

Tibetan Heartland Upper Mustang Yartung Festival with Margie Thomas



trip highlights

Accompanied by Margie Thomas (in conjunction with a highly experienced local guide) whose knowledge and personal connections ensures an authentic experience

Explore the long forbidden Kingdom of Upper Mustang, whose cultural horizons stretch to the borderlands of Tibet

Celebrate the pageantry of the annual Yartung horse festival parade with the Royal family, Amchi and Loba community in Lo Manthang. Set with a background of the Tibetan border and remote mountain ranges, we'll also celebrate another

Yartung in a remote settlement with the locals as special invited guests. This is as breathtakingly authentic as it gets

Spend time with the last of the nomads at their high summer camp

Visit Chosar village and immerse yourself in an ancient culture showcasing ornate dress sets not found elsewhere

Complimentary e-copy of Tsoshar: A rich cultural heritage in Upper Mustang, e-book by Margie Thomas



Trip Duration	17 days	Trip Code: YTMT
Grade	Introductory	
Activities	Day walks, Tibetan pony riding, 4x4 jeep	
Summary	4 nights hotel, 13 nights lodge	

welcome to World Expeditions

Thank you for your interest in our Tibetan Heartland Upper Mustang Yartung Festival with Margie Thomas. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty.

We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we cannot match you up a single supplement will be applicable. If you prefer not to share, a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For airfares to join this adventure, contact our expert staff today to receive a quote.

the trip

Mustang is a wildly beautiful region of Nepal, and this trip takes you into an incredibly dramatic environment. The Kingdom of Mustang preserves some of the last vestiges of traditional Tibetan Buddhist culture. Situated in the rain shadow of the monsoon, on the border of Nepal and Tibet, tourism is still strictly controlled and limited. It's one of the finest Himalayan destinations for both its dramatic mountain landscapes and rich cultural legacy.

This trip departure coincides with the Yartung horse festival which has been celebrated for centuries in Mustang with equal participation from lay and monastic communities. In local language, YAR means summer, and TUNG means to celebrate, which marks the end of summer and preparation for the harvest season. The exact day of the festival is fixed after consultation with the local monastic community and the Tibetan lunar calendar, to align with the full moon

This itinerary follows remote trails and ancient trade routes to nomad camps, isolated settlements and Upper Mustang's oldest gumpa (8th century) at Lo Gekar. These settlements, set amid fields of barley and buckwheat, and home to impressive chortens and simple monasteries, reflect the abiding Tibetan Buddhist culture. The terrain is striking; a semi-arid desert with dramatic deep ravines, caves and rock shelves, flanked by snowy peaks. A highlight is the visit to Lo Manthang, where the King of Mustang reigned over his tiny kingdom and surveyed a world still culturally closer to the heartland of Tibet than to the markets, temples and chaos of Kathmandu. We travel in 4x4 jeep and take walks and riding forays on our unique Tibetan ponies to nearby villages.

While on this trip you'll have up close and personal guided tours of monasteries and explore the walled city of Lo Manthang, including meeting the restorers of the jaw-dropping Thubchen gumpa. We'll meet some interesting people like the Amchis (Tibetan healers), as well as witness the skills of the local horsemen. We'll visit Chosar village on horseback (it's like riding through rural Tibet 1,000 years ago) and the cave monastery Nyiphuk, Jong cave and Garfuk monastery. You'll ride traditional sure-footed Tibetan ponies (no previous horseriding experience is necessary) and see a thrilling demo of wild horse riding skills. The Chosar villagers will showcase their culture, where the ladies wear the most extraordinary traditional dress in all Upper Mustang. Their costumes and jewellery are just amazing.

This tour is accompanied by Margie Thomas in conjunction with a highly experienced local guide.

about your leader/escort

This tour is accompanied by Margie Thomas in conjunction with a highly experienced local guide. Margie has undertaken all number of treks in Nepal and the Indian Himalaya, including numerous visits to Upper Mustang. In August 2013 Margie accompanied Lonely Planet author Stan Armington on a trek to Upper Mustang, and within a year had returned for a second visit. It was these extraordinary journeys and their many experiences that inspired her to devise personal and behind the scenes journeys to Lo Manthang. After the success of her trips in previous years, Margie is looking forward to returning with this newly devised itinerary which encompasses the comforts of staying in Lodges in Upper Mustang with day walks and forays on horseback to outlying villages. She is keen to share her passion for this unique corner of the Himalaya and its people.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	FLY TO POKHARA, DRIVE TO TATOPANI (1200M)
DAY 3	DRIVE TO CHUGGSANG (2980M)
DAY 4	DRIVE TO GHEMI (3520M)
DAY 5	DRIVE TO LO MANTHANG (3830M)
DAY 6	YARTUNG FESTIVAL



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trip dates

2026 13 Aug - 29 Aug

2027 01 Sep - 17 Sep

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Singles:

Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

Leader:

Expert Local Leader & Escort

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

DAY 7	CHOSAR VILLAGE VIA KHECHOE DZONG
DAY 8	ATTEND AS SPECIAL GUESTS OF A REMOTE FESTIVAL AND VISIT CHUMJUNG AND NAMGYAL SETTLEMENTS.
DAY 9	VISIT TO NOMAD CAMP
DAY 10	TO TSARANG
DAY 11	IN TSARANG
DAY 12	IN TSARANG
DAY 13	DRIVE TO SAMAR VIA LO GEKAR
DAY 14	TO JOMSOM
DAY 15	DRIVE TO POKHARA AND FLY ON TO KATHMANDU
DAY 16	IN KATHMANDU, AT LEISURE
DAY 17	TRIP CONCLUDES

what's included

- Accompanied by Margie Thomas in conjunction with a highly experienced local guide
- Lodge accommodation on trek, twin share (we cannot guarantee single rooms at all lodges)
- Good quality accommodation in Kathmandu and Pokhara on a twin share basis
- 16 breakfasts, 13 lunches, 13 dinners
- Flights Kathmandu/Pokhara/Kathmandu.
- An extra 5kg luggage allowance for internal flights, total 20kg
- Special permit to Upper Mustang US\$600
- Expert bilingual guide
- Airport transfers on day 1 & day 17 and when additional nights in Kathmandu are booked through our office
- 4x4 jeep to carry all personal and group equipment
- Entry ticket to Monasteries in Lo Manthang
- Souvenir World Expeditions kit bag
- Complimentary copy of Tsoshar: A rich cultural heritage in Upper Mustang, e-book by Margie Thomas
- Porter's insurance
- Group medical kit

what's not included

- International flights
- Visa
- Travel Insurance (mandatory)
- Please allow US\$50 for monastery visits and donations in upper Mustang
- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips

fund raising support

This trek is registered through GoFundraise. Margie will email you the dedicated Upper Mustang fundraising link closer to departure.

One hundred percent of funds raised through the World Expeditions Foundation go to the school and improve the welfare of those that attend.

The World Expeditions Foundation (WEF) is an Australian based not-for-profit entity whose main aim is to raise donations for education based projects in underprivileged communities

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thoughtful travel

Our Commitment to Horse Welfare: We follow international best practice, guided by the Five Domains Model of Animal Welfare, and only partner with operators who meet our strict welfare standards.

All horses must have access to clean water, appropriate feed, shelter, rest days and veterinary care. We enforce safe load limits (not exceeding 20% of body weight, including rider and gear) and require properly fitted tack to avoid discomfort or injury. Horses must never be overworked, mistreated, or subjected to harsh equipment or training methods.

Our local partners are required to support natural behaviours, such as social interaction and free movement during rest periods, and maintain records of workload and health. Traveller feedback helps us monitor conditions and uphold high standards.

If you observe anything concerning during your trip, we encourage you to speak to your guide and note your concerns in your post-trip survey. Responsible travel means caring for the animals who help make these experiences possible.

trip grading Introductory

To determine the grade of a particular adventure we consider a number of factors.

These include the terrain and altitude. The Tibetan Heartland of Upper Mustang is graded introductory. The day walks/pony trekking on this trip are an integral part of the experience and you will need a reasonable level of fitness. We suggest 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trip. Hill walking in variable weather conditions is also recommended.

across the globe. It's philosophy reflects a focus on education as paramount in improving the standard of living in poor and indigenous communities, believing it empowers young people with a valuable asset for the future and in turn helps to assist developing countries to reduce poverty and achieve sustainable development.

detailed itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. A pre tour briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag. This evening we will head out for dinner, a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel

meals: NIL

DAY 2 Fly to Pokhara, drive to Tatopani (1200m)

This morning we take a flight west to Pokhara. Pokhara is Nepal's second largest town and in good weather we are greeted with sights of the entire Annapurna Range. We're met by our jeeps where we load our gear and begin the drive to Tatopani, staying a short stroll to the hot springs.

Drive approx 3-4 hours

Overnight Lodge, Tatopani

meals: B,L,D

DAY 3 Drive to Chuggsang (2980m)

Today we continue on our drive, leaving Tatopani via Jomsom and Kagbeni to reach Chuggsang on the banks of the mighty Kali Gandaki River. We'll walk across the river to visit the 15th century Gompā Gang, which is under restoration. In Kagbeni, the gateway to Upper Mustang, we collect our restricted area permits.

Drive approx 5-6 hours

Overnight Lodge, Chuggsang

meals: B,L,D

DAY 4 Drive to Ghemi (3520m)

Drive to Ghemi via Samar where we'll stop on the way for tea and meet with a local family. We pass dramatic red organ-pipe eroded cliffs, and explore the old part of the village enroute. In Ghemi we'll explore the ruins of the old palace which is being renovated and re-purposed into a luxury hotel. The original frescoes are being carefully restored with great skill by master painters.

Drive approx 3-4 hours

Overnight Lodge, Ghemi

meals: B,L,D

DAY 5 Drive to Lo Manthang (3830m)

We continue by jeep to the 15th century walled city of Lo Manthang. The ancient capital is situated on a high altitude plateau with white washed walls enclosing around 150 homes, gompas and a palace. We're here to witness the first day of the traditional Yartung Horse Festival which has been celebrated for centuries in Upper

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

Mustang. The entire village stop their work in the fields to mark the end of a healthy crop season with festivities, songs, dances and wild horse races. Attending this traditional local festival is a unique experience few travellers ever witness.

Drive approx 2 - 3 hours

Overnight Lodge, Lo Manthang

meals: B,L,D

DAY 6 Yartung Festival

Day 1 of Yartung is Boys Day, which begins with an auspicious welcome for the Lama or Khenpo, who leads the parade ahead of the royal family members, on a horse decorated with finery such as intricately woven decorative blankets and elaborate horse trappings. The Khenpo guides a riderless or 'empty' horse which is meant for the deities. They call to the protective deities of the village by crying out "Lhagyal Lo" several times.

In late afternoon exuberant locals display their horsemanship on a track at the edge of the village. The villagers cheer them on with much merriment, traditional singing, dancing and drinking of chang, a local spirit made from fermented barley. The horse riders demonstrate death-defying wild riding skills by racing at breakneck speed and throwing rocks at stationary targets. With nerves of steel, they hang precariously from their horses to snatch up khatas (ceremonial scarves) from the ground. The excitement is palpable.

meals: B,L,D

DAY 7 Chosar village via Khechoe Dzong

Today we set off early to ride to Chosar village. On the way we'll climb the ruins of Khechoe Dzong built around 1380 by Ame Pal, the first King of Mustang. From here you can see all the way to the Tibetan border. We can visit an intricate & extensive network of once-inhabited caves nearby. In Chosar village we will see a cultural showcase where the ladies and gentlemen wear the most extraordinary traditional dresses in all Upper Mustang.

Overnight Lodge, Chosar

meals: B,L,D

DAY 8 Attend as special guests of a remote festival and visit Chumjung and Namgyal settlements.

This morning we walk up through Chosar village passing the house where the 17th Karmapa took refuge on his escape from Chinese-ruled Tibet in 2000. We'll meet our Tibetan ponies to the north of the village then ride (or walk) toward the Tibetan border, passing Nyamdo (4,168m) and the nomad grazing pastures and small settlement of Chumjung (4,170m) approx. (2 hours' walk). Tibetan is spoken in this particular village. We meander toward the traditional & picturesque settlement of Kimaling, where we visit a local family who make unusual rugs & weave beautiful traditional garments.

We then make our way on horseback to the small settlement of Kimaling, where we join the locals to celebrate their Yartung. Attending a local festival where few western tourists have been is an authentic and unforgettable experience. We join in the festivities of blessings, pujas, singing and dancing, replacement of the prayer flags, and then watch the horses race. All set against a dramatic landscape on the Tibetan borderlands. As the sun sets we make our way by car back to Lo Manthang.

Overnight Lodge, Lo Manthang

meals: B,L,D

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DAY 9 Visit to nomad camp

Free morning in Lo Manthang. Afternoon visit to nomad camp. The morning is spent exploring the walled city. After lunch we head off on our Tibetan ponies on an excursion through a stunning landscape to visit the last of the nomads with their herds of goats and yaks. We witness the handling and milking of the goats and watch the sun set over this atmospheric landscape. Return to Lo Manthang by vehicle early evening for overnight.

Overnight Lodge, Lo Manthang

meals: B,L,D

DAY 10 To Tsarang

This morning we drive to the royal capital of Tsarang. We spend time with Tsewang Jonden Bista, the nephew of the Last King of Mustang. Tsewang who was born and bred in Tsarang has an in-depth knowledge of the local customs and traditional practices and because of his connections you'll have a royal insight into the region and access to places and people many tourists could only imagine.

Overnight Maya's Heritage Inn (owned by Tsewang Bista, our cultural attache)

meals: B,L,D

DAY 11 In Tsarang

From Tsarang we make our way through dramatic landscapes and the small settlements of Yara and Ghara to visit the cave monastery of Luri Gompa. Luri Gompa is carved from the cliff face and is a marvel of ancient Tibetan Buddhist devotion. Its dome-shaped inner sanctuary is adorned with exquisite frescoes and painted trailing lotus flowers depicting ancient mythology and Tibetan Buddhist traditions and myths. There's evidence on the walls of a timeline kept by a monk who meditated in the cave monastery possibly centuries ago. As we leave Luri, we'll take time to observe a colony of vultures on the opposite cliffs.

Overnight Maya's Heritage Inn

meals: B,L,D

DAY 12 In Tsarang

We have a full day in Tsarang today to explore the ruins of the old Royal Palace and visit Lekshey Choeling nunnery, where we experience a very special welcome by the girls studying there. Later we will visit the magnificent 15th century monastery for a welcome puja just for our group.

Overnight Maya's Heritage Inn, Tsarang

meals: B,L,D

DAY 13 Drive to Samar via Lo Gekar

We bid farewell to Tsarang and drive (approx 3 hours) to Samar via Lo Gekar, visiting the 8th century Ghar Gompa which is one of the oldest active gompas in Nepal. We follow stunning ridgelines toward the Kali Gandaki river where we're afforded dramatic views of deep gorges and ancient rock formations. The charming Annapurna Lodge at Samar is in a stunning location with excellent mountain views.

Overnight Lodge, Samar

meals: B,L,D

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DAY 14 To Jomsom

We continue our descent to Jomsom today in our 4x4 jeeps where we visit the ancient Guru Rinpoche monastery and see some incredible artefacts from 14th and 15th century Tibet. We celebrate with local musicians as we spend our last night in Mustang.

Overnight Lodge, Jomsom

meals: B,L,D

DAY 15 Drive to Pokhara and fly on to Kathmandu

Our drive through rural Nepal, from Jomsom to Pokhara, enhances our experience of dramatic landscapes and daily rural life. From Pokhara we fly late afternoon, back to Kathmandu where we then transfer to our hotel.

Drive approx 6-7 hours.

Overnight Radisson Hotel, Kathmandu

meals: B

DAY 16 In Kathmandu, at leisure

Today has been set aside for a free day to explore Kathmandu at your leisure. A half day sightseeing tour can be booked on request at an additional charge.

Overnight Radisson Hotel, Kathmandu

meals: B

DAY 17 Trip concludes

Your trip concludes today. This morning you will be transferred to the airport for your onward flights.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Weather in Kathmandu & Pokhara - July and August is the tail end of the monsoon season, but it is likely there will be some rain in the late afternoon/evening. Temperatures in Kathmandu

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should range between a minimum around 20°C and a maximum around 28°C. The combination of moderately-high humidity and altitude (1,400 metres / 4,600 feet) may slow you up for the first day or two. Pokhara is lower than Kathmandu (800 metres/2600 ft.), and a little warmer and much wetter than Kathmandu. Lightweight, modest, cotton clothing is recommended

Weather in Mustang is likely to be warm, sunny and dry with occasional light rain. We spend several nights at around 3,800 metres, where it can be quite cold at night (low as 0° C). There are few trees and you'll need a hat and sunscreen because you'll be in the sun most of the day. There are fierce (anabatic) winds up the Kali Gandaki valley each day after about 11 am.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation on the trip

On this specially devised itinerary we have elected to stay in lodges through our journey in Upper Mustang. Accommodation throughout our tour is in good quality comfortable lodges which are run by local Mustang families. Each lodge has a central communal area with a cosy atmosphere. The bedrooms are unheated and generally have two beds with mattresses, pillows and a blanket. We stay at The Radisson in Kathmandu.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Our 4x4 vehicles will carry all our group gear

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough

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- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more than 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us.

We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources.

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vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu), however, to speed up arrival processes, it is easier to obtain your visa prior to departure. Queues are common during peak tourist arrival times, especially at the visa application counters and we strongly recommend you arrange your visa before you arrive. In order to skip the bulk of the queues, you are able, in most cases, to apply for your visa either via your nearest Nepalese embassy/diplomatic mission/consulate or by applying for an ETA – Electronic Travel Authorisation. Please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE, ie. you must enter and depart Nepal within six months of the date of issue of the visa.

The details for the various options available to you are outlined below:

Option 1: Via your nearest Nepalese diplomatic mission/consulate. The online form can be sourced at <https://nepaliport.immigration.gov.np/onlinevisa-mission/application> and there is a handy user manual which can be downloaded from the site to guide you through the process. The procedures differ depending on your location, for example for those from NSW, Australia, you may apply online, transfer funds and have the visa issued electronically via <https://consulatenepal.org/services/tourist-visa-to-nepal/>. Please contact your local mission/consulate for their requirements.

Option 2: Visa Application submitted Pre-arrival, with visa issued on arrival -

There is an official online application portal (<https://nepaliport.immigration.gov.np/>) that allows you to submit and print your application prior to arrival (note this can only be completed a maximum of 15 days prior). From this page, select the 'On arrival' Visa option and choose Tribhuvan International Airport (TIA) as the entry point if you are flying into Kathmandu, this step changes the 'applied office' section which is vital. Note the payment portal on this option is often unavailable. Once you've applied, the form can be printed for use on arrival and payment made as outlined below.

Option 3: Visa Application submitted on arrival -

If you opt to obtain your visa on arrival and have not pre-filled the online form as noted above, join the queues to a row of computers on the right as you enter the terminal and fill out the online form. Unfortunately, at time of writing, there are no printers attached to the computers so make sure to take a screenshot of your final application, then join the queue at the left of the arrivals hall to pay for your visa (officials will need to sight the screenshot of your application). You will need to pay the application fee for which cash is recommended and will be issued with a receipt. The preferred payment is USD however AUD, CAD and GBP will also be accepted at the exchange rate of the day.

Visa costs are:

US\$30 – 15 days

US\$50 – 30 days

US\$125 – 90 days

Proceed to the immigration desk with your screenshot of the online application, receipt, two passport sized photographs if you are applying on arrival (note when using the pre-arrival service, e-versions are used however carrying a few passport photos is always advisable) and passport for processing and visa issuance.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all

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countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

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how to book

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