one day with Kathmandu to make purchases. The following day we will accompany you with the airport then it will be the departure for France with full with memories.

J24 1 day with Kathmandu
J25 Departure for your country

**Trekking Grades : Grade 4 over 4**

- Accommodation in lodges with walks of between 3 and 9 hours per day;
- Maximum altitude of 5400m, Thorung Pass; and
- 1 night around 4500m in Thorung Phedi.

**Trip Grading – Explanation:**

**Level 1: No difficulties.** For example, visit of Kathmandu and its surrounding.

**Level 2: Accommodation generally in lodges with walks of approximately 6 hours per day maximum.** The highest altitude will not exceed 4500-4700m, and nights will be spent at altitude no greater than 4000m. An example is the trek of the Langtang.

**Level 3: Accommodation will be in lodges or tents, with an average of 4 to 9 hours walking per day.** Participants should expect to trek above 5000m when passing a pass, and one or two nights would be spent above 4000m. An example is the Manaslu Circuit Trek.

**Level 4: Accommodation is mainly tents, with longer walks of between 6 and 9 hours per day.** Self-catering during all or most of the trek. Participants should expect to trek at high altitude (above 4500m) with low temperatures for several days. Participants will also pass several passes and / or plateaus peaking at more than 5000m. An example is the Kangchenjunga Trek.

**Luggage during the trek :** During the trek, you will only carry your equipment for the day. This will includes warm clothes (e.g. fleece), a windstopper / waterproof jacket, gloves, a woolen hat and a drinking water bottle.

Your main luggage will be carried by the porters or by yaks or mules depending on the area where you are traveling. The total weight of your main luggage should not exceed 14kg. Every evening, your luggage will be waiting for you at the campsite or lodge.

**List of personal belongings**

Your bag should not exceed 14-15kg.

Articles	Quantity	Observations
Sleeping bag	1	Type 3 seasons - warm
Rucksack	1	About 50-65 litres or marine bag for the porters + a small Rucksack of approximately 30l for yourself
Trekking boots	1 pair	Warm and waterproof
Mountain / trekking socks	2 pairs	One warm and thick and one light
Light trouser	2	
Thermal baselayer	2	

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Fleece or pullover	1	Warm softshell
gore-tex jacket & pants	1	Waterproof jacket with hook and trouser
Sun hat	1	
Woolen hat	1	Take also a scarf
Sun glasses	1 pair	Protective index 4
Torchlight	1	With leds (more reliable and lighter)
Gloves	2 pairs	One light and one warm and waterproof (e.g. ski gloves)
Camp shoes or sandals	1 pair	To wear at the campsite or in the lodge
Walking equipments		Walking poles, survival blanket, energy bar
Others		Flask, toiletries, knife, sun-cream, batteries, camera, towel, note-book, pen
Medicinal kit		You must bring your own medicinal bag with appropriate medicines: aspirin, bandage, antiseptic solution, antibiotic (wide spectrum), anti-inflammation cream, etc. Please, ask your doctor for some advices. You can print a list of your medical kit and submit it to your doctor for approval.

### Services

#### Cost Includes

- 4 nights in a Hotel in Kathmandu with breakfast
- Guide, porters, cook and kitchen boy
- Equipments for the porters
- Food during the trek (3 meals per day)
- Trek permits and park fees
- Insurances for the Nepalese team
- Bus between Kathmandu and Besi Sahar
- Flight between Jomosson and Kathmandu
- Transfer airport-hotel and hotel-airport

#### Cost excludes

- Lunch and dinner in Kathmandu
- Personal insurance, rescue/recovery
- Hot showers in lodges (approximately 1 to 2 euros)
- International airfare, departure tax and visa
- Phone, cold / alcoholic drinks and soda
- Tips for the Nepalese team
- Return flight from Paris-Kathmandu or London/Kathmandu

**Prices :** Price is as indicated on this document or on the website – 1000 euros per person.

This price is fixed with no extra charges for a group of participants ranging from 4 to 6.

For bigger group (more than 6 participants), prices are reduced, please consult us.

**Trekking Staff :** You will be guided by a professional local guide who will speak either French or English. The guide is from the agency, Khumbu Shangri La. All of our guides are highly skilled professionals who have been selected based on their technical proficiency, proven safety records, careful judgment, patient and supportive teaching styles and great personalities. Our guides are also very experienced in dealing with the effects of higher altitudes and since they are natives of Nepal. Trust him!

**Size of the groups :** The groups are composed of between 4 and 12 persons.

**Accommodation :** In Kathmandu, you will stay at the International Guest House Hotel located in Thamel. You will be in double bedrooms. You can have a look at your hotel on our website [www.voyages-nepal.com](http://www.voyages-nepal.com), under “Links” and then “your hotel in Kathmandu”. You will be able to leave some of your belongings at the hotel during the duration of your trek.

**Porters :** No trek is possible without porters. They do a difficult job, and we are very keen to give them the utmost respect. This starts by providing them performance clothing and adequate equipment.

The TSL company is a world leader in the production of snow shoes and outdoor equipment (walking sticks, shoes, rucksack, flasks, torches, etc.) help us and provide to our porters trekking/mountaineering shoes. The skiing schools of Courchevel and Meribel (two well-know ski resorts of the Alpin Massif) provide to our porters warm clothes such as waterproof jackets and trousers. Those clothes come from the ski teachers who, each year have to change their equipments.

**Tips :** Tips are not compulsory but are very welcome! If you are satisfied by the services provided, you may leave a tip to the different members of our team. Please find below an idea of the tips usually given:

- Porters: 1000 roupies per porters (approximately 15 euros)
- Guide and chief cook: 1500 roupies per chief cook and guide (approximately 20 euros)

**Passport – VISA :** You must have passport which will still be valid 6 months after the date of your return in your country.

A VISA is required to enter in Nepal. You can either get your Visa in the Nepalese Embassy / Consulate before your trek, or at Kathmandu Airport when you arrive.

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You have to pay for the fee of the VISA (between 25 and 35 euros + 2 ID pictures).

You can find all the information regarding your passport and VISA on our website [www.voyages-nepal.com](http://www.voyages-nepal.com), under "Questions-responses" and then "Passport and VISA".

**Please note that in order to facilitate the procurement of trekking permit, bring with you 2 copies of your passport (the four first pages) and your VISA (with the VISA, you can make some copies in Kathmandu) and 4 ID pictures.**

**Health :** We advice you to go and see your doctor for a checkup before your departure in order to make sure that you are capable of doing the trek.

There are no compulsory injections, however before your departure check the salient information given on the embassy website of France or England in Nepal.

French Embassy: [www.ambafrance-np.org](http://www.ambafrance-np.org)

British Embassy: <http://ukinnepal.fco.gov.uk/en>

Finally, visit your dentist before your departure in order to check that you do not have any problems with your teeth that could worsen with altitude.

You must also have your own medical kit that you may want to run through with your doctor. You will find an initial list on our website under "questions-responses" and then "Medicine-medicinal kit". Please note that the list is not exhaustive and should be completed and/ or modified with your doctor.

### **Advices for altitude greater than 3500m**

- Walk very slowly. You must push yourself to walk slowly and do not try to follow someone else. When you have found a good walking rhythm, slow down a bit more. Acclimatisation to altitude is a long and slow process.
- At the campsite or lodge, do not make any sudden moves, avoid any over exertation; everything must be done very slowly.
- In the evening, before going to bed and from 3500m of altitude, you can take between 250 and 500mg of aspirin.
- During the night, try to sleep with the upper body slightly higher. Always keep a flask or water bottle next to you to drink during the night.
- During the day, drink a lot; always try to have a full flask or water bottle with you. The guide will fill them in the morning before trekking.

### **Pressurised Bag :**

For the trek or trekking peak, we can rent for you a pressurised bag if it is already used by some of our expeditions. Cost is of approximately 350 euros for one month.

You can also rent it to one of the producer Certec [www.certec.eu.com](http://www.certec.eu.com)

Please note that for this trek a pressurised bag is not considered a necessity.

### **Satellite phone :**

You can rent a satellite phone on the following websites :

[www.francesatellite.com](http://www.francesatellite.com)

[www.cellhire.fr/content/satellite.htm](http://www.cellhire.fr/content/satellite.htm)

[telephone-satellite.marinesat.fr/](http://telephone-satellite.marinesat.fr/)

**Money :** Change your money in Thamel. There are a lot of official exchange offices; there is one at approximately 500m of the International Guest House Hotel where you will stay.

Euros and pounds are accepted in all the exchange offices and banks of Nepal. You can also withdraw some money with your VISA card or Mastercard in some of the banks in Kathmandu and Pokhara. However, you will need to pay a transaction fee for it. Finally, in Kathmandu, euros are usually accepted in all the shops.

During the trek, take only small bank notes that you would have exchanged in Kathmandu (10 to 500 roupies).

**Insurance :** You must have an insurance covering "Rescue + Recovery + Medical and Emergency Expenses"

You will have to indicate on the booking form, the contact details of your insurance company and the person to contact in case of emergency.

Make sure that the fees to be rescued by helicopter are included in your insurance contract and without any restrictive clauses due to the altitude. In England, the British Mountaineering Club have such unrestrictive clauses. Be careful as insurance linked to your credit card does not always cover for rescue/recovery and research. You can also subscribe to an insurance that will protect you against cancellation and losses or theft of your belongings.

### **Time Difference :**

France-Nepal : 3h45 in summer and 4h45 in winter. For example, when it is 12h in France, it is 14h45 in Nepal in summer and 16h45 in winter.

United Kingdom-Nepal: 4h45 in summer and 5h45 in winter.

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**Electricity :**

The voltage is of 220 Volts. There are regular power cuts but they are generally not very long. You can find adapters for the plugs in the hotel.

**Movie-Pictures :**

You can find everything in Thamel (the area surrounding your hotel), memory cards, films, batteries (AA, lithium, etc.). You can also develop and print on paper or CD your pictures. The quality is very good and prices very attractive.

**Booking – Payment** : To book your trek please return the booking form by mail. The booking form can be found on our website [www.shangrila-trek.com](http://www.shangrila-trek.com)

The booking form and the deposit are to be mailed to the following address:

**MINGMA TSERING SHERPA**  
**Chez M. TOMIO**  
**Chalet Le Bivouac**  
**73710 PRALOGNAN LA VANOISE**  
**FRANCE**

If you pay by cheque, please make it payable to Mingma Khumbu Shangri La

**Contact: Agency Khumbu Shangri La**

**Address of the Agency in Kathmandu :**

Agency Khumbu Shangri La  
Lazimpat Nile Sarsawati  
Box 25229  
Kathmandu  
NEPAL

**Mobile phone of the Agency in Kathmandu :**

98 41 52 27 43 or 98 41 20 15 78  
(call from Nepal)  
00 977 98 41 52 27 43 or 00 977 98 41 20 15 78  
(call from abroad)

**Useful links :**

**Rental of a satellite phone**  
[www.cellhire.fr/content/satellite.htm](http://www.cellhire.fr/content/satellite.htm) ; [telephone-satellite.marinesat.fr/](http://telephone-satellite.marinesat.fr/)  
**Rental of a pressurised bag**  
[www.certec.eu.com/](http://www.certec.eu.com/)

**ALL THE TEAM OF KHUMBU SHANGRI LA  
IS AT YOUR SERVICE AND WISH YOU A VERY GOOD TREK.**

**MINGMA TSERING SHERPA, TASHI SHERPA, ANG TSERING SHERPA et PASANG SHERPA**

