

# FAR WEST NEPAL EXPLORATORY GHT



**COUNTRIES VISITED:** **NEPAL**

**TRIP TYPE:** Trekking

**TRIP GRADE:** Strenuous

**TRIP STYLE:** Camping

**5 Based On 4 Reviews**

**KG Carbon Footprint**

**TRIP LEADER:** International Leader

**GROUP SIZE:** 5 - 12 people

**NEXT DEPARTURE:** 25 May 2024

**12 Trees Planted for each Booking**

Our Nepal Far West Exploratory GHT trek starts from Simikot and follows a number of remote river valleys in an anti-clockwise direction to the Tibet border at Hilsa. This trek is wild, remote, and very much an exploratory trek in the true sense of the word. Being adventurous and flexible is required if you would like to join this trek in May/June 2024.

This exploratory trek is the result of [Adrian \(Ade\) Summers'](#) and Galden Sherpa's reconnaissance treks to Far West Nepal in April and August 2022. During our research for Ade's recce, we identified a valley to the northeast of Simikot that is unaffected by road development. So we pivoted our plans to explore this very remote region which only a small number of expeditions have ever visited to attempt unclimbed peaks on the border with Tibet. We are really excited by this new trail as it is in fact far better than the original Nepal Far West GHT route that it has replaced.

To find out more about Ade's recce and our Nepal Far West Exploratory GHT route take a look at our Blog article [A Remote Trekking Option For Nepal Far West Section Of The Great Himalaya Trail](#).

After landing at the airstrip we leave Simikot and drive by jeep to our first camp at Dojam. From there we start the trek heading east along the Lurupya Khola before turning more northerly up the Chuwa Khola. We follow a narrow pony trail up the steep-sided valley. From near Syamboyak, the valley opens out as we follow the Dojam Khola. From Gurukpa camp we follow the Ning Khola where the valley retains its dry river

bed appearance.

Further up the valley is the Tibet border and the unclimbed peaks of Chandi Himal. Whereas we turn off to the West into a side valley. We start ascending to our High Camp at around 5,148m in the shadow of an un-named peak at 5,894m. The next day we cross Nying La at 5,470m and descend to our camp at Nying Kuna.

We walk out towards Limi Valley and on a rest day, we walk to a viewpoint to see Mount Kailash and the Holy Lake at Manasarovar. Our trek continues as we head into Limi Valley. We have a rest day and visit Halji's ancient monastery known as a Gumpa. We continue our journey on the traditional route to Hilsa on the Tibet border before getting a jeep back to Simikot, and flights back to Kathmandu.

## WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flights are from Kathmandu to Nepalgunj and to Simikot. After the trek flights are from Simikot to Nepalgunj and then to Kathmandu.
- Twin-share rooms at Hotel Tibet or Hotel Ambassador in Kathmandu.
- Breakfast only in Kathmandu and Nepalgunj, all meals included while on the trek.
- Twin share tents while on trek using our Mountain Hardwear Trango 3 tents. These are three-person domed tents with plenty of space for two people sharing plus gear.
- Trekking arrangements. Including permits and fees, tents, International and Nepalese guides, porters, and cooks.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for the Nepal Far West region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- GPS tracking on Google Maps. Your friends and family can track your progress during the trek.
- A trekking map is given to you on arrival to Kathmandu.
- UK-registered charity, Pipal Tree, will plant 12 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK (ATOL) and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom, or face-to-face meetings.

## WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days at US\$50 (approx £40).
- Lunch and evening meals in Kathmandu and Nepalgunj.
- Personal clothing & equipment. Take a look at the kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 25,000 Nepalese rupees (approx. £155 or US\$195)
- Other items not listed in "What is included"

## ITINERARY

### DAY 1: ARRIVE IN KATHMANDU (1,400M)

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Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer.

## DAY 2: BRIEFING, PERMITS AND KIT CHECK IN KATHMANDU

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Breakfast

Hotel Ambassador in Kathmandu

This morning your leader will give the trek briefing and check your gear. We will collect your passports from you so that we can apply for the trekking permits. The rest of the day is free to explore Kathmandu and to pack your bags. You can leave a bag at the hotel with items not needed on trek.

## DAY 3: FLY TO NEPALGANJ (150M)

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Fly to Nepalgunj

Breakfast

Soaltee Western Premium or Hotel Siddhartha

We take the flight to Nepalgunj in western Nepal. There are good views of the Himalayan mountains from the right side of the plane. Nepalgunj is the largest city in the Terai with a hot and humid climate.

**Important note:** there is a safety risk to consider when flying on airlines in Nepal. For information about the aviation risk in Nepal read the relevant sections “Threat and Risk Assessment” and “Internal flights in Nepal”. Please get in touch with us if you would like to discuss this further.

## DAY 4: FLY TO SIMIKOT (2,983M)

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Fly to Simikot (2,983m)

Breakfast, Lunch and Dinner

Camping

After an early morning start, we take a flight to Simikot the main airport of the Far West of Nepal. After landing at the short takeoff runway we stay in Simikot for one night while the gear is arranged and sorted out for the trek.

## DAY 5: DRIVE OR WALK TO DOJAM KHOLA (2,548M)

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Breakfast, Lunch and Dinner

Drive to Dojam khola (3 hours)

Breakfast, Lunch and Dinner

Camping

We drive approximately 3 hours to our camp at Dojam. The route will take us on the new road to Kharpunath where we stop for a break and visit the Temple. We will continue along a jeep road for another 1 ½ hours to our riverside campsite in Dojam. If the road is damaged due to a landslide then we will walk to Dojam. Depending on our arrival time we can visit the Monastery (Gompa) or just relax in camp.

## **DAY 6: BUFFER TREK DAY IN CASE OF ANY DELAYS**

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Breakfast, Lunch and Dinner

Camping

## **DAY 7: BUFFER TREK DAY IN CASE OF ANY DELAYS**

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Breakfast, Lunch and Dinner

Camping

## **DAY 8: TREK TO SUBAKONG / SYAMBOYAK (3,149M)**

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Walking for 6 to 7 hours

Breakfast, Lunch and Dinner

Camping

Today we start our trek using mules for portorage of our gear. We ascend a trail following the Chuwa Khola river. We walk through pristine forest and contour around various river gullies and ridges. We cross the Chuwa Khola river twice before arriving at our camp in the forest at a place called Syamboyak. This is near the junction of with the Tumling Khola.

## **DAY 9: TREK TO PHOKUNG / DHYAULING (3,742M)**

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Walking for 7 hours

Breakfast, Lunch and Dinner

Camping

Staying on the west side of the valley we progress through the forest as we ascend in altitude. If we are lucky we will see Nepal's national bird the brightly coloured Danphe birds and Griffon Vultures soaring over head. We come out of the jungle to arrive at our camp at Phokung / Dhyauling near the junction of the Lor Khola.

## **DAY 10: TREK TO GURUKPA (3,982M)**

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Walking for 5 hours

Breakfast, Lunch and Dinner

Camping

Soon after leaving camp we cross over the Dojam Khola and follow the river on a riverside trail. We meet the Lacbam Khola on our right. Again we cross on a traditional wood bridge before continuing to follow the river and reach our camp at Gurukpa.

### **DAY 11: ACCLIMATISING DAY AT GURUKPA (3,982M)**

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Breakfast, Lunch and Dinner

Camping

### **DAY 12: TREK TO SUMNA (4,145M)**

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Walking for 5 hours

Breakfast, Lunch and Dinner

Camping

At Gurukpa the valley splits and we follow the west side of the valley along the Ning Khola. The other side of the valley is fed by the glaciers in Tibet flowing down from the Chang La. It is a shorter day today as we set up camp in a spectacular spot near the riverside.

### **DAY 13: TREK TO PHYAJANG (4,556M)**

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Walking for 4 to 5 hours

Breakfast, Lunch and Dinner

Camping

The landscape starts to open up and with the scenery, we feel we are in a remote region of Tibet. We continue our journey along the Ning Khola. It is a long morning's walk to our campsite at Phyajang. In the afternoon we will take time to relax and prepare for the ascent up to the pass.

### **DAY 14: TREK TO HIGH CAMP (5,148M)**

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Walking for 5 hours

Breakfast, Lunch and Dinner

Camping

We follow the river valley for a short distance before turning off left into a side valley. Here we ascend in the shadow of an un-named peak at 5,894m. We set up our High Camp before the Nying La pass. If we are lucky we may be able to spot herds of Blue Sheep in the upper pastures.

**DAY 15: CROSSING THE NYING LA PASS (5,470M) AND DOWN TO NYING KUNA (4,853M)**

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Walking for 7 hours

Breakfast, Lunch and Dinner

Camping

We continue along the valley to gain more height and cross the Nying La at 5,470m. After a rocky descent, we enter a remote valley which will eventually lead us to the Limi Valley. It is a challenging day, but we are rewarded with amazing mountain views that few people have ever seen.

**DAY 16: TREK TO NYING PHEDI (4,571M)**

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Walking for 5 to 6 hours

Breakfast, Lunch and Dinner

Camping

We follow a lovely trail along Nying Khola river as we descend this remote valley.

**DAY 17: TREK TO TRAKSTE (4,245M)**

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Walking for 5 to 6 hours

Breakfast, Lunch and Dinner

Camping

We follow the Nying Khola to Trakste. We might have a few river crossings today. We arrive at Trakste and this is the first sight of civilisation for quite a few days.

**DAY 18: TREK TO MARJUMLAYA (4,710M)**

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Walking for 6 to 7 hours

Breakfast, Lunch and Dinner

Camping

We leave the Trakste watershed as we head north following the old trade route to Tibet. This is now a jeep track however more like a wide path and there is very little, if any traffic.

**DAY 19: MORNING WALK TO VIEWPOINT FOR MOUNT KAILASH AND LAKE MANASORAVAR (APPROX 5,100M)**

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Walking on day trip for 4 to 5 hours

Breakfast, Lunch and Dinner

Camping

Today we have a morning walk up to a viewpoint for a view of the sacred mountain of Mount Kailash and Lake Manasarovar. This is about a 7 hours round trip but is very worth the effort. There are two river crossings along the way. Mount Kailash is a holy mountain for Buddhists, Bon, Jains, and Hindus. Lake Manasarovar is known as the source of the four major Asian rivers. These are the Indus, the Sutlej, the Brahmaputra, and the Karnali which is a tributary of the Ganges.

## **DAY 20: TREK TO TATOPANI (4,010M)**

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Walking for 6 hours

Breakfast, Lunch and Dinner

Camping

## **DAY 21: TREK TO HALJI (3,740M)**

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Walking for 7 to 8 hours

Breakfast, Lunch and Dinner

Camping

We follow Limi valley and to Halji village and the ancient Gompa of Halji. Halji is the biggest and most important village in Limi Valley.

## **DAY 22: MORNING EXPLORING HALJI GOMPA, AFTERNOON WALK TO TILJUNG (4,170M)**

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Walking for 4 to 5 hours

Breakfast, Lunch and Dinner

Camping

In the morning we visit the 800-year-old Rinchen Ling Gompa monastery. This is a place of great beauty and it exudes a sense of peace and tranquility.

After lunch, we leave Halji and follow the Limi Khola river to the west. We are trekking on good trails through upland pasture and we see Buddhist mani walls on the way. We cross to the north side of the river before we reach Tiljung after about 4 or 5 hours of trekking. We take the rest of the day to explore and relax in the ethnically Tibetan village of Tiljung.

## **DAY 23: TREK TO MANAPEME (3,930M)**

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Walking for 7 hours

Breakfast, Lunch and Dinner

Camping

We leave the barley fields and farmland of Tiljung behind we enter a more rocky and steeper valley trail now following the Humla-Karnali river. On the way, we will hopefully visit a sacred meditation cave, Chasa Nam-ka Dzong. This is the meditation cave of Lotsawa Rinchen Sangpo, a well-known interpreter of Buddhist scriptures. This is an ancient caravan route from Tibet into the Limi Valley and we continue our upper valley traverse to arrive at our camp in Manapeme after about 7 hours. Interestingly the camp gets its name from the Mani Mantra engraved on a large rock.

## **DAY 24: TREK TO HILSA ON THE BORDER WITH TIBET (3,640M)**

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Walking for 5 hours

Breakfast, Lunch and Dinner

Camping

We follow the Humla-Karnali river and trek above the gorge. We finally descend and across the bridge above the Humla Karnali River to arrive at our destination of Hilsa. This is the border town of Nepal and Tibet. This is a busy border town and you will notice the contrast in development on both sides.

## **DAY 25: TREK OVER NARA LA (4,560M) TO TARI (3,620M)**

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Walking 5 to 6 hours

Breakfast, Lunch and Dinner

Camping

## **DAY 26: DRIVE TO SIMIKOT (2,910M)**

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Driving by jeep for 9 to 10 hours

Breakfast, Lunch and Dinner

Camping

We have an early start for a long day in a jeep driving to Simikot. We will stop off and have tea and lunch at various villages on the way. We will arrive in Simikot in the late afternoon and explore this historic regional centre.

## **DAY 27: FLY TO KATHMANDU VIA NEPALGANJ**

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Fly to Nepalganj

Fly to Kathmandu



## Breakfast and Lunch

### Hotel Ambassador in Kathmandu

We have an early start for an early 1-hour long flight to Nepalganj in the lowland of the Terai. It is hot and humid as we are just a few miles away from the Indian border. If all goes well after a short break we board our flight to Kathmandu, with hot showers and cold beers.

## DAY 28: DAY IN KATHMANDU (BUFFER)

### Breakfast

### Hotel Ambassador in Kathmandu

## DAY 29: FLY BACK HOME

### Fly home

### Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

## DATES & PRICES

### 2024

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
25 May 2024 to 22 Jun 2024	Adrian Summers	US\$6,195pp	US\$295pp / US\$495pp	Guaranteed

### 2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
24 May 2025 to 21 Jun 2025	International Leader	US\$6,195pp US\$5,995pp	US\$295pp / US\$495pp	5 Left to Guarantee Early Bird Discount

## PRACTICAL INFORMATION

### A Typical Day On Trek

### TYPICAL DAY ON CAMPING TREK IN NEPAL

We provide a comfortable experience on our camping style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

You can read more about our [Camping Treks in Nepal](#) on our Blog. This article explains the advantages of camping versus teahouse lodge treks. It also describes what the campsite set up is like and more about the food provided by our cooks.

Food provided on Camping Trek

## **FOOD PROVIDED ON CAMPING TREK IN NEPAL**

While on a camping style trek in Nepal we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with. Also in 2015 we purchased two food dehydrators with a vacuum sealing machine. We dehydrate a large number of different vegetables in Kathmandu before departure. This has transformed the quality of food especially on longer treks to remote areas.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

## **COMMUNICATIONS**

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

## KIT LIST FOR FAR WEST NEPAL GHT

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Nepal Far West GHT trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience hot conditions with temperatures up to 25 Celsius. You experience the coldest temperatures with overnight lows down to around -12 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

### Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Water shoes such as Merrell Waterpro Maipo. Enclosed to protect your feet during river crossings.
- Walking socks.

### Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

### Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

### For crossing the pass

- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

## Personal equipment

- Sleeping bag. Overnight lows down to -12 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

## Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

## Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

## Threat and risk assessment

### RISK ASSESSMENT FOR FAR WEST NEPAL GHT

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Far West Nepal GHT trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to

reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke). Please note during the months of April and October it will be very hot and humid at the start of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

## INTERNAL FLIGHTS

Foreign, Commonwealth & Development Office ("FCDO") travel advice from UK to Nepal states that "STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft." For their latest advice please take a look at their [Safety & Security section under Air Travel](#).

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Suggested reading

## SUGGESTED READING AND MAPS FOR FAR WEST NEPAL GHT

### Maps

[Far-West Great Himalaya Trail](#) Series Map 1: 150,000 by Himalayan Maphouse

### Books

[Wild-West Nepal a Pictorial Journey Paperback](#) – January 1, 2013 by Bharat Bandhu Thapa (Author)

A Trekking Guide to West Nepal: Limi Valley, Rara Lake, Mugu, Api, Saipal, Kanjiroba, Kailash & Guge (Himalayan Travel Guides) by Sian Pritchard-Jones and Bob Gibbons

## ACCOMMODATION

### HOTEL TIBET IN KATHMANDU



Hotel Tibet is in Lazimpat next to the Radisson. This is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our clients have enjoyed staying at this property. It has a good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor. On the fifth floor there is a roof terrace with the Yeti Bar overlooking the city.

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## CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

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## TRIP REPORTS

To read our trip report please click on the link below to our blog:

[Far West Nepal Exploratory GHT led by Ade Summers in November 2022](#)

[A Remote Trekking Option for Nepal Far West Section of The Great Himalaya Trail](#)

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## TRIP REVIEWS

### REVIEW BY PAUL C ON 01/01/2023

I was one of 7 trekkers selected to take part in an exploratory trek in the Hunsu region of Far West Nepal. The planned route had not been trekked or explored before to the best of my knowledge. Highlights were seeing Snow Leopard pug marks in fresh snow, visiting the Nepal/Tibet border to lookout towards Mount Kailash, and later visiting the remote village of Halji to see the local Buddhist community and their amazing 11th-century Gumpa. This is the 7th time I have visited The Himalayan region on treks organised by The Mountain Company since 2007. As a returning customer, I can personally vouch for the detailed pre-trek organisation and communication, in fact, it has got better over the years. No query is left unanswered. This particular trek was an exploratory trip to see if a commercial trek could become a reality in the future. The Mountain Company maintain contact with all their treks via satellite phone and provide weather updates to ensure safety. ...

### REVIEW BY SB 21/12/2022

Very well-organised and supported trip. We had to change plans because of the weather but the western leader made sure we still had the best possible trip (and it was still tough) with many highlights. Personal



interest by the owner/director who was out in Nepal to see us off and had responded to questions etc on calls before the trip. Good follow -up also to improve the trip for future groups. ...

## REVIEW BY HEIDIVB 21/12/2022

The Nepal Far West Exploratory GHT trek starts from Simikot and follows a number of remote river valleys in an anti-clockwise direction to the Tibet border at Hilsa. This trek is wild, remote, and very much an exploratory trek in the true sense of the word. An amazing trip to the Far West of Nepal. Amazing culture and amazing mountains. Highlights were seeing Mount Kailash and Lake Manasarovar but closely followed by the visit to Halji monastery a 900-year-old monastery with a fantastic prayer room. Exploring this remote area of Nepal was a joy, meeting remote local communities and trekking through the wild rugged valleys gave us a great sense of adventure and the true meaning of adventure travel. This trip has been more than I could have ever asked for. We walked for 25 days, put up tents almost every night at a different location and on most days, we had fabulous sunny days. I loved the scenic remoteness, the wonderful company of the local guides, cooks, and porters. I always make an effort to engage with local people wherever I travel to learn about their lives. The kindness with the local crew treated me every day makes me work hard to become a better person myself. I will cherish memories of this amazing trip for the rest of my life. The Mountain Company is the best a person can ask for. Roland replied to me right away when I inquired about this exploratory trek. Information about the trek was truly clear. I felt extremely comfortable booking with The Mountain Company this exploratory trek. This is the first time I have booked a trek with the Mountain Company. In the past I have used other companies for my trekking adventures. Things The Mountain Company did to make me feel comfortable:

- Thoroughly checking suitable participants for this exploratory trek. Being a back-country skier with good avalanche training, I realize how important every single team member is for the success of a trek.
- Checking every trekkers equipment before venturing out into the mountains.
- Using a knowledgeable local company to work with the Mountain Company to hire local guides, cooks, porters. Roland Hunter was at the hotel to send us off.
- Meals were delicious, healthy, and nutritious – meat (beef & chicken) has been dehydrated prior for the trek
- Great equipment (new tents), mats, pillows
- Porters were properly equipped for the trek, supplied by The Mountain Company (hiking boots, pants, jackets, sunglasses).

This is very important for me to see that the entire team, including staff is taken care of. - Safety and hygiene was an important aspect of The Mountain Company, making sure the trekkers well being. ...

Notes downloaded on: 25-04-2024

