

## Earth's Edge Extra: Himlung Himal 2024 - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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### About the Earth's Edge Extra: Himlung Himal 2024 Expedition

*Introducing Earth's Edge Extra, our new yearly expedition series. Inspired by our passion for true adventure and real challenge, these expeditions will tackle some of the world's toughest peaks. And mountains like these call for extraordinary people to take them on.*

Our Himlung Himal trek is a one-time, special expedition event for 2024. Our 32-day itinerary takes you along the isolated and picturesque route to Himlung Himal, standing at a towering 7,126m. This expedition will be lead by [James McManus](#), founder of Earth's Edge and passionate mountaineer. James is no stranger to some of the world's tallest mountains, and, following his planned solo summit of Mount Everest without supplemental oxygen in May 2024, is looking to assemble a group of equally strong-minded, adventure-driven people to join him in climbing Himlung Himal for the first time. This will also be the first all-Irish expedition to Himlung.

### Fitness & Training:

We have classified Himlung Himal as a level 9 expedition, for more information about our levels system [click here](#). The complexities of proper acclimatisation, high winds, extreme cold and a long summit day make Himlung Himal a formidable challenge. Although it is often referred to as an "accessible" 7000m peak, Himlung Himal (7,126m) is still extremely tough. The upper mountain is completely covered in snow and ice but none of the route can be described as technical. We recommend that all participants should have previous experience at high altitude (>5000m). Participants should have an extremely high level of fitness. It is your responsibility to contact us if you have any concerns regarding your level of fitness, health, or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge. In order to be considered physically fit enough to partake in this expedition, completing long hikes with a 15kg backpack for several days in a row should present no problems for you.

**Hillwalking:** Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with a 15kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

**In the Gym:** Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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**Training Day and Training Weekend:**

We hold training weekends prior to all expeditions. You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and offering expert advice on all aspects of the expedition including training, equipment, weather etc. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! In addition, a training day covering the skills necessary for the expedition will take place on Saturday the 13th April for the Himlung team. When you book an expedition with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend and training day.

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**Equipment:**

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to [web@greatoutdoors.ie](mailto:web@greatoutdoors.ie) and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

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<b>EQUIPMENT CHECKLIST</b>
Synthetic mountaineering boots. (This item may be available to rent upon request.) -Examples of suitable boots; La Sportiva G2SM, Scarpa Phantom 6000 or similar. -Examples of unsuitable boots; La Sportiva Nepal Extreme, Scarpa Mont Blanc, Meindl Island Pro or similar
12 point crampons (This item may be available to rent upon request.)
Climbing helmet (This item may be available to rent upon request)
Walking ice axe (60 – 70cm) with spike and axe protector. The ideal length of the ice axe depends on your height. Under 1.7m use 60cm, Between 1.7 & 1.9m use 65cm and over 1.9m use a 70cm tool. (This item may be available to rent upon request.)
Climbing harness, two snap gate & two screw gate carabiners. (If you do not have these items we will provide them for you.)
Jumar/Ascender & Belay Device (If you do not have these items we will provide them for you.)
Sling (approx size 120cm x 10mm) x 2 and harness (These items may be available to rent upon request)
Trekking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.
Gaiters if your boots do not have a built-in gaiter. Rental boots typically do not come with built-in gaiters



Down booties or runners to wear at high altitude camps.
Mid-weight hiking socks x 5. At least five pairs, some people choose to bring a pair of socks for each day of trekking
Heavyweight hiking socks x 3
Lightweight liner socks (for summit night)
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable
Shorts x 1
Lightweight trousers to wear as far as basecamp x 2
Mid-weight trousers x2
Down pants x2
Synthetic/wool long johns x 2 (for night time use and summit night)
Waterproof trousers (N.B. make sure the trousers have full-length zips)
Long sleeve base layer x 3 (silk, wool, or synthetic)
Short sleeve base layer x 3 (as above)
Mid weight fleece, down or soft shell jackets x 2
A down jacket. It must be heavy weight with a hood (at least 900 grams in weight)
Waterproof jacket
A fleece hat to wear in the mornings and evenings x2
A buff x3-4
Category 3 or 4 sunglasses.
Category 3 or 4 ski goggles
A sun hat with a wide brim to cover the face and neck
A pair of thin synthetic liner gloves for use as a base layer and sun protection
A pair of heavy mountaineering gloves
A pair of heavy down mitts
Walking poles
Rucksack (75-85L): You will use this throughout the expedition. When approaching basecamp it will be almost empty as the bulk of your equipment will be in your duffel bag with the support team. It will be full when carrying loads between higher camps with an estimated maximum weight of 20/15kgs. On summit day it will be almost empty again as we will leave the bulk of our gear at High Camp. Portage of up to 20kgs between Base Camp and the higher camps is included.
Duffel bag (120-150 litres) to carry your equipment to basecamp. We recommend you use something strong and sturdy, as this bag will be carried by the support team.
Small duffel bag (30 litres) to leave at the hotel in Kathmandu with any clothes or equipment you don't need on the trek.
Dry bags. To organise and water proof your equipment inside your bags
Water bottles: Three wide mouth 1 litre water bottles. If you wish to bring a water bladder to use at lower elevations you can but it will not work at high altitude so you need bottles
Water bottle insulators for each of your bottles
A 500ml thermos flask
A warm sleeping bag (comfort rating of -20°C or lower)
A sleeping bag liner (This helps to keep your sleeping bag clean and adds an extra season)
Spare laces
Suncream at least factor 50
SPF lip balm
Insect repellent, deet based products are best
Hand sanitizer. You need to have enough supplies for the duration of your expedition
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.
Toilet roll (Removing the cardboard roll makes it more compact)



<p>Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following:</p> <ul style="list-style-type: none"> <li>● Rehydration salts</li> <li>● Plasters</li> <li>● Compeed</li> <li>● Paracetamol</li> <li>● Ibuprofen</li> <li>● Buscopan</li> <li>● Throat lozenges</li> <li>● Nasal spray</li> <li>● Decongestant such as Sudafed</li> <li>● Antibiotics suitable to treat traveller's diarrhoea  <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i></li> </ul>
<p>Personal medication. Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> <li>● Asthma inhalers</li> <li>● Nutritional supplements</li> <li>● Blood pressure tablets</li> </ul> <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> <li>● Canesten</li> <li>● Zovirax</li> <li>● Anusol</li> <li>● Hydrocortisone 1%</li> </ul>
Small towel for washing
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification
Personal snacks; although sufficient food and snacks are supplied throughout the trek you should consider bringing your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate
Head Torch with spare batteries
A Pee bottle (1 litre, wide mouth). Women should bring a funnel (She Wee) too
Cup, spoon, knife, fork and bowl
Pen knife
Thermarest
A spare set of clothes to wear after you finish the expedition
A photocopy of your travel insurance and passport
Vaccination booklet (if required)
<b>OPTIONAL ITEMS</b>
Diamox (Tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification
Power adaptor – Plug <a href="#">type C</a> is used in Nepal
Ear plugs
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended
A camera
A book and/or writing paper
Hand warmer sachets

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### **Flights:**

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions.

For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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### **Description & Itinerary:**

We are the only company in the world who send an international guide and doctor on our Himlung Himal (7,126m) expeditions while keeping group sizes sustainably small. Sending an international guide and doctor on all our Himlung Himal expeditions allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

Himlung Himal lies north of the Annapurna range, alongside the Tibetan border. The journey to this peak, located in a remote corner of Nepal, is rich in natural beauty and diversity. This area was not opened up to foreigners until the early 1990s, rendering the trail quiet and almost unspoiled. Our initial leg of trekking takes us to the fascinating Phu village, the gateway to Himlung Base Camp. We spend a day acclimatising within its stone walls, during which you can choose to rest, or explore the many ancient relics of Tibetan culture that have been preserved here, such as the mani stone walls and monasteries.

From here we make our way to Base Camp, located on the southern edge of the imposing Pangir Glacier, among beautiful alpine meadows. This involves crossing rough moraine, but the camp is located in a well-sheltered area, the views from which are incredibly scenic. We take another day to acclimatise here before we begin our ascent of Himlung Himal.

We have a 14-day summit window, during which we will rotate between Base Camp (4,900m) and Camps I (5,450m), II (6,000m) and High Camp (6,350m). The exact schedule will be dependent upon the weather, but this flexibility gives us the opportunity to push for the summit when conditions are most suitable. Your reward for reaching the peak will not only be a sense of extraordinary achievement, but also breathtaking views of the Himalayas.

The expedition starts and ends in Kathmandu, Nepal's bustling main city, which provides a strong contrast to the time spent on the peaceful and uncrowded trails.

Although considered one of the more accessible 7,000m peaks due to its non-technical nature, Himlung Himal still poses a significant physical challenge, owing to the demands of proper acclimatisation, exigent weather conditions, and a long summit window. This expedition is suited only to those with a very high level of fitness, and previous experience climbing >5,000m peaks.

*Please note the following plan is very much subject to change based on weather conditions and the health and fitness of all expedition members.*

#### **Day 1: Dublin to Kathmandu.**

Depart Dublin in the afternoon and arrive in Kathmandu in the early morning. Overnight flight.

#### **Day 2: Arrive in Kathmandu.**

Arrive in Kathmandu. Overnight hotel.

#### **Day 3: Preparation Day Kathmandu.**

A day to prepare for the expedition. There will be an expedition brief and equipment check. We will also arrange the permit and have time to explore Kathmandu. Overnight hotel.

#### **Day 4: Drive to Besisahar.**

Drive to Besisahar. Overnight hotel.

**Day 5: Drive to Koto (2,600m).**

Drive to Koto. Overnight lodge.

**Day 6: Trek to Meta (3,600m). 6-7 hours.**

Our first day of trekking takes us from Koto to Meta. Overnight tea house.

**Day 7: Trek to Kyang village (3,820m). 6-7 hours.**

Trek to the village of Kyang. Overnight tea house.

**Day 8: Trek to Phu Gaun village (4,080m). 4-5 hours.**

Trek to the remote village of Phu Gaun. Overnight tea house.

**Day 9: Acclimatisation day in Phu Gaun village (4,080m).**

A day to rest and acclimatise in the fascinating stone-walled Phu Gaun village. Take time to investigate its myriad of ancient Tibetan relics and visit one of the monasteries. Acclimatisation hike. Overnight tea house.

**Day 10: Move to Himlung Base Camp (4,900m). 5-6 hours.**

After our day of rest, we move to Himlung Base Camp. Overnight camp.

**Day 11: Acclimatisation day at Himlung Base Camp (4,900m).**

We have a day to acclimatise at Base Camp before our summit window begins.

**Days 12-25: Ascent of Himlung Himal.**

We have 2 weeks to summit Himlung Himal (7,126m). During this window, we will rotate between Base Camp and Camps I (5,450m), II (6,000m), and High Camp (6,350m), subject to weather conditions.

**Day 26: Trek Himlung Base Camp to Chhyako. 5-6 hours.**

We descend the valley to Chhyako. Overnight tea house.

**Day 27: Trek Chhyako to Koto, 5-6 hours.**

We descend the the road at Koto. Overnight tea house.

**Day 28: Drive to Besisahar.**

Drive to Besisahar. Overnight hotel.

**Day 29: Drive to Kathmandu.**

Drive to Kathmandu. Overnight hotel.

**Day 30: Free Day Kathmandu.**

A free day for exploring and shopping in Kathmandu. Celebratory dinner in the evening. Overnight hotel.

**Day 31: Kathmandu to Dublin.**

Free morning to explore Kathmandu before departure. Depart Kathmandu for Dublin.

**Day 32: Arrive in Dublin.**

Arrive back in Dublin. Expedition ends.

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<b>Expedition Costs:</b>	<b>Euro</b>	<b>Sterling</b>	<b>Dollar</b>
Total costs excluding international flights. (Land only)	€9,099	£7,850	\$9,650



Total costs including international flights from Dublin.	€10,399	-	-
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A deposit of €399/£399/\$399 is taken at the time of booking, a part payment of €1,000/£1000/\$1000 is due six months prior to departure and the final balance is due two months prior to departure. Prices in Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

**Expedition Costs Include:**

- International flights from Dublin to Kathmandu return economy class.
- All transport in Nepal.
- Experienced expedition leader.
- Experienced expedition doctor.
- Training Weekend.
- Training Day.
- Earth's Edge full support team.
- All accommodation in hotels and camping for the duration of the itinerary based on two people sharing.
- All meals and drinking water for the duration of the itinerary except in Kathmandu where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

**Expedition Costs Exclude:**

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

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**Spending Money & Tips:**

We recommend that you bring €1800 in cash and a debit/credit card with you to Nepal. There are ATMs throughout Kathmandu where you can withdraw cash using your card. If you intend on using your card on the trek, we recommend notifying your bank that you will be abroad and possibly using your card. On the trek, it is best to have some Rupees as it is difficult to get change for foreign currency when buying small items. It is possible to convert US Dollars to Nepalese Rupees in or near our Kathmandu hotel. Our recommended tip for the Himlung Base Camp staff is €200, please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all of our Earth's Edge team in Nepal. The recommended spending amount above includes the tip for the Earth's Edge Team. The recommended summit bonus is €1200.

Extra nights in Kathmandu: If we reach the summit early and don't need the spare summit days remaining in our window we will descend earlier than planned. This will result in us needing extra nights' accommodation in Kathmandu. You will need to pay for this yourself. Each extra night in Kathmandu will cost in the region of €50 for a single room, €65 for a double/twin.

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**Weather:**

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -30 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites:

Mountain Forecasts: [www.mountain-forecast.com](http://www.mountain-forecast.com)  
Norwegian Meteorological Institute: [www.yr.no](http://www.yr.no)

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### **Altitude Considerations:**

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the

most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should

eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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### **Summit Day Policy:**

Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on this mountain and the importance of maintaining a good guide to guest ratio, it is essential we attempt the summit with a strong team. Any guests who are deemed by our expedition leader as not fit enough to reach and return from the summit safely, will not be allowed to attempt the summit. This ensures we have a strong team for summit and that those guests who are fit enough are given the best opportunity to attempt it.

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### **Your Medical History:**

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants



on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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### **Your Dietary Requirements:**

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free

products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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### **Vaccinations & Prophylaxis:**

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic ([www.travelhealth.ie](http://www.travelhealth.ie)) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

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### **Tourist Visa:**

At the time of writing, EU passport holders were able to obtain a 90-day tourist visa upon arrival in Nepal. The visa fee is approximately US \$125 payable in cash upon arrival. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return to Ireland.

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### **Travel Insurance:**

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 7,200 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. You must also obtain Medical Evacuation and Rescue Cover. Although not required, we recommend in addition obtaining a policy to cover cancellation, lost luggage and any other incidentals. We recommend [Global Rescue](#).

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### **Safety Standards:**

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. Each of our expeditions is supported by our Earth's Edge team of guides, cooks, drivers and muleteers/porters. We select our Earth's Edge team based on their qualifications, experience and references. Our expedition leaders and Earth's Edge team in each of our destinations are familiar with the locations of local medical services and hospitals. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Nepal. Up to date travel advice can be found on the DFA website: <https://www.dfa.ie/travel/travel-advice/a-z-list-of-countries/nepal/>.

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a

multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

#### **About Nepal:**

Area:	147,181 sq km
Population:	29,000,000 approx.
Official Languages:	Nepali
Religion:	Hinduism (80%), Buddhism (11%), Islam (4%), Kirat (4%), Christianity (0.5%) & Others: (0.5%).
Local Time:	GMT +5.45
Local Currency:	Nepali Rupee
Currency for Exchange:	EURO, GBP & USD

Where to Exchange: Most major towns – your Expedition Leader can advise you on arrival. Worn or ripped Rupee notes may prove difficult to use, so beware of this when accepting notes.

ATMs: Available in larger towns and cities  
Credit Cards: Accepted in larger outlets.

Up-to-date information concerning global exchange rates can be obtained at [www.xe.com](http://www.xe.com).

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#### **Discounts:**

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

#### **Why Choose Earth's Edge:**

We are the only company in the world who have an expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 8 trees in Nepal for each person who travels with us in partnership with [Eden Reforestation Projects](#).

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Irish Aviation Authority (IAA) in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.

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#### **Expedition FAQ:**

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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