

Kangchenjunga Trekking 23 days

Departure : From April to December, dates of your choice – To travel outside these dates, please contact us. shangrila-trek@gmail.com

Duration of the trek : 23 days from the day you arrive in Kathmandu until the day you leave

Detailed Program :

This program is for an indication only. It may be modified depending on the weather and ground conditions, the physical condition of the participants, etc.

In addition, the Agency does not take any responsibility for any changes on the internal flights.

D1 to D3 : We will welcome you at the airport and drive you to your hotel. The next day, we will have one day to prepare your luggage and do some shopping in Kathmandu. Then we will go by plane to Taplejung.

D1	arrival in Kathmandu and transfer to the hotel			
D2	one day in Kathmandu			
D3	Flight to Taplejung			2500m

D4 to D8 : This trek is very quite, not many people are doing it. During all the beginning of the trek, we will be going slowly higher and higher. Paths are usually very well traced in the forest however, sometimes they are not. The place is very wild, there are only very few lodges. That is why we will be mainly sleeping in the tent.

D4	Khare Bhanjyang	stage 1	6 hours	2200m
D5	Mamankhe	stage 2	5hours	180m
D6	Yamphuding	stage 3	4 hours	1900m
D7	Omje Khola	stage 4	4 hours	2500m
D8	Torontan	stage 5	6 hours	3000m

D9 to D11 : First stage at high altitude, we will be climbing up to the Mirgin pass (4500m). We will arrive at the pass at the beginning of the morning. The views of the entire valley are beautiful. As the air is really pure, the light is very good to take great pictures. At the pass, some shepards look after some yaks. Then, during 2 days, we will be in an other valley. Walking in this valley, we will reach Ghunsa. Ghunsa is a relatively big village for the area. There are lots of lodges and nice camping sites.

D9	Tseram – Mirgin Pass 4500m	stage 6	6 hours	3800m
D10	Shielele	stage 7	9 hourss	4200m
D11	Ghunsa	stage 8	3 hours	3800m

D12 to D16 : From Ghunsa, we will walk towards Kambachen, the beginning of the valley leading to Kangchenjunga. There are lots of sheppards with their yaks in this valley. It is a great occasion to ask them some questions, especially about their dogs “Tibetan Sheppard” who are protecting baby yaks against the snow leopard. Once in Kambachen, if you wish, we will walk to the bottom of Jannu (approximately 2 hours). From there, amasing view of the summit of Jannu of which the ascent is really difficult. Then, we will walk to the plateau of Lhonak – 4800m. On this plateau, we will meet inhabitants who are producing cheese. They will then sell their cheese lower in the valley. Inhabitants of Lhonak are “rude” people as they are leaving on this plateau, at high altitude, where winds are often strong. We will set up our camp on grassed field on the plateau. The next day, we will climb up to the Base Camp of Kangchenjunga (third highest peak in the world!). All along the path, we will enjoy the views of this great massif. If we are lucky, we will be able to see some XXX also called XXXX. We will sleep Pangperma – early morning as the sunrise on the

Kangchenjunga is something that you can not miss. On the way back, 2 days walking down, we will reach Ghunsa.

D12	Kambachen	stage 9	5 hours	4100m
D13	Lhonak	stage 10	6 hours	4800m
D14	Pangpema	stage 11	4 hours	5100m
D16	Ghunsa	stage 12	3 hours	

D17 to D20 : In 4 days, we will go back to Taplejung, but walking through a different valley – not same as the one that we used to go up. The path is really well marked and runs along the hills. In this valley, from sunrise to sunset, the light is always exceptional. This trek is the complete opposite of the well-known trek such as Annapurna trekking or Khumbu trekking. This valley is really poor, farmers leave and work in some of the most difficult conditions; nevertheless, we are always warmly welcomed. It is an other face of Nepal, the face of farmers leaving on the high, wild and windy plateaus close to Tibet.

D17 to D20	Ghunsa-Taplejung via Amjilassa			
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D21 to D23 : From Taplejung, flight to Kathmandu. You will then have one day in Kathmandu to do some shopping and visit the city. The following day, we will accompany you to the airport. This trek will leave you full of wonderful memories!

D21	Flight Taplejung-Kathmandu			
D22	One day in Kathmandu			
D23	Departure to your country			

To know before starting your trek:

• During all the trek, you can not buy plastic bottles of drinking water. But no worries, the cook will boil some water for your flask. You should also take some iodine or chlorine tablets to purify the water.

• As it is quite remote, you can not take hot showers in the different villages. However, if you really want, we always walk along river!! Sherpas will also boil water that you can then use. Think about taking small cleaning tissue (usually for baby), they are very useful.

Trekking Grades : Grade 4 over 4

- Accommodation in tents and lodges with walks of between 3 and 9 hours per day;
- Maximum altitude of 5100m – Pangpema.

This trek is generally very “rustic” and therefore very “authentic”. The area is not over-crowded by trekkers. You will meet the inhabitants and discover their “true” life.

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 include warm clothes (e.g. fleece), a windstopper / waterproof jacket, gloves, a woolen hat and a drinking water bottle.

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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	
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 (for glacier)
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	Cost excludes
<ul style="list-style-type: none"> ■ 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 ■ Return flight Kathmandu/Taplejung ■ Transfer airport-hotel and hotel-airport 	<ul style="list-style-type: none"> ■ 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 the website.

This price is fixed with no extra charges for a group of participants ranging from 4 to 6. For bigger group, between 6 and 12 participants, prices are reduced, please contact 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.

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Accommodation : In Kathmandu, you will stay at the International Guest House Hotel located in Thamel. You will be in double bedrooms. You will be able to leave some of your belongings at the hotel during the duration of your trek.

During the trek, you will be sleeping in tents of 2/3 places for 2 peoples.

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, torchs, 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.

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.

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, under “Questions-responses” and then “Passport and VISA”.

Please note that in order to facilitate the procurement of trekking permit, bring with you 3 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

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 exhortation; 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

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

www.cellhire.fr/content/satellite.htm

telephone-satellite.marinesat.fr/

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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” 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.

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 with a deposit of 30%. The booking form can be found on our website 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. Once we have received your deposit and full payment we will send you a receipt. The full amount is to be fully paid 30 days before your departure to Nepal. For other kind of paid contact us

AGENCY KHUMBU SHANGRI LA - www.shangrila-trek.com

Contact: Agency Khumbu Shangri La

Address of the Agency in Kathmandu :	Mobile phone of the Agency in Kathmandu :
Agency Khumbu Shangri La Lazimpat Nile Sarsawati Box 25229 Kathmandu NEPAL	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)

Contact International Guest House Hotel

Address of the hotel:	Landline of the hotel (3 lines) : Call from abroad	Mobile phone of the hotel: Call from abroad	Email Address of the hotel:
International Guest House Po Box 70 60 Thamel Kathmandu NEPAL	00 977-1-4252299 00 977-1-4267888 00 977-1-4251661	00 977 98 51 04 08 32	info@ighouse.com The hotel is equipped with internet

Useful links :

Rental of a satellite phone
www.cellhire.fr/content/satellite.htm ; telephone-satellite.marinesat.fr/
Rental of a pressurised bag
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 and PAS ANG SHERPA