



नेपाल पर्वतारोहण संघ  
NEPAL MOUNTAINEERING ASSOCIATION



UIAA

International Climbing and Mountaineering Federation  
UNION INTERNATIONALE DES ASSOCIATIONS D'ALPINISME


# UIAA GA 2026

28 OCT. - 1 NOV. 2026



## ABOUT NEPAL

Nepal is a small but incredibly diverse country located in South Asia, between India and China. It is home to the world's highest mountains, including Mount Everest, making it one of the most famous destinations for mountaineering and trekking. The country offers breathtaking landscapes ranging from snow-covered Himalayan peaks to lush hills and valleys, along with a rich cultural heritage.



# *Table of* **CONTENTS**

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Basic Nepali Customs to Know	03
Useful Words	04
Logistics for Travel: UIAA GA 2026	05
Ghorepani-Poon Hill Trek	09
Everest Trek	13
Cultural & NatTour of Nepal	17
The Chhuma Peak II (6325m in Upper Mustang Lodge Trek)	21
Mt. Amadablam- 6812 m Expedition	25

## BASIC NEPALI CUSTOMS TO KNOW

- When visiting a temple, always circumambulate it in a clockwise direction.
- Remove your shoes before entering a temple or a Nepalese home.
- Entry to some temples may be restricted to non-Hindus, so please check for notices.
- Seek permission before taking photographs inside temples or during religious ceremonies.
- You may accept a handshake offered by either a male or female, but it is polite not to offer your hand first.
- Dress modestly and avoid public displays of affection.

## COUNTRY CODE OF NEPAL

The country code for Nepal is +977.

### AREA CODES FOR MAJOR CITIES:

- Kathmandu: 01
- Pokhara: 061
- Chitwan: 056
- Lumbini: 071
- Time in Nepal

Nepal Standard Time is GMT +5 hours 45 minutes.

## CURRENCY

- Currency exchange is permitted only through banks, hotels, and licensed money changers.
- Nepalese banks do not accept Indian currency notes of INR 500 and INR 1000.
- Please retain exchange receipts if you wish to convert unused NPR during departure.
- ATMs & Credit Cards

ATMs are widely available in major cities and generally accept American Express, Visa, and Master Card. Most major hotels, restaurants, and souvenir shops accept these credit cards.

## DRIVING IN KATHMANDU

- Vehicles drive on the left side of the road.
- Use your horn frequently to signal other drivers.
- Maintain moderate speed and always wear a helmet. (for motorcycles) or seatbelt.
- Keep your driving documents (license and vehicle registration/Blue Book) with you at all times.
- Avoid driving during strikes (bandhs) and peak traffic hours.





Online application link: <https://nepaliport.immigration.gov.np/on-arrival/IO>

ENGLISH	NEPALI
Greeting / Hello	Namaste
Good afternoon	Shubha Diwa
Good evening	Shubha Sandhya
How are you	Tapailai Kasto cha?
I am... / My name is...	Mero Naam.....ho
I want to go...	Ma .....Jana Chahanchu
I need a Taxi	Malai Taxi Chahiyo.
How much it cost	.....Kati paisa ho?
Thank you	Dhanyabad
Sorry	Maf garnuhos
Yesterday	Hijo
Today	Aaja
Tomorrow	Bholi
Can you help me pleas	K tapai malai sahayog garna saknu huncha?
I'm hungry	Malai bhok Lagya ko chha
I want a beer please	Kripaya malai Beer dinuhos.
A glass of wine please	Kripaya malai Wine dinuhos.
Mountains	Himal
Rock Climbing	Rock Climbing
Safety	Surakchya

# USEFUL WORDS

# LOGISTICS FOR TRAVEL: UIAA GA 2026

Date: 30-31 October 2026

## VISA REQUIREMENT

To obtain a visa for Nepal, please complete the online visa application at the official Department of Immigration portal up to 15 days before arrival and print the barcode receipt.

## VISA ON ARRIVAL REQUIREMENTS

- Passport valid for at least six months
- At least two passport-sized photographs
- Flight details and hotel address for the application form
- During peak tourist seasons, the airport can be busy, so completing the form online beforehand will help speed up the visa process.



Online application link:

<https://nepaliport.immigration.gov.np/on-arrival/100>

## REGISTRATION

Registration Info / Deadline for booking hotel

- Registration cost for delegates attending meeting USD 110
- Ground Transportation : US \$ 50 per person
- Meal costs lunch USD 20 + Taxes / Dinner USD 22 + Taxes
- Official dinner is offered to 2 delegates from every federation, additional delegates and USD 22 + Taxes

## HOTEL

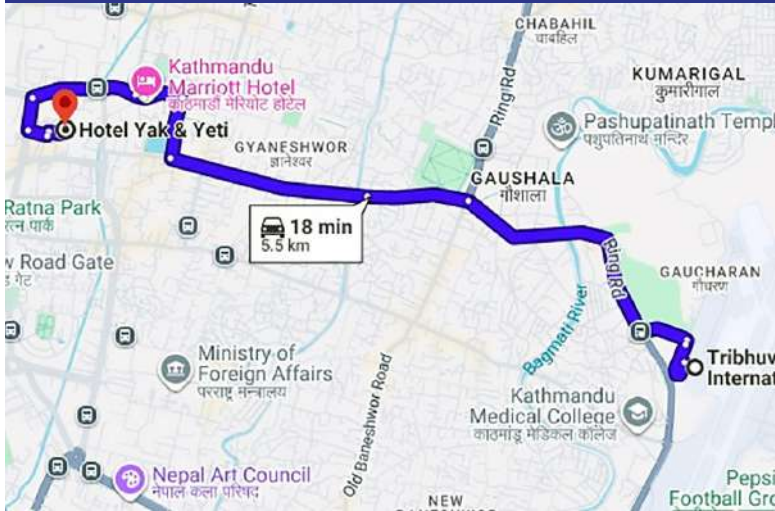
**Official Hotel:** Hotel Yak & Yeti

**Address:** Durbar Marg, Kathmandu

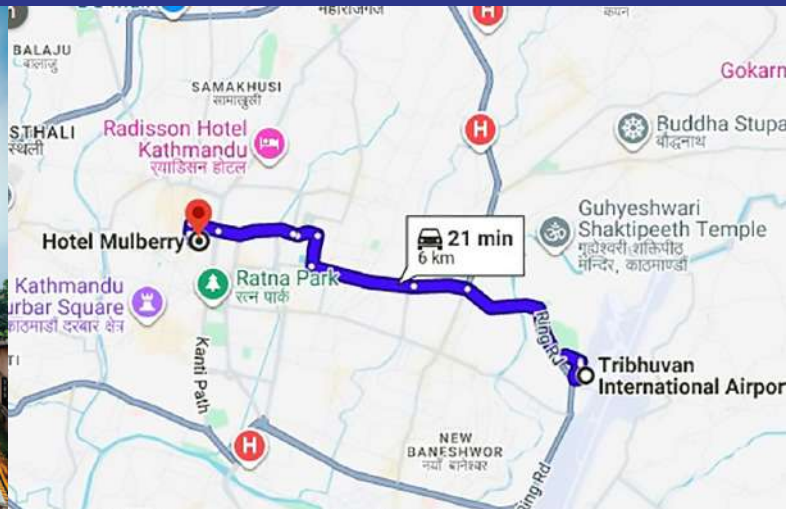
**Hotel reservation will be made:** through the NMA or through the hotel itself

Hotel	Room	
	Single	Double
<b>Hotel Yak &amp; Yeti</b> (Official Hotel) ★★★★★	USD 95 + Tax per room per night	USD 95 + Tax per room per night
<b>Hotel Mulberry</b> ★★★	USD 85 + Tax per room per night	USD 85 + Tax per room Per night
<b>Maya Manor Boutique Hotel</b> ★★★	USD 75 + Tax per room per night	USD 75 + Tax per night

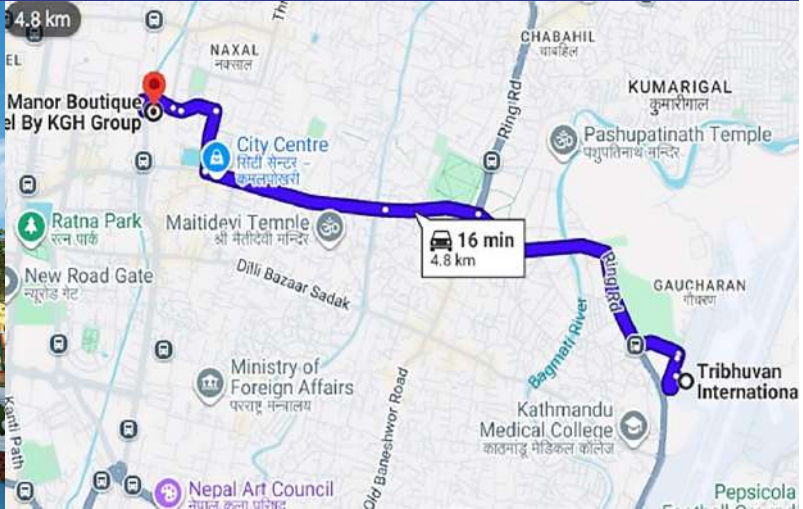
## Hotel Yak & Yeti



## Hotel Mulberry



## Hotel Maya Manor



### ARRIVAL IN KATHMANDU: UIAA HELP DESK

Upon arrival at Tribhuvan International Airport, you will find the UIAA HELP DESK at the exit gate, where representatives from the Nepal Mountaineering Association (NMA) will assist you with your transfer from the airport to your hotel.

### WEATHER

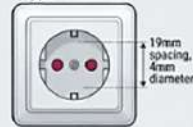
Weather at time of year is pleasant daytime temperatures typically reach around 24°C–26°C, while evenings and nights become cooler, often dropping to 12°C–14°C.

### ELECTRICITY

Electricity in Nepal is 230 volts, alternating at 50 cycles per second. A voltage converter is needed for a device that does not accept 230 volts at 50 MHz. Sockets in Nepal accept only round three or two pins. So if your electrical device uses flat pins, please bring a universal electric plug adaptor.

#### Socket Illustrations

##### Type C Socket

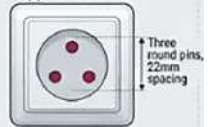


Europlug - 2 pins



Prevalence: Common in older buildings

##### Type D Socket



Indian Standard - 3 pins

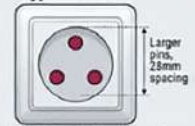


Prevalence: Very Common

##### Universal Socket



##### Type M Socket



South African - 3 pins (larger)



Prevalence: Less Common



# *Refreshment* **TRIPS**

**Ghorepani-Poon Hill Trek**

**Everest Trek**

**Cultural & NatTour of Nepal**

**The Chhuma Peak II**

(6325m in Upper Mustang Lodge Trek)

**Mt. Amadablam- 6812 m Expedition**

**For Refreshment Trips - Please Contact:**

**Rajendra Bahadur Lama**

General Secretary, Nepal Mountaineering Association

Email: [info@nepalmountaineering.org](mailto:info@nepalmountaineering.org) / [president@nepalmountaineering.org](mailto:president@nepalmountaineering.org)

# Ghorepani-Poon Hill Trek

ANNAPURNA CLASSICAL

9 DAYS

## CONTAINS

- Introduction of the program
- Description of the daily itinerary
- Offer for the year 2026
- Hotels, transfer and other information
- Program highlight

## INTRODUCTION OF THE TOUR

The region north of Pokhara, including Ghorepani, offers some of the most dramatic close-up views of the world's highest and most beautiful mountains. The abrupt variation in altitude is astonishing. From Pokhara's airstrip at just 800 meters, the summit of Machhapuchre (6,997 m) rises less than 20 miles

away, with no intervening ranges to obstruct the view. Throughout the area, the mountain panoramas are simply spectacular.

Poon Hill provides a magnificent vantage point for sweeping views of the mid-western Himalayan ranges. The incredible altitudinal diversity, unusual geography, and pleasant climate make trekking here a true naturalist's dream.

The return trail follows one of the most important historic trading routes between India and Tibet, which also serves as a major pilgrimage path. Along the way, trekkers encounter traders as well as Hindu and Buddhist pilgrims. The region is home to the Magar and Gurung communities, renowned as the backbone of the famous Gurkha regiments.

## 21 OCT

### Arrival in Kathmandu Overnight at Hotel

Arrival in Kathmandu-Check in Hotel and sightseeing around Durbar Square

**Kathmandu Durbar Square:** This large square is the historic seat of Nepalese royalty. Surrounded by ancient temples and palaces, the square epitomizes the religious and cultural life of the Nepalese people. It is here that the kings of Nepal were traditionally crowned.

## 22 OCT

### Drive to Pokhara/ 25 minutes flight

We take a domestic flight to Pokhara around noon and spend the afternoon exploring the city. In the evening, our trekking crew meets us at the hotel for a detailed briefing about the trek. **Overnight at Kailash Resort.**

## 23 OCT

### Tolka 1700m/ 1 hour drive + 5 walking hrs

We drive to Kaade (1,706 m), a one-hour journey from Pokhara. From here, we begin a gradual uphill walk to Australian Camp, then continue along the trail to Pothana (1,990 m) for lunch. After lunch, the trail ascends gently through thin pine and rhododendron forests to Deurali. From Deurali, we descend for about one hour to Tolka. Overnight at a local guesthouse. Ascent: 970 m and descent: 400 m

## 24 OCT

### Ghandruk 1940m/ 5 walking hrs

We descend through rhododendron forests alive with birdlife to the Modi Khola, passing via Landrung, and then ascend to Ghandruk. The climb to this traditional Gurung village is virtually a stone staircase. Ghandruk is beautifully set against the dramatic peaks of Annapurna South and Hiunchuli (6,441 m). Crossing the valley floor on the ascent and descent, we enjoy magnificent views of Machhapuchre, Annapurna South (7,273 m), and Annapurna II (7,937 m) dominating the skyline. The remainder of the day is free to relax and explore the village. Overnight at a guesthouse. Ascent: 380 m and descent: 620m.

**25 OCT**

**Tadapani 2630m/ 5 walking hrs**

This is a beautiful day of gradual uphill walking through thick pine and rhododendron forests to Tadapani. Overnight at a guesthouse. Ascent: 730 m and descent: 270 m

**26 OCT**

**Gorepani 2875m/ 5 walking hrs**

We begin the day with a steep and exhilarating climb to Deurali Pass (3,150 m), where the panoramic views are truly spectacular. From the pass, we enjoy sweeping vistas of Dhaulagiri (8,167 m) and Gurja Himal (7,193m) to the west, and Annapurna II, Manaslu (8,156m), and Himal Chuli (7,893m) to the east. From Deurali Pass, we descend to Ghorepani. Overnight at a guesthouse. Ascent: 610m and descent: 365 m

**27 OCT**

**Tirkhedunga 1520m/ 6 walking hrs**

Early in the morning, we ascend to the summit of Poon Hill (3,210 m), where the views are among the finest in Nepal. To the west lie the Dhaulagiri Range and Gurja Himal; to the east stretch the Annapurna ranges, along with Manaslu, Himal Chuli, Machhapuchre, and numerous other peaks. Towering above is the pyramid-shaped peak of Annapurna South, while far below lies the Kali Gandaki Gorge, the deepest gorge in the world, plunging over three miles in places. After spending time at the viewpoint, we descend back to Ghorepani for breakfast. Ascent: 335m and descent: 1,690m

**28 OCT**

**Fly back to Kathmandu/ 25minutes flight**

After breakfast, we drive to Pokhara and take an afternoon flight back to Kathmandu. Upon arrival, there is time to relax or enjoy some shopping in the city. Overnight at the group hotel in Kathmandu.

**29 OCT**

**UIAA GA**

## OFFER FOR THE YEAR 2026 ON HB BASIS

No. of Pax	Per Person
2 to 5	USD 1,140 per Person
6 to 16	USD 1,075 per Person
Single Supplement	Euro 270 per Person

## HOTELS

### Hotel in Kathmandu on BB basis

Hotel Mulberry (4 Star)

Web: mulberrynepal.com

Mail: mail@mulberrynepal.com

### Hotel in Pokhara on HB basis

Mt. Kailash Resort on BB basis (4 Star)

Web: www.mountkailashresort.com

Mail: info@mountkailashresort.com

## BREAKDOWN OF THE PRICE

USD 630	Per Person for the 7 days trek with all the lodges and meals
USD 40	Per person for the trekking permits and conservation fees
USD 240	Per person for Kathmandu to Pokhara roundtrip flight
USD 120	Per person in twin sharing room in 4 star hotel Kathmandu and Pokhara on BB basis
USD 110	Per person for the private transportation in private group
USD 1140	Per person

## MEALS

Meals are included during the entire trek on HB basis but the hotel in Pokhara and Kathmandu are based on BB basis.

## DOMESTIC FLIGHT

Pokhara to Kathmandu by JET STREAM AIRCRAFT, Domestic airport tax included.

## TRANSFER

- Airport to hotel on day 1
- Kathmandu to Pokhara on day 2 by drive
- Pokhara to Tolka on day 3

- Tirkhedunga to Pokhara by private vehicle and Pokhara to Kathmandu by flight on day 8
- Airport to hotel on day 8

## VEHICLE

Car for 2 to 4 pax, Toyota Hiace for Pax 5 to 13, and 18 seated bus will be used for pax above 14.

## SIGHTSEEING IN KATHMANDU

Kathmandu Durber Square

## ENTRANCE FEES

The entrance fees for the sightseeing sites mentioned above and also the trekking permit and national park permit are included.

## LOCAL STAFF

Local trekking guide, local trekking assistant guides and porters from day 2 to day 8.

## SEASON

This tour is sellable to throughout the year.

## NOT INCLUDED

Meals during the Kathmandu stay, all personal drinks, rescue services, medical kits and tips.

## PROGRAM HIGHLIGHT

1. Sightseeing to the World Heritage's sight 1, Kathmandu Durber Square, 2, Boudhanath, 3, Pashupatinath, 4, Patan and 5, Swoyambunath
2. Close glance of 3 over 8000mtr high peaks out of 14 which are 1, Dhaulagiri (8167m) 2, Annapurna 1 (8091m) and 3, Manaslu (8163m)
3. Experience the culture and the way of living of the famous Gorkha soldiers Gurung, Magar and Thakali communities
4. Visit Tibetan Buddhist monks and lamas in a monastery to see how they live in Nepal
5. Visit secret Hindu shrines
6. Trek to the Himalayas up to 3000m in Annapurna Conservation Project Area (ACAP)



# Everest Trek

7 DAYS

## CONTAINS

- Introduction of the program
- Description of the daily itinerary
- Offer for the year 2026
- Hotels, transfer and other information
- Program highlight

## INTRODUCTION OF THE TOUR

The trek leads you into Khumbu, the region of Mt. Everest which is not only the proximity of the World's highest mountain, but also the Sherpa villages and monasteries have made Solukhumbu fascinating and justifiably famous. This slow-paced exploration is designed to benefit the visitors to enjoy

the grandeur of the Khumbu peaks and allow time to mix with the Sherpas. Beside the magnificence of the Everest region without taking the strenuous trail to Base Camp, this is an ideal trek for those who wish to savor the richest Sherpa culture being together with them in their homeland and visiting their cultural center. You can always enjoy the spectacular view of giant peaks Mt. Everest 8848m, Lhotse 8516m, Lhotse Shar 8400m, Nuptse 7855m, Amadablam 6812m, Thamserku 6623m, Khangtega 6779m, Kongde 6011m, Tobuche 6501m and Kusumkangkaru 6367m.

## 22 OCT

### Arrival in Kathmandu Overnight at hotel

Arrival in Kathmandu-check in Hotel and sightseeing around Durbar Square

**Kathmandu Durbar Square:** This large square is the historic seat of the Nepalese Royalty. The square, with its old temples and palaces, epitomizes the religious and cultural life of the people. It is here where Kings of Nepal are crowned.

## 23 OCT

### Phakding 2600m / 4 Walking hrs

We fly from Kathmandu to the tiny airstrip at Lukla (2,800 m) on a spectacular helicopter mountain flight. After refreshment stop in Lukla, we enjoy an easy walk to Phakding, where we stay overnight at Sherpa Shangrila Resort. **Ascent: 90 m** and **Descent: 290 m**

## 24 OCT

### Namche Bazaar 3450m/ 6 walking hrs

We take a scenic walk along the banks of the Dudh Koshi River to Jorsalle, where we stop for lunch. After lunch, we begin a steep climb to Namche Bazaar. Along the way, we are treated to our first breathtaking views of Everest (8,848 m), Nuptse (7,879 m), and Lhotse (8,511 m). Overnight at Hotel Namche. **Ascent: 950 m** and **Descent: 100 m**

## 25 OCT

### Khumjung 3800m/ 3 walking hrs

After breakfast, we ascend to the Everest View Hotel, a Japanese-style lodge, passing the small airstrip at Syangboche along the way. We stop here for lunch. This hotel is an ideal vantage point to enjoy panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde, Tobuche, and Khantega. After lunch, we descend to Khumjung, which takes about half an hour, and stay overnight at Hidden Valley Lodge. **Ascent: 400 m** and **Descent: 50 m**

**26 OCT**

**Phakding 2600/ 6 walking hrs**

After breakfast, we descend to Namche Bazaar, where we spend a few hours shopping and enjoying lunch. Afterward, we continue descending to Monjo, then follow the Dudh Koshi River valley to Phakding, where we stay overnight. **Ascent: 145 m** and **Descent: 1,110 m**

**27 OCT**

**Lukla 2800m/ 4 walking hrs**

After breakfast, we follow the Dudh Koshi River valley and continue the trail back to Lukla. In the evening, we enjoy a farewell party at Everest Kitchen Home to thank our trekking crew. **Ascent: 320 m** and **Descent: 355 m**

**28 OCT**

**Fly back to Kathmandu 1400m 35 minutes**

Free day for shopping and relaxation! Overnight at group hotel.

**29 OCT**

**UIAA GA**

## OFFER FOR THE YEAR 2026 ON HB BASIS

No. of Pax	Per person
2 to 5	USD 1180 per person
6 to 16	USD 1120 per person

Single supplement Euro 280 per person

### BREAKDOWN OF THE PRICE:

USD 560	Per Person for the 7 days trek with all the lodges and meals
USD 50	per person for the trekking permits and conservation fees
USD 420	per person for Kathmandu to Pokhara roundtrip flight
USD 120	per person in twin sharing room in 4 star hotel Kathmandu and Pokhara on BB basis
USD 30	per person for the private transportation in private group
USD 1180	per person

### HOTELS:

Hotel in Kathmandu on BB basis

Hotel Mulberry (4 Star)

Web: mulberrynepal.com

Mail: mail@mulberrynepal.com

### HOTEL WE USE DURING THE TREK:

Phakding: Sherpa Shangri-la Resort - HB

Namche: Namche Hotel - HB

Khumjung: Hidden Valley Hotel - HB

Phakding: Sherpa Shangri-la Resort - HB

Lukla: Everest Kitchen Home - HB

### MEALS:

Meals are included during the entire trek but the hotel in Kathmandu based on BB basis.

### DOMESTIC FLIGHT:

Kathmandu/Lukla/Kathmandu by Canadian Made Twin Otter flight.

Domestic airport tax included.

### TRANSFER:

- Airport to hotel on day 1

- Kathmandu to airport on day 2
- Airport to Hotel on day 7

### VEHICLE:

Car for pax 2 to 4, Toyota Hiace van for Pax 5 to 13, and 18 seated tourist bus will be used for pax above 14.

### SIGHTSEEING IN KATHMANDU:

Kathmandu Durber Square

### ENTRANCE FEES:

The entrance fees for the sightseeing sites mentioned above, the trekking permit and national park permit are included.

### LOCAL STAFF:

Local trekking guide, local trekking assistant guides and porters from Wik. trekking day 2 to day 13

### SEASON:

Sepember mid to May mid (Summer is not so favorable weather)

### NOT INCLUDED:

Meals during Kathmandu and Pokhara, all personal drinks, personal rescue services and tips.

### PROGRAM HIGHLIGHT:

1. Sightseeing to the World Heritage's sight of Kathmandu Durber Square,
2. Close glance of 6 over 8000mtr high peaks out of 14 which are 1, Dhaulagiri 8167m 2, Annapurna 8091m 3, Manaslu 8163m 4, Everest 8848m 5, Lhotse 8516m and 6, Makalu 8463m
3. Experience the culture and way of living of famous Gorkha soldiers of Gurung, Magar and Thakali communities
4. Visit Tibetan Buddhist monks and lamas in a monastery to interact their way of living in the Himalayas
5. Visit secret Hindu shrines
6. Trek to the Himalayas below 4000m



# Cultural & NatTour of Nepal

KATHMANDU, POKHARA & CHITWAN **7 DAYS**

## CONTAINS

- Introduction of the program
- Description of the daily itinerary
- Offer for the year 2026
- Hotels, transfer and other information
- Program highlight

## INTRODUCTION OF THE TOUR

Mention Nepal, and most people immediately think of the Himalayas. Indeed, eight of the world's 14 tallest peaks are located here. Yet Nepal is distinguished not only by its towering mountains but also by its unique cultural heritage, artistic monuments, and rich biodiversity, which are reflected in the country's languages, architecture, and wildlife.

Nestled between Tibet of the People's Republic of China in the north and India on the other three sides, Nepal is the confluence of two great religions: Hinduism and Buddhism. It is the land where Lord Buddha was born more than 2,500 years ago, and also the birthplace of Sita, consort of Lord Ram.

The Kathmandu Valley comprises the three royal cities of Kathmandu, Patan, and Bhaktapur, which together boast seven UNESCO World Heritage Sites. The valley itself is an open-air museum of Newar culture, with an extraordinary collection of sculptures, temples, monuments, and magnificent art.

For nature lovers, a Chitwan Jungle Safari in Chitwan National Park, and sightseeing around Pokhara Valley, add excitement and variety to the tour, offering a deeper discovery of Nepal's natural beauty and cultural richness.

**22 OCT**

**Arrival in Kathmandu**

Transfer to hotel and Welcome with Welcome-Drinks (non- alcoholic). Overnight Hotel Mulberry

**23 OCT**

**Kathmandu/Durbar Square/ Patan / Bouddhanath**

Sightseeing in Kathmandu and Patan: We begin the day with sightseeing around Kathmandu Durbar Square, including Kasthamandap, the House of Kumari, Ashok Binayak, and Krishna Mandir Temple. Afterwards, we drive to Patan and have lunch at Patan Museum Café Restaurant inside the palace (own cost). Following lunch, we explore Patan Durbar Square, including Khumbeshwor Temple and the Temple of the Thousand Buddhas (Mahabouddha Bahal). In the afternoon, we visit Boudhanath Stupa, one of the largest Buddhist stupas in the world. We continue to a Buddhist monastery, where we spend at least one hour interacting with a Lama. After the visit, we transfer back to the hotel, then drive to Thamel, allowing some free time to walk around and explore. Overnight at Hotel Mulberry \*\*\*\*

**24 OCT**

**Kathmandu - Chitwannational Park (B/D)**

We drive to Chitwan National Park, arriving around 4:30 PM. En route, we stop for lunch at Mountain Spring Resort (own cost) and visit a small village with a hanging bridge over the river, shortly before Bishaltar village. Upon arrival at the resort, we check in and settle in. Later, the rangers and guides will present the activity plan for the group. During our stay in Chitwan, the group will enjoy a variety of activities, including: Elephant riding, Tharu cultural show, (traditional dance program) Elephant briefing, Jungle walks, Canoeing Visit to a Tharu village, including the Tharu Museum, Jeep safari. All activities are accompanied by a nature specialist guide to enhance the experience. Dinner and overnight at resort

**25 OCT**

**Chitwan National Park (B/L/D)**

Several activities during the day. Lunch and dinner at Resort. Overnight at RESORT

**26 OCT**

**Pokhara**

**(B)**

After buffet breakfast at the hotel, we drive to Pokhara, a scenic 5-hour journey by private vehicle. Along the way, we follow the Kali Gandaki River, passing traditional villages inhabited by Gorkhas and Brahmins, enjoying the charming rural landscapes. In the afternoon, we explore Pokhara's main attractions, including Devi's Falls and the Gupteshwor Cave (Waterfall Cave). We then take a short walk along the lakeside for orientation before heading to Boomerang Restaurant for lunch (own cost). The rest of the afternoon is free at leisure to relax or explore Pokhara on your own. In the evening, we enjoy dinner at a lakeside restaurant. Overnight at Mt. Kailash Resort \*\*\*\*

**27 OCT**

**Pokhara**

**(B)**

After buffet breakfast at the hotel, we enjoy a morning walk through the gorge near the hotel, guided by experienced hotel staff (approximately 2 hours). We then drive to Pokhara and take a walk through the old city, including a visit to Bindu Basini Temple. Lunch is at a nice lakeside restaurant near Boomerang (own cost). In the afternoon, we visit a Tibetan village, including a tour of a monastery from the inside, before transferring back to the hotel. In the evening, we enjoy dinner at Boomerang Restaurant accompanied by a cultural show. Overnight at Mt. Kailash Resort \*\*\*\*

**28 OCT**

**Pokhara – Kathmandu**

**(B/D)**

Early in the morning, we visit Sarangkot Hill to enjoy the sunrise and panoramic views of the Himalayas and Pokhara Valley. After returning, we have buffet breakfast at the hotel. In the early afternoon, we transfer to the airport for our flight back to Kathmandu. Overnight: Group hotel in Kathmandu.

**29 OCT**

**UIAA GA**

## OFFER FOR THE YEAR 2026 ON HB BASIS

No. of Pax	Per person
2 to 5	USD 1620 per person
6 to 16	USD 1550 per person

Single Supplement Euro 450 per Person

### BREAKDOWN OF THE PRICE:

USD 390	Per Person for the 7 days tour with entrance fees, tour guide and assistant, half board meals in Kathmandu and Pokhara
USD 40	per person for the trekking permits and conservation fees
USD 120	per person for Pokhara to Kathmandu flight
USD 300	per person in twin sharing room in 4 star hotel Kathmandu for 3 nights and 2 nights in Pokhara on BB basis (total 5 nights)
USD 500	per person for 2 nights Kasara Resort on full board
USD 30	per person for the private transportation in private group
USD 180	per person for all private vehicle for the whole tour
USD 60	per person for the 1 day sightseeing in Kathmandu
USD 1620	per person

### HOTELS:

#### Hotel in Kathmandu on BB basis

Hotel Mulberry (4 Star)

Web: mulberrynepal.com

Mail: mail@mulberrynepal.com

#### Hotel in Pokhara on HB basis

Mt. Kailash Resort on BB basis

Web: www.mountkailashresort.com

Mail: info@mountkailashresort.com

#### Hotel in Chitwan on FB basis

Kasara Resort on full board basis

Web: www.kasararesort.com

Mail: info@kasararesort.com

### MEALS:

Meals are included during the entire trip on HB basis but the resort in Chitwan is based on full board and the hotel in Pokhara and Kathmandu are based on BB basis.

### DOMESTIC FLIGHT:

Pokhara to Kathmandu on Day 7 by JET STREAM AIRCRAFT, Domestic airport tax included

### TRANSFER:

- Airport to hotel on day 1
- Kathmandu to Pokhara on day 4
- Pokhara to Kathmandu on day 7

### VEHICLE:

Car for 2 to 4 pax, Toyota Hiace for Pax 5 to 13, and 18 seated bus will be used for pax above 14.

### SIGHTSEEING IN KATHMANDU:

Kathmandu Durber Square, Boudhanath and Patan

### ENTRANCE FEES;

The entrance fees for the sightseeing sites mentioned above and also the trekking permit and national park permit are included.

### LOCAL STAFF:

Local tour guide, assistant guides from tour day 1 to day 7.

### SEASON:

This tour is sellable to throughout the year.

### NOT INCLUDED:

Meals during the Kathmandu stay, all personal drinks, rescue services, medical kits and tips.

### PROGRAM HIGHLIGHT:

1. Sightseeing to the World Heritage's sight 1, Kathmandu Durber Square, 2, Boudhanath, 3, and 4, Patan
2. Close glance of 3 over 8000mtr high peaks out of 14 which are 1, Dhaulagiri (8167m) 2, Annapurna 1 (8091m) and 3, Manaslu (8163m)
3. Experience the culture and the way of living of the famous Gorkha soldiers Gurung, Magar and Thakali communities
4. Visit Tibetan Buddhist monks and lamas in a monastery to see how they live in Nepal
6. Visit secret Hindu shrines
7. Trek to the Himalayas up to 3000m in Annapurna Conservation Project Area (ACAP)



# The Chhuma Peak II - 6325m

IN UPPER MUSTANG LODGE TREK **12 DAYS**

## CONTAINS

- Introduction of the program
- Description of the daily itinerary
- Offer for the year 2026
- Hotels, transfer and other information
- Program highlight

## INTRODUCTION TO THE EXPEDITION

Chhuama Peak II (6,325 m)

Chhuama Peak II (6,325 m) is one of the most attractive and accessible trekking peaks in Upper Mustang, situated among Chhuama Peak I, III, and IV. Centrally located in the region, this peak lies near the origin of the Kali Gandaki River, adding both geographical and spiritual significance to the climb. Thanks to its excellent road access, climbers can drive directly to

the base camp, making it possible to complete the expedition within a week from Kathmandu, provided proper acclimatization.

From base camp, climbers can proceed swiftly to high camp and attempt the summit the following day. The summit push and descent can be completed on the same day, with the option to continue onward to the historic town of Lo Manthang. The route is technically straightforward, making Chhuama Peak II an enjoyable ascent for climbers seeking a rewarding Himalayan summit without extreme technical difficulty.

The summit offers breathtaking panoramic views of the Dhaulagiri, Annapurna, and Nilgiri ranges, along with numerous surrounding peaks. From the top, climbers can also observe the Korala border between Nepal and Tibet, Lo Manthang, the vast Mustang Valley, and the expansive Tibetan Plateau—an unforgettable high-altitude perspective.

## DAY 1 **Arrive Kathmandu**

Airport pickup and transfer to hotel. Complete instructions are given in the afternoon. In the evening you are invited for dinner with your mountain guide. Overnight at Hotel Tibet or similar (D).

## DAY 2 **Kathmandu sightseeing and preparation for the trek**

Today we explore Kathmandu with a local city guide. The day is flexible and is designed according to what you would like to see. The most popular places and attractions are generally Pashupatinath, a Hindu temple with an area for burning the dead, Swoyambhunath - also known as the 'Monkey Temple', the Boudhanath stupa, Durbar Square and Thamel - the main tourist centre of Kathmandu. Overnight at Hotel (B).

## DAY 3 **Fly/Drive to Pokhara (25 minutes flight / 6-7 hours drive)**

After breakfast at Hotel drive to airport and fly to Pokhara (can also drive). Overnight Mount Kailash Resort or similar (B).

## DAY 4 **Flight to Jomsom (2,713m), drive to Kagbeni (2,810m) 2 hrs**

Early flight to Jomsom (2713m). Commence the trek through an almost treeless barren landscape, over which strong afternoon winds howl. In the 'rain shadow' of the Himalaya, there is hardly any rain through it is usually cloudy during the monsoons. In the winter, there may be between 30 and 40 cms of snow. There are endless Villages far apart and constructions are generally of sun -baked mud brick and some stone. Even the 4 – story places of Mustang are constructed of the same material. Overnight at lodge (B,L,D).

## DAY 5 **Drive to Lo Manthang (3,770m) 5 hours drive**

today we drive to Lo -Manthang (3700m). We enter the Tholung valley and follow the trails to the boundaries with Lo, marked by a chorten during our drive. Across a several stream, the road turns into a grand thoroughfare crossing a desert -like landscape to a ridge where the walls of Lo -Manthang appear and reach the plateau of Lo Manthang. Overnight at hotel there. (B,L,D).

## DAY 6 Explore Lo Manthang

Excursion to Lo -Manthang. The next day for exploring Lo Manthang: ChampaLakhang dates from 1420 and houses a statue of Maitreya, Buddha of the Future. The centrally located ThugchenGompa has a massive assembly hall and dates from the same period as the ChampaLakhang but is in a state of deterioration. Overnight at teahouse lodge (B,L,D).

## DAY 7 Drive to Chhuma BC (4,755m) 2 hrs drive

today we take a drive to Chhuma BC and set the base camp there. Overnight at tented camp (B,L,D).

## DAY 8 High Camp (5,380m) 4 – 5 hours walk

after early breakfast, we ascend to high camp that takes about .... Hour and set the camp there.

## DAY 9 Summit Chhuma PEAK II (6325m) 7 – 8 hrs

Early morning our team prepare coffee and start ascending for the summit of this gorgeous peak to enjoy the summit of the peak. We spend about one hour on the summit and than descend down to BC. We spend the overnight at basecamp today. Overnight at tented camp (B,L,D).

## DAY 10 Drive to Jomsom (2700m) 6 -7 hrs drive

Our last walk would be little bit longer. We start early to reach Kagbeni for lunch. And will head on to Jomsom for the overnight stop. Overnight at teahouse lodge (B, L,D)

## DAY 11 Fly to Kathmandu via Pokhara

we take early morning flight to Pokhara from Jomsom and than afternoon flight to Kathmandu. We take the lunch lunch in Pokhara before the flight. Overnight at Hotel in Kathmandu (B).

## DAY 12 Fly back home

Transfer to the airport /Farewell (B).

## OFFER FOR THE YEAR 2026 ON HB BASIS

No. of Pax	Per person
2 to 5	\$ 2,320 per Person
6 to 16	\$ 2,150 per Person

Single Supplement \$ 475 per Person

### BREAKDOWN OF THE PRICE:

USD 900	Per Person for the 9 days tour with guide and assistant, half board meals in lodge and tented Camp, cook and kitchen team
USD 50	per person for the trekking permits and conservation fees
USD 500	per person for the special permit of Mustang
USD 120	per person for Pokhara to Kathmandu flight for one way
USD 250	per person in twin sharing room in 4 star hotel Kathmandu for 2 nights and 2 nights in Pokhara on BB basis (total 4 nights)
USD 400	per person for the climbing guide and climbing equipment
USD 140	per person for the private transportation in private group to BC from Jomsom and return
USD 60	per person for the 1 day sightseeing in Kathmandu
USD 1620	per person

### HOTELS:

**Hotel in Kathmandu on BB basis**

Hotel Mulberry (4 Star)

Web: mulberrynepal.com

Mail: mail@mulberrynepal.com

**Hotel in Pokhara on HB basis**

Mt. Kailash Resort on BB basis

Web: www.mountkailashresort.com

mail: info@mountkailashresort.com

### MEALS:

Meals are included during the entire trek on FB basis but the hotel in Pokhara and Kathmandu are based on BB basis.

### DOMESTIC FLIGHT:

Pokhara to Kathmandu on Day 12 by JET STREAM AIRCRAFT, Domestic airport tax included

### TRANSFER:

- Airport to hotel on day 1
- Kathmandu to Pokhara on day 3
- Pokhara to jmsom flight and drive to Kagbeni on day 4
- Drive to Lomanthang on day 5
- Drive to Basecamp on day 7
- BC to Jomsom on day 10
- Jomsom to Kathmandu and to hotel on day 11
- Hotel to airport on day 12

### VEHICLE:

We use Car for 2 to 4 pax, Toyota Hiace for Pax 5 to 12, and 18 seated bus above 13 pax

### ENTRANCE FEES:

The entrance fees for the Upper Mustang, climbing peak permit as mentioned above and also the trekking permit and national park permit are included.

### LOCAL STAFF:

Local trekking guide, local trekking assistant guides and porters from Trekking day 3 to day 11.

### SEASON:

This tour is sellable to throughout the year.

### NOT INCLUDED:

Meals during the Kathmandu stay, all personal drinks, rescue services, medical kits and tips, sleeping bag, zumar, harness, boot, helmet, warm gloves and hat, down jacket, EP gas and stove, Oxygen set etc.

### PRO GRAM HIGHLIGHT:

1. Close glance of 3 over 8000mtr high peaks out of 14 which are 1, Dhaulagiri (8167m) 2, Annapurna 1 (8091m) and 3, Manaslu (8163m)
2. Experience the culture and the way of living of the famous Gorkha soldiers Gurung, Magar and Thakali communities
3. Visit Tibetan Buddhist monks and lamas in a monastery to see how they live in Nepal
4. Visit secret Hindu shrines
5. Explore the unexplored Mustang Himalayan ranges and climb the most gorgeous newly opened peak above 6300m.
6. Climb the most exciting Chhuma Peak In Mustang



# MT. AMA DABLAM - 6812m

— Expedition —

8000\$USD/person

## Quick facts:



**DESTINATION**  
Nepal, Khumbu



**DURATION**  
25 Days



**DIFFICULTY**  
Hard



**ACCOMODATION**  
Tea House and Tent



**MEALS**  
B, L & D



**GROUP SIZE**  
15



**MAX ELEVATION**  
6812m

# Overview

Mount Ama Dablam Expeditions in Nepal is 6000 meter above climbing peak which is a technical Himalayan peak not just trekking. The Ama Dablam which is also known as the Mother's necklace from the Tibetan translations.

The mountain is also known for its stunning sharp, pyramid-like shape which is often called as the Matterhorn of the Himalayas. This climbing mountain in Nepal is considered as one of the most beautiful mountains in the world.

Our 30 days expeditions is, especially designed for you if you want to experience the true raw beauty of the mountains without climbing and risky peaks like the Mount Everest or any other above 8000 meters peaks.

If you want to have the beginner friendly climbing experience which requires the technical climb then this expedition is for you. You will navigate through the rock, snow, and ice sections alongside enjoying the beautiful views of the Everest, Lhotse, Nuptse, and the Cho Oyu.

If you are beginner in mountaineering then this climb will teach you everything that you may require to climb the high peaks. You will learn to use the ropes, crampons, and ice axes, and walking on the glaciers.

Mt. Ama Dablam



## DETAILED ITINERARY FOR THE AMA DABLAM EXPEDITIONS

Day 1	Arrival in Kathmandu (1,350m / 4,429ft)
Day 2	Trip Preparation & permit briefing in Department of Tourism
Day 3	Fly to Lukla, then trek to Phakding (2,800m / 9,187ft)
Day 4	Trek to Namche Bazaar (3,438m / 11,280ft)
Day 5	Acclimatization Day
Day 6	Trek to Tengboche (3,867m / 12,687 ft)
Day 7	Trek to Dingboche (4,410m / 14,470 ft)
Day 8	Acclimatization Day
Day 9	Trek to Lobuche (4,940m / 16,210ft)
Day 10	Trek to Lobuche Base camp (4,950m / 16,240ft)
Day 11	Lobuche Summit (6,119m / 20,075ft) & back to Pangboche (3,985m / 13,074ft)
Day 12	Trek to Ama Dablam BC (4,600m / 15,092 ft)
Day 13-20	Acclimatization & Climbing Period
Day 21	BC-Namche (3,438m / 11,280ft)
Day 22	Trek to Lukla (2,860m / 9,383 ft)
Day 23	Fly back to KTM (1,350m / 4,429ft)
Day 24	Debriefing at Department of Tourism
Day 25	Departure



## **COST INCLUDES**

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- ALL THE REQUIRED PERMITS FOR AMA DABLAM & LOBUCHE PEAK
- SAGARMATHA NATIONAL PARK & TREKKING PERMIT
- AMA DABLAM & LOBUCHE PEAK LOGISTICS MANAGEMENT
- DOMESTIC FLIGHTS KATHMANDU-LUKLA-KATHMANDU
- GROUND TRANSPORTATION
- 4 NIGHTS HOTELS IN KATHMANDU
- ACCOMODATION DURING TREKKING
- FULL BOARD MEALS BREAKFAST, LUNCH AND DINNER DURING TREKKING AND CLIMBING
- HIGH ALTITUDE FOODS SUPPLIES AND KITCHEN TENTS DURING EXPEDITION
- EXPERIENCED CLIMBING SHERPA 1:1
- BASE CAMP KITCHEN STAFF & PORTERS
- LIAISON OFFICER & HIS ALLOWENCES
- MEDICAL KITS AND COMMUNICATION GEARS
- GROUP CLIMBING GEARS SUCH AS THE ROPES, TENTS, AXES, AND THE FIXED ROPES
- MEDICAL INSURANCE OF THE EXPEDITION TEAM SUCH AS THE GUIDE, PORTER, COOK AND THE SUPPORT STAFF



## **COST EXCLUDES**

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- INTERNATIONAL AIRFARE
- NEPAL ENTRY VISA FEES
- TRAVEL INSURANCE AND THE EMERGENCY EVACUATIONS OR THE HIGH ALTITUDE RESCUE
- PERSONAL CLIMBING GEARS.
- PERSONAL CLOTHING AND ACCESSORIES
- OPTIONAL TOURS NOT MENTIONED IN ITINERARY
- SUMMIT BONUS FOR PERSONAL SHERPA 800\$USD
- TIPS FOR BASE CAMP STAFF 350\$USD
- HELI TO KATHMANDU 1000\$USD
- ANY OTHER SERVICES WHICH IS NOT MENTIONED IN THE ITINERARY



## **TERM AND CONDITIONS**

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### **BOOKING & ADVANCE PAYMENT**

- Clients must confirm their expedition booking at least 3 months prior to departure.
- A 30% advance payment of the total trip cost is required at the time of booking to secure permits, guides, porters, lodging, and logistics.
- The remaining balance is due on arrival in Nepal, before the expedition begins.
- We are not responsible for any errors or changes during bank transactions.

### **CANCELLATION POLICY**

- The 30% advance payment is non-refundable if the client cancels after payment has been made.
- Once booked, We commit resources (permits, staff, logistics), meaning cancellations result in charges to the client to cover those obligations.

### **LAST-MINUTE BOOKING**

- Last-minute bookings (within one month of departure) may be accepted but require full payment upfront depending on logistics and availability.
- Overnight Stay Due to Delay.
- If delays occur due to client negligence, any additional overnight costs must be covered by the client.
- Delays caused by weather, or political conditions will be managed.

### **EXCESS BAGGAGE CHARGES**

- Clients are responsible for overweight baggage. Additional charges apply if personal luggage exceeds the standard limit.

### **COMPLAINTS & FEEDBACK**

- Any concerns during the expedition should be raised immediately with your guide or expedition leader.
- Reasonable concerns will be addressed and resolved where possible.

### **FLIGHT CANCELLATIONS**

- Flight delays or cancellations (by airline or client) do not entitle clients to compensation.
- We will assist in arranging accommodations during flight delays, where possible.

## GEAR LISTS

### TRAVEL DOCUMENTS

- Valid Passport (with 6 months validity)
- Credit/Debit Card o PP Size Photo (2 Pieces)
- Insurance Paper And Contact Address.
- Family Members / Company's Contact Address

### LOWER BODY

- Thermal Bottom Base Layer (2-3 Pcs)
- Fleece Trouser (1-2 pcs)
- Gore Tex Pant (1 pcs)
- Mid Weight Pants (1-2 Pcs)
- Light Weight Quick Dry Trekking Pants (2-3 Pairs)
- Down Pants (1pcs)

### HEAD

- Sun Cap
- Desert Cap
- Balaclava
- Fleece Hat/ Warm Hat (1-2 Pcs)
- Neck Gaiter/ Buff mask (2-3 Pcs)

### BAG PACKS

- Rucksacks 35 L - 50 L
- Duffle Bag 120 L-150 L (2 Pcs)
- Water Proof Stuff Sacks/Dry Bag Small/ Medium/ Large (3-4 Pcs)

### HANDS

- Thin Fleece Gloves (2 Pairs)
- Wind Stopper / Screen Tap Gloves (2 Pairs)
- Heavy Gloves (Guide Gloves)
- Summit Gloves -8000m. (Mittens)

### SLEEPING BAGS

- Down Sleeping Bag -400 C (Extreme Comfort)
- Sleeping Bag -200 C to -300 C (For BC)
- Thermarest Mattress (Cell Foam)
- Down Mattress (Inflatable)
- Sleeping Bag Liner
- Inflatable Pillow

### UPPER BODY

- Thermal Top Base Layer (2-3 Pcs)
- Gore Tex Jacket (1 Pcs)
- Wind Proof Jacket (1-2 Pcs)
- Down Jacket (1-2 Pcs)
- Quick Dry T-Shirt (3-5 Pcs)

### SUN STUFFS

- Sun Cream (up to 50 Spf)
- Lip Guard 30 to 50 (Spf)
- Sun Glasses (Uv Protection)
- Moisturiser / Lotion