Chulu Far East and the Hidden Valleys of Naar and Phu

Trip Code: CTL

Version:

MOUNTAINEER	GUIDED GROUP	10 TOUGH



HIGHLIGHTS

- Trek to the remote Buddhist villages of Naar and Phu
- Superb 6000 metre peak climb with amazing views of the Annapurnas
- New itinerary, better acclimatisation, great new approach trek, lower cost

- FREE sleeping bag, down jacket and climbing gear hire is available for this holiday

AT A GLANCE

- 17 days trekking and climbing
- Max altitude - 6059 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Beyond the Annapurna Himalaya, amongst a group of peaks known as the Manang Himal, the eminently climbable Chulu Far East (6059m) boasts a superb summit panorama that includes all of the Annapurnas, as well as a host of little-known peaks in Tibet. In a change to the way we run this classic climbing holiday we have chosen to make our approach to the mountain through the recently derestricted valleys of Naar and Phu.

Leaving the Annapurna Circuit trail at Koto, we spend a week in this lost Buddhist region, trekking northwards as far as the remote stone-built village of Phu, whose inhabitants continue to trade across the border into Tibet. We then turn off into a broad and rocky tributary valley and trek up to the similarly unspoiled village of Naar, before hiking up to cross the Kang La (5306m) and dropping down to Ngawal (3660m) in the Marsyangdi Valley. Two nights in a newly built lodge in Ngawal sets us up for the final approach to Chulu Far East. This great peak has been compared in character to Island Peak in the Everest region and offers some really interesting climbing without being too technical. From a high camp at 5335 metres, we make our ascent via straightforward snow-slopes to a sensational pinnacle summit which commands fantastic and far-reaching views. We then descend to Manang, principal town on the north side of the Annapurnas, and trek out via Chame to Tal before transferring back to Kathmandu. This refined itinerary gives us a much more interesting approach trek and better acclimatisation ahead of our climb on Chulu Far East. This is one of the very best trek and climb combinations in Nepal.

Is this holiday for you?

Our walk-in to our mountain objective, Chulu Far East, takes us into a remote and little-visited corner of Nepal. We will encounter narrow, single-track village trails, with some steep ascents and descents and some exposed sections as we trek up into the valleys of Naar and Phu. From Naar, the long day of trekking to cross the Kang La will provide great fitness and acclimatisation training, before we make our final approach to the peak. The climbing on Chulu Far East via its south-west ridge is not technically difficult, but we will encounter a variety of terrain ranging from scree and boulder fields to glaciated slopes and an exposed final summit ridge. The team will climb roped together and fixed lines will be used to safeguard the ascents, with jumars provided. Instruction on the use of fixed lines and glacier crossing will be given during the trip. All participants should have previous experience of walking with crampons and should be competent in the use of an ice axe and should know how to self-arrest. Clients should be physically fit and prepared for the rigours of climbing above 5500 metres. Throughout our

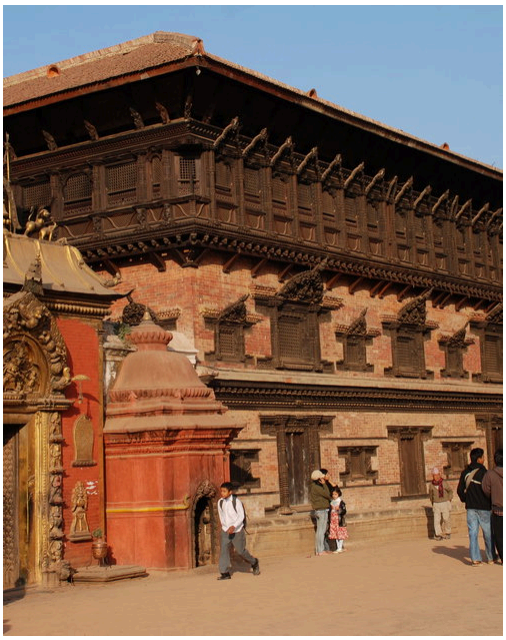
walk in, as far as Ngawal, we will make use of sometimes quite basic lodge accommodation. There are 4 nights in tents above Ngawal.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US$200 per person



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US$1,680 per person

Holiday Information

What's Included

- A local IFMGA qualified climbing guide
- Kathmandu Airport transfers
- All land transport involved in the itinerary
- All accommodation as described
- All meals throughout the trip
- Peak permit and national park permit
- Once on trek the group will be assisted by porters and a local guide
- FREE sleeping bag
- down jacket and climbing gear hire is available for this holiday on request

What's not Included

- Travel insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included from dinner on Day 1 to breakfast on Day 22 of the Land Only itinerary.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Breakfasts on trek will generally be a set meal including porridge, bread with jam and/or honey and a small omelette or hard-boiled egg, together with tea or coffee. Lunch will be a set, single-course meal with tea or coffee. Dinner will be a set 3-course meal; soup, main and a simple dessert with tea or coffee. The lodges will typically provide Nepali dishes such as rice and dal, as well as 'international' dishes like pizza and chips. So that the group can eat dinner together, your trip leader will pre-order the main course, alternating daily between local and international dishes. If you wish to order additional dishes and/or snacks, you should budget accordingly. When camping above Ngawal on the final approach to the mountain we will have a cook crew who will provide similar meals to those found in the lodges. Boiled drinking water is provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer - restricted choice at the more remote lodges. In Kathmandu we normally choose one of the excellent restaurants in the city for dinner.

Accommodation

In Kathmandu we use a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. Whilst on trek there are 14 nights in lodges, 1 night in rooms at Sartek Monastery and 4 nights camping. The Nepalese trekking lodges, also known as 'tea-houses' are simple, friendly and atmospheric. The lodges in the valley of Naar and Phu are generally quite basic, as the number of visitors to this area is still low. Lodges tend to have heated dining areas and unheated bedrooms with simple wooden beds and foam mattress. The sleeping accommodation at these lodges can be twin-share or dormitory style. You will need a sleeping bag. The lodges have shared washing and toilet facilities.Staying at the lodges is a great way to meet fellow hikers and the locals. Hotel and some lodge accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent for the 4 nights of camping at additional cost. For the 2 hotel nights in Kathmandu single rooms can be booked at additional cost. Single rooms cannot be pre-booked for the other lodge nights, but can be requested on arrival depending on availability. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Hotels are subject to availability and prices may vary.

Group Leader & Support Staff

The group will be accompanied by an IFMGA qualified Nepalese mountain guide who will be assisted by an experienced team of high altitude Sherpas.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £250 to £300 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including porter and trek crew tips, beer, soft drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £130 (in rupees) to these tips - although the amount you give is entirely up to you. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar which will be carried during the trek by porters and should weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. Your personal mountaineering equipment (boots, axe, crampons etc) will be carried separately. On arrival at Jagat you will hand these items of equipment to your trek leader who will pack them in communal bags until you reach basecamp. You should also take on your holiday a daypack of approximately 40 litres capacity. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights please check your baggage allowance with the airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: Visa PDF India.

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at this link. This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

TREKKING PERMITS - WHAT DO WE NEED FROM YOU ?

For treks in the Everest region - EBL, EVL, EHW, ELL - we need your passport details and we need you to take with you to Nepal 2 passport photographs. You will hand these over to your local leader on Day 1.

For treks in the Annapurna region - ASL, ACL, UAT, ANL and for the Gosainkund and Langtang Trek - GLT - we need your passport details and we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself. Please send this to us once your holiday is guaranteed.

For these Conservation Area treks and other treks requiring Special Permits - KAN, DLG, NAP - we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

For those trips requiring Climbing Permits - MER, IPC, CTL, YAR - we need to send to Nepal ahead of your departure, a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu, for YAR and for CTL, you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. This is a demanding trek and you need to be aerobically fit and comfortable with walking for as much as 8 or 9 hours on some days day on a variety of terrain. The best preparation for this trip is regular hiking in mountain or hill country. If this is not possible, we suggest that you adopt a weekly exercise regime and gradually increase your work rate as you get nearer to departure. Jogging and swimming are all good for developing better stamina. For this trip it is also essential that you have previous experience of walking on moderately angled snow slopes wearing crampons, and are comfortable with a degree of exposure while secured on fixed lines. If you do not have previous experience of walking with crampons we suggest you attend a snow skills course prior to booking on the trip.

Climate

We run this holiday only in the post monsoon season of October to November. This is unquestionably one of the best times for trekking in Nepal. These months are neither too hot in the foothills nor too cold in the higher elevations. The post-monsoon months also usually offer the clearest skies and the most settled weather. At this season you will encounter a wide range of daytime temperatures during your trip from approximately 25ºC in Kathmandu to approximately 14ºC at 3000 metres, and approximately 3ºC at 5000 metres. The 'real feel' temperature in the middle of the day even high on Chulu Far East may be much warmer than this. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4000 metres and at high camp (above 5000 metres) the night time temperature may drop as low as -15ºC. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Trekking and Climbing in Nepal. Steve Razzetti.New Holland.
- Annapurna, A trekkers guide - Kev Reynolds, Cicerone.
- The Trekkers Handbook. Tom Gilchrist.
- Trekking in Nepal. Stephen Bezruchka.
- Trekking in the Nepal Himalaya. Stan Armington.
- Trekking in Nepal, West Tibet and Bhutan. Hugh Swift.
- Kathmandu and the Kingdom of Nepal. Prakash Raj.
- Insight Guide to Nepal.
- Adventure Treks Nepal. Bill O'Connor

Maps

Chulus - Nepa Maps

A very good map at a useful 1:50,000 scale and contour intervals of 40 metres. The topography is further represented by relief shading and and colouring and graphics to indicate different types of terrain. The map covers all the ground of this trek from Pisang to Jomsom. Routes on all the Chulus including Far East are indicated as are those over the two passs between Tilicho and the Kali Gandakhi valley.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Please make sure you have read the section on baggage allowance in the trip notes. It is possible to leave clothes or other items not required on trek at the group hotel.

You must bring the following items:

- Hiking boots
- Mountaineering boots - see ‘Mountaineering Equipment’
- Waterproof gaiters
- Trekking trousers
- Good quality and fully waterproof (Gore-Tex or similar) overtrousers
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Baselayer shirts
- Baselayer leggings
- T-shirts or similar
- Fleece jacket or warm jumper
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Thermal lightweight gloves (for camp, trekking use)
- Warm and waterproof gloves or mittens (for summit day)
- Spare emergency mittens
- Daypack minimum 40 litres

- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Selection of dry bags (to keep your kit bag contents dry)
- Sleeping bag (comfort rated -15°C)*
- Washbag and toiletries
- Antibacterial handwash
- Small Towel
- Toilet paper (you can also buy this in the lodges)
- Small padlock (to lock your kit bag)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, and re-hydration salts (Dioralite).

Mountaineering Equipment:

- Mountaineering double boots - see below
- Ice axe *
- Crampons (preferably with ‘step-in’ bindings)*
- Mountaineering or climbing harness*
- Karabiners (2 x screwgate)*

- ‘Figure of 8’ descender (abseiling device) *
- Climbing helmet*
- Sling (120cm)*
- Prussik loops X 2 (5m of 6mm cord makes 2)*

The following items are optional:

- Travel clothes
- Trainers or similar for camp use
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Fleece trousers
- Trekking poles
- Sleeping bag liner
- Pee bottle
- Spare laces
- Swimwear (for the hotel pool in Kathmandu)
- Camera
- Pen-knife (remember to pack all sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*FREE sleeping bag, down jacket and climbing gear hire is included in your KE holiday booking on request.

Equipment hire: Please make all requests at least 4 weeks prior to the trip departure date. All equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items (note that on trek your mountaineering equipment and plastic boots will be carried separately in communal equipment bags).

Crampon hire: We provide Grivel G12 Crampons which are classic 12 point crampons designed for general mountaineering. They are fully adjustable and essentially, one size fits all. However if you have boots bigger than size 11 (46) you will need to purchase and take with you Grivel extender bars. Or take your own crampons.

Cultural Sensitivity: The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

Camping mattress: For the 4 nights camping foam type camping mattresses are provided. You may wish to bring your own Thermarest-type mattress for extra comfort, but this is optional.

Mountaineering Boots: Climbing at altitudes of up to 6000 metres, the temperatures can be very cold (as low as minus 30 degrees centigrade). Standard mountaineering boots are not suitable for these cold, high altitude conditions. Specialist double boots with insulated inners are the best to keep your feet warm at altitude in these extremely low temperatures. Examples of suitable boots are Scarpa Phantom 6000, Boreal G1 Lite, Mammut Nordwand, and La Sportiva G2 Evo. These boots are also designed to take step-in crampons, quickly and efficiently. This combination of double mountaineering boots and step-in crampons is by far the most sensible option when considering a mountaineering peak up to 6000 metres. You must make sure that you are suitably equipped for these extremely low temperatures.

Microspikes (Kahtoola) or similar are easily attached to any boots and can be more useful than crampons in some icy (non-glaciated) conditions.

Needle Sports (specialist mountaineering equipment shop)

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View >>http://www.needlesports.com/

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

Unique to KE!Don't follow the crowds! No-one else is offering this classic trekking peak climb of 6000 metre Chulu Far East, combined with the sensational walk-in through the rarely-visited valleys of Naar and Phu is one of the best trek and climb combinations in Nepal.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change