



HIMALAYAN
HEALTHCARE

Please note: This itinerary is tentative and based on the itineraries of past treks. Due to the earthquake and our relief efforts, the details are subject to change for Spring 2016. We will update you as the details begin to firm up. Thank you for your understanding.

MEDICAL TREK APRIL 2016

<p>TREK DURATION 12-13 days</p>	<p>TREK DESTINATION Sherthung & Lapa Villages Dhading District (Ganesh Himal) NW of Kathmandu, near Tibet border</p>
<p>TREK STARTING POINT Parbati Kunda (Gompa) 8-9 hour drive from Kathmandu</p>	<p>TREK END POINT Dunduray Khola (3,500 ft.)</p>
<p>MEDICAL CAMP Lapa & Jharlang Villages</p>	<p>HIGHEST POINT ON TREK Phangsang Pass (13,500+ ft.)</p>
<p>MOUNTAIN RANGES Ganesh, Langtang & Manaslu Himal</p>	<p>TOTAL HIKING 99,999 steps <i>(Dr. Jereld Wing, fall 2011 trek)</i></p>



Map outlines the 'drive' in bold black lines and the 'hike' in dotted lines



INTRODUCTION



SHREE GANESHAYA NAMA

The name Ganesh Himal comes from the elephant-headed Hindu God of good fortune who is one of the most popular Hindu deities in the world. A Hindu will begin a journey, a task, a trade or other important events in life with the words, “Shree Ganeshaya Nama,” or “In the name of Lord Ganesh.”

Our trek is in the Ganesh Himal region of central Nepal north of Kathmandu. The Ganesh Himal is a quiet mountain region rarely visited by trekkers, making it possible for one to savor the real Himalaya here. A large part of this region is now part of the Tamang Heritage Trail and is included in the Langtang National Park.

The Trishuli River or one of its tributaries is our reference line almost throughout our trek. The trek starts on the Trishuli River, which runs in the foothills of the Ganesh Himal and Langtang Himal Ranges. Bound on the east by the Trishuli River and on the west by the Burhi Gandaki River, this region includes Ganesh Himal Peak I (7,429m) to Peak VII. It is the Nepal Himalayas on a small scale.

Peak I was the first to be conquered in 1955 by a Swiss-French Team, which ascended from Sang Jung Glacier at the head of the Chilime Khola. Following a long

ban on climbing, Peak IV was conquered in 1978 by a Japan-Nepal team, Peak II (7,111m) in 1979 by a Japan-Nepal team again and Peak III (7,110m) in 1981 by a West German-Nepal team. Another important peak is Paldor (5,928m/19,450 ft) which lies at the south-east end of the Ganesh Himal marking the junction of the Tiru and Khurpu Dandas (hills) at the head of the Mailung Khola, a tributary of the Trishuli River. It was first, climbed by Bill Tilman, Peter Lloyd, Tenzing Sherpa and Da Namgyal during the monsoon of 1949 by the North-East ridge. HHC also organized a successful Paldor Expedition in 1993 for four Explorer’s Club members.

On a clear day, the Ganesh Himal, with the icy fangs of Pabil (7,101m / 23,300ft.), Lobsang Karpo (7,150m/23,458ft), Ganesh I (7,406m/24,298ft) and Ganesh IV (6,950m/22,802ft.) can be seen forming an imposing backdrop to the north-west of Kathmandu.



ITINERARY

Please provide two photos, copies of passport and visa to HHC staff for documentation at the airport or on reaching hotel.

DAY 1:

Free morning for the group. *(Please ask for tours, mountain flights (one day in advance), guides and help with shopping from HHC. (Soni may be reached at 9851034006.)*

4:30 PM: Pick up from hotel lobby for HHC program orientation and trek briefing at the HHC Office (*Phone 5528139 or 5522109*) at Jawalakhel, ten minutes drive from Hotel.

NOTE: *Please bring all donated medicines and other items to be packed for the trek, if you want to get them out of the way. (You will not be able to access them before the medical camp.) This will allow the trek staff to pack and send them in advance with the staff team.*

Any payment due to HHC should be done during the briefing at the HHC office.

6:30 PM: After the briefing, drive to Nepali restaurant, Bhancca Ghar (*Nepali Kitchen*) for the welcome dinner. Overnight at Hotel.

DAY 2:

9:30am: For the entire group: Pickup from hotel for a quick attendance at the Immigration office for trek permits. The guided tour will be right after.

Sightseeing Tour:

This tour is with a professional guide and is optional. Those who do not wish to do the tour are free for the rest of the day. *Please shop if need be during the tour.*

NOTE: *Kindly ensure that you change \$100 into Nepalese rupees for the trek (pocket money), mostly in Rs100 and some in 500 rupee notes.*

The tour ends at 4:00pm and the group will be escorted back to the hotel.

NOTE: Please clear hotel, bar and other bills by this evening to save delays in the morning of the 1st of April (next day). *The hotel room charges should be paid directly to the hotel.*

DAY 3:

Destination - Parvati Kund, first camp. The drive is about 9 -10 hrs. long (may take longer).

Hotel is informed to serve breakfast at 6:30 AM. Please deposit all baggage that will not go on the trek at the hotel storage. Hotel will provide a baggage receipt which is to be produced on return from trek to recover baggage.

7:15 AM sharp: Departure for first campsite, **Parvati Kund** (Ghyang or Gompa). This is a long (9-10 hours) and winding drive on a narrow highway leading out of the western corner of Kathmandu valley. The first hour is driving toward the edge of the valley and climbing up to the police check-post at *Nagdhunga* and then a quick descent to the bottom of the next valley to reach Galchhi where we take narrow road leading to Trishuli. Here the drivers will stop for tea. *This is one of the major highways leading into the Kathmandu valley and usually the traffic is heavy especially due to present road maintenance .*

The next hour and a half will be a drive along the Trishuli Khola river at the foothills of the Mahabharat range of hills through small villages and new settlements along the road to reach **Trishuli Bazaar**, usually a tourist permit check point. An hour and a half of climb out of the north side of Trishuli valley takes us to our lunch point at **Kalikasthan**, another tourist check point where we stop for about 30-45 minutes for lunch. The drive onwards to our campsite is long (about 4-5 hours), slow and tortuous overlooking a steep drop of about 3,000 ft. on the ridge of the Lantang River gorge. An hour drive from lunch point takes us to the boundary of the Langtang National Park at **Ramche**.

After Ramche, we drive to **Dhunche** (7,200 ft.), for about one hour which is the last big town before the trek, where we sign in at the national park permit. After Dhunche a slow hour long drop with many hairpin turns takes us to the Langtang River Bridge and **Shyabru Besi**, a Tibetan village just two days away from the Tibetan border crossing point of **Rasuwagadi**. where another valley of Golzung unfolds to the north.

At Syabrubesi, three trek routes separate, Lantang to the east, Tibet & Ganesh Himal to the north (soon to become a major highway) and Tipling to the west. We follow the road to climb up the west side of this narrow riverine valley through a series of hairpin turns reaching us to the top of Gompa Hill. An hour further of almost flat driving takes us to our camp at **Parvati Kund** at over 9,000ft., which overlook the Tibeto-Tamang village of Gatlang. Parvati Kund is a clump of shacks huddled together around a small

Buddhist Monastery. The HHC support staff will have hot meals prepared for the evening. Trek briefing will be after dinner.

DAY 4:

Destination - Somdang. Total duration of trek 7-8 hours. (Long and tough day, need to pace oneself)

Wake-up call with bed tea (usually at 6:30AM) and washbowl of warm water followed by breakfast (usually at 7:00AM). *Water to drink and to fill water bottles is boiled and set at the tables outside the dining tent at all times (Large steel kegs).*

Kindly pack your bags before breakfast and leave them outside the tents once you're done with them. The trek staff will then assign porters to carry them. A backpack with all the essentials for the day should go with you because your main bag or duffel will go with the porters and you may not have access to them till the next campsite. *The details of the essentials in your backpack can vary each day and therefore will be discussed during the evening meals.*

7:30am:

We start the first day of the trek on a wide desolate path climbing slowly through a forest of rhododendron, oak and evergreens. The Lantang Himals grow behind us as we climb. After about three hours we reach our lunch spot, **Yuri Kharka** at about 12,000ft., where we have a hot lunch prepared by the advance kitchen team. The trek after lunch is a steep climb of just over an hour to our first pass, the **Khurpu Pass** at 13,000 + ft. If clear the Langtang Himals look spectacular. Usually cold strong wind greets us at the pass, as is the case in the mountains in the afternoon. We then drop quickly down all the way to campsite, **Somdang** at 10,500ft., which takes us about two to two and a half hours. Somdang is a narrow riverine valley created by a small mountain stream, running between two mountain spurs, which push out of the Ganesh Himals towards the southern plains of Nepal. There is a small lead and zinc mining center here. A little away from the center our camp is set at a clearing close to the stream where number of huts have sprung up in the last few years.

DAY 5:

Destination - Marmelung. Total duration of walk 7-8 hrs.

After an early breakfast, we go through a series of ups and downs for about five hours through rhododendron or alpine forests and bare steep cliffs and stop for lunch above the tree-line at the **Phangsang Pass** at 14,000 ft + with its line of Mani stones (Buddhist prayer sites). On a clear day the Ganesh Himals and Manaslu are seen to the north of the pass and Lantang to the east. Tipling can be seen as patches of fields interspersed with tiny houses at our feet. A quick steep drop of about two and a half hour through rhododendron and pine forests takes us to **Marmelung**, a small grassy clearing in the middle of the forest at over 9,000ft. Campfire, drinks & meals.

DAY 6:

Destination - Pyantisay. Total duration of walk 7-8 hrs.

Early morning light on the Ganesh Himals can be seen to the north. After breakfast we descend quickly through a rhododendron forest for about one and half hours to reach the outlying fields of **Tipling** village. A vantage point, along the way gives us a wide view of the small valley of Tipling with its fields and houses. Then we hike for about an hour through parts of the village to visit the health post (clinic). Then we head down to the main village.

TIPLING is a Tamang village of over 3,200 people (mostly Tamang and blacksmith or kami) with a government clinic. HHC has managed this clinic since 1993 and provides staff training (AHW & Midwife), salary (till April 2013), all medicines and equipment. HHC also supports women empowerment, stipend, teachers' salary (till April 2013, permanent latrines, efficient wood stove, handicraft and other income generating programs in this village.

We follow the trail through the main village of Tipling and head down to the **kami village** (blacksmiths) where the men can be seen making farm tools.

NOTE: If you would like to buy **Khukuri knives**, please ask in advance. An average khukuri will cost Rs. 1,600 each and takes at least two days to make.

Some of the HHC team members will be visiting several school sites along the way.

After the kami village, a careful steep downhill for another twenty minutes to a small shed over the bridge on the **Ata Khola River**, for lunch.

After lunch we go over the bridge into Sherthung territory and head towards the Gurung village of **Chalisgaun** (45 mins.). (An HHC team will head up to Sherthung village and will catch up with the main group in the evening at camp). It will be hot (90 degrees) during this period. We will cross the Ankhu Khola River and head to the fields at **Pyantisay** (1 hour) where we will camp for the night.

DAY 7:

Destination - Timla School, Kapurgaun, Lapa. Total duration of walk 4 hrs.

Hike up the Lapa hill to reach the Timla School grounds in **Kapurgaun**. Lunch. Freshen up.

DAY 8:

Destination - Thulogaun, Lapa. Total duration of walk 6 hrs.

After breakfast, we walk through Kapurgaun village and head downhill for half hour after which we head uphill for about 90 mins., to reach the village of **Lapchet**. The trail does more ups and downs till lunch point (streamside). - 30 mins., downhill, then 30

mins., slight uphill, followed by another 30 mins.

After lunch the trail is uphill through the lower reaches on Lapa village to reach the government clinic or healthpost (45 mins.) and beyond to the school (30 mins or more) at Lapa Thulogaun where we will camp and also conduct the medical camp.

ON REACHING THE FIRST MEDICAL CAMP SITE:

Tea will be served. Baths (in shower tents with buckets of warm water and a seat) will be taken in turns. Patient examination room assignment, unpacking medicines and setting up pharmacy. *Those of us who want to help unpack and sort out medicines and instrument may join the HHC staff.*

5:30pm: Medical Camp briefing and discussions will be carried out in the dining tent. *HHC and past trek participants will explain the workings of the medical camp, discuss possible treatments and drugs available, translation and local volunteering provided, how to make referrals, etc.*

MEDICAL CAMP (CLINIC)

We will camp at the Lapa and later at the Jharlang School grounds and begin setting up the medical camp in the school buildings made available. Tea, bath, patient examination room assignment, unpacking medicines and setting up pharmacy. Those of us who want to help unpack and sort out medicines and instrument may join the HHC staff. *The camp briefing will take place at 5:30pm in the dining tent or the dining room.*

There will be four medical camp (clinic) days, two in Lapa and two in Jharlang. During the clinic days, work begins **after 10 AM** to allow the villagers to finish their morning meal and chores. The first clinic day usually takes longer to start as it takes some time to organize ourselves and the crowd.

Each clinic morning time permitting, **an hour long informal class (lecture)** is held by a visiting health professional for the benefit of the Nepali health workers. They choose a topic or subject of relevance to rural health issues in Nepal after discussion with the health staff, village volunteers or the coordinator. Translation for the benefit of the village health workers will be available. The groups can be divided into two or more to facilitate learning. Also another informal class may be run for youth volunteers.

For **medical examination of patients**, the volunteer health providers will each be given an examination room to work out of and the help of a Nepali health worker \translator and a Tamang translator. The health workers will take turns to be with different doctors each day to benefit learning from all. This on-the-job training of health workers has proved very effective and therefore is a very important part of this trek. After examination, the patients will receive their medication from the dispensary.

During the medical camp days, the meals will be announced by the cooks. We have an hour long **lunch** break at about **1:00 PM**. Most working days may go till 6:00 in the evenings and tea and lamps will be provided.

Lapa is a Tamang village of over 5,000 people with a government health post. HHC helped manage this clinic since 1996 and provided staff training (AHW & Midwife), salary (till April 2013), all medicines and equipment. HHC continues to supports programs of women empowerment, stipend, teachers' salary (Till April 2013), permanent latrines, efficient woodstoves, handicraft, school building, computers, school furniture and other projects\programs in this village.

Dinner and overnight at camp.

DAY 9:

9:00am: After breakfast, lecture by a visiting doctor or technician.
 10:00pm: Start training clinic.
 1:00pm: Lunch break
 2:00pm: Start clinic and end at 4:30 or so.

We finish up on the last day at Lapa medical camp by packing all medicines, equipment and finalizing the medical inventory. We leave all remaining medicines for the three village health posts.

DAY 10:

Medical camp at Lapa

DAY 11:

Destination- Jharlang. Total duration of walk 5-6hrs.

As in the previous trekking days, after bed tea and wash we pack our duffels and leave them outside the tents for the porters before breakfast and take our daypack with us to the clinic. The porters will begin hiking before us.

After breakfast, we say goodbye to the local volunteers and set out downhill to reach the gorge over the two bridges on the Ankhu Khola river (one and a half hours). hour to reach camp.

A slow climb for another one hour in the heat (please drink enough!) will take us back close to the village of Borang. After Borang the trail is gentle to Rangmenan (15 min.), then along the trail (30 mins) and downhill to the bridge over **Usi Khola**. Another half hour slight uphill to lunch point.

After lunch flat and uphill hiking for about forty-five minutes to one hour to reach the school grounds for medical camp at **Jharlang**.

Set up medical camp, wash, dinner and overnight at school grounds.

DAY 12:

Medical camp at Jharlang

DAY 13:

Medical camp at Jharlang

DAY 14:

Plan: 1. Dunduray Khola (start of road). Total duration of walk 3-4hrs.
2. Drive to Dhadingbesi. 4 hours on rough road
3. Drive to Kathmandu. 4 hours

The return trek till trek endpoint is through villages and terraced fields with views of the Ganesh Himals from various vantage points. The trail meanders through the Ankhu Khola Valley with several ups and downs, well above the winding Ankhu River which runs south to the plains of Nepal.

After the Jharlang camp, we head downhill to the main trail and walk on a fairly level trail to reach the **Gajuli Khola** River (also called Dhunduray Khola) where lunch will be served and we will load up and drive to Dhadingbesi (four hours) on a rough dirt road. The track is narrow and will go through villages like **Damgade, Todke and Jumray Bhanjyang** to reach **Dhadingbesi**.

At Dhadingbesi we will change vehicles and drive back to **Kathmandu** (4,500) ft. Drive to Kathmandu (4 hours) on a paved road. In Kathmandu by 9:00pm or later.

NOTE: *If delays we may have to stay the night in Dhadingbesi camp and drive to Kathmandu on 13th morning.*

NOTE: *A panoramic view of Ganesh Himals over the Ankhu Khola Valley begins as we reach the widely scattered village of **Jharlang**.*

NOTE: *In case of rain and the vehicles are not able to reach us at the proposed pickup point, the trek will continue for another half day. In that case, this day will be the hottest on the trek with the temperature in the high 90s or even 100s. The additional itinerary will be as follows:*

Overnight at Hotel in Kathmandu.

DAY 15:

Departures from Kathmandu

PLEASE NOTE

1. For any information on the trek, hotel arrangement, the sightseeing tour, reconfirmation, change or rescheduling of tickets, trekking permits, visa extension, hotel arrangement, car arrangement for airport pickups and departures and any other travel related needs please call Soni, Anil or the HHC office. For information on medical supplies for the trek please call Anil.
2. The phone numbers are:

Himalayan HealthCare Office	55228139, 5522109
Soni KC Parajuli Cell #	9851034006
Anil Parajuli Residence #	5555991
Anil Cell #	9851085372
Hotel Summit	5521810

(00 977 for international and Nepal, add 1 if you are contacting through landline for Kathmandu)
3. The itinerary may change because of reasons of weather, political unrest, landslides, trail diversions or other logistics. The camp spots are chosen keeping in mind the size of the camping space for all tents, water source as well as duration of walk each day.
4. At all times on the trek we suggest you carry raingear, sunscreen lotion, two water bottles, sun hat, sunglasses in your **daypack**.
5. We suggest wearing layers of clothing in altitude to accommodate the ever-changing dramatic Himalayan weather. On the days of the high altitude sections of the trek a warm hat, gloves and a warm jacket or similar should go in your daypack.
6. Please leave all valuables, credit cards and passport in a safety deposit box at the hotel before we leave on the trek. A copy of your passport is enough for the trek.
7. The high altitude part of the trek may cause acute mountain sickness. Diamox is freely available at drug stores in Kathmandu. The second half of the trek will be in low altitude and hot (temperatures as high as 90-100°F).
8. We are careful with water and food on the treks, yet trekkers are known to have stomach problems. To limit this as much as possible, the kitchen staff are given a course of anti-protozoal medication (tinidazole) and a course of Ciprofloxacin. While in Kathmandu, please drink bottled water and do not eat green uncooked vegetables, salads and fruits and eat at only recommended places (still a risk).

9. Limited maps and books of the Dhading region are available in most bookstores in Kathmandu. The recommended place is Pilgrim Book House at Kopundole. There is a book by Tom Frieke called Nepali Household, which may be available. This is an ethnographical book written on the Tamangs of Tipling. 'People of Nepal' (by Dor Bdr. Bista) is another book which can give you an insight on the Nepalese people. A book on Birds of Nepal and also Plants of Nepal could be handy.
10. The trek preparation work which begins about one month in advance has been carried out under the leadership of Soni KC Parajuli with strong support from Reenu, Chandra Tamang and the entire staff of HHC.
11. There is a generator for lights at camp but can also help with charging batteries. Please ask one of the sherpas (also term used for camp support staff) to help you with it.

LIST OF RECOMMENDED RESTAURANTS IN KATHMANDU

a. NEPALI FOOD

i. Bhanchha Ghar or Nepalese Kitchen (Tel: 4225172)

Located in Kamaladi very close to Durbar Marg is an authentic Nepali Restaurant. It is an old Nepali building restored and converted into a multi-storied restaurant tastefully decorated in local decor. There is a sit down bar at the attic (shoes have to be taken off - Nepali custom) which serves Nepali as well as foreign drinks and cocktails. Snack menu of mama-cha (meat dumplings), fried or boiled wild boar meat, fried potato Nepali style with masala, dried and marinated venison meat, grilled chicken/mutton/duck, etc., are featured in the menu. Also, there is a one hour Nepali folk dance program which starts from 19:30 Hrs onwards. The main meal (dinner or lunch) is served on the 2nd & 3rd floor with a choice of either table sitting or Nepali style floor sitting. This is the first Nepali restaurant of its kind in Nepal. Advance reservation is necessary.

ii. Bhojan Griha (Tel: 4 416423 & 4411603)

An exclusive Nepali restaurant serving traditional cuisine that is located at Dilli Bazaar. It is an old historical building restored meticulously and converted into a fascinating restaurant with intricate décor, subtle settings and comfortable ambience. Traditional folk music and dances are performed in full costumes every evening at dinner time. It is open for lunch and dinner throughout the year.

b. CHINESE / TIBETAN

i. Sherpa Land (Tel: 4488100 c/o Hotel Everest)

An exclusive Chinese & Tibetan restaurant at the 5 star Everest Hotel International, located in New Baneshwor is famous for hearty Tibetan meals such as the "Mongolian Hot Pot" also known as "Jhakok" in Tibetan. Also serves Manchurian and

Szechuan delicacies prepared by Chinese Chef. From the restaurant there are fantastic views of urban Kathmandu and the Himalayas. Advance reservations necessary!

ii. China Town Restaurant (Tel: 4424191 c/o Hotel Royal Singi)

Located on the top floor of the Royal Singi Hotel in Kamaladi next to Durbar Marg serves authentic Chinese food. The restaurant is operated by Chinese people and is popular among the resident Chinese people including the Embassy staffs. From the restaurant one can get great views of Kathmandu City.

c. CONTINENTAL

i. Rum Doodle Restaurant & 40,000 ½ Feet Bar (Tel: 4414336)

Located in the heart of Thamel this is a classic mountaineer's pub. Hearty food prepared hygienically and the great atmosphere all adds up to make this one of the most popular restaurant and pub in town. The 40,000 ½ Feet Bar has a collection of autographs from world renowned climbers and alpinists including Sir Edmund Hillary, Reinhold Messner, Rob Hall, Junko Tabei and many more who have been there. To add onto the list are former American president Jimmy Carter & Mrs. Rosalyn Carter, former Japanese premier Ryutaro Hashimoto, etc. If you have any special cocktails in mind just ask "Prem" the bar man and he will prepare it for you!

ii. Mike's Breakfast (Tel: 4424303)

Located at Nag Pokhari east of the Royal Palace 10 minutes walking distance from Durbar Marg has a serene garden setting serving fresh foods and daily specials.

iii. All five star hotels have continental restaurants.

d. INDIAN

i. Ghar-E-Kabab (Tel: 4221711 c/o Hotel de L'Annapurna)

A highly recommended restaurant in Durbar Marg serving regional Indian and Tandoor meals with live traditional music. The "Kashmiri Naan" with "Tandoori Chicken" or "The Mutton Roghan Josh" and "Palak Paneer" should not be missed. Open for lunch and dinner only. Advance reservation is necessary.

e. ITALIAN

i. The Alfresco (Tel: 4272550 c/o Hotel Soaltee Holiday Inn Crowne Plaza)

Located at the 5 star Soaltee Hotel (in short) which is a 25 minutes drive west of downtown Kathmandu with a very relaxing ambience next to the swimming pool. The restaurant serves delicious regional entrees as well as pizza and pasta favorites. Advance reservation is necessary.

ii. Olive Garden (Tel: 4411818 c/o Radisson Hotel)

Situated next to the main entrance at the newly opened Radisson Hotel Kathmandu, is a specialty Italian Restaurant offering Authentic Italian Pastas,

Pizzas and unforgettable desserts...all the way from the Mediterranean! Advance reservation is necessary during peak tourist season.

iii. *Fire & Ice (Tel: 4225390 Extn: 342) (Pizza)*

Situated on the ground floor of the Sanchaya Kosh building in Thamel serves authentic pizzas and soft ice creams straight out of Italy!!

iv. *Rhodehouse Café*

Situated in walking distance from HHC office and Hotel Summit or Hotel Greenwich and serves firewood pizzas and other Italian food.

f. FRENCH

i. *The Gurkha Grill (Tel: 4272550 c/o Hotel Soaltee Holiday Inn)*

The restaurant is located inside the Soaltee Hotel (locally called) which is a 25 minutes drive from Durbar Marg. The menu features imported items such as Smoked Salmon, Lobsters and New Zealand Lamb Chops. There is live band from 7 PM till midnight and a dance floor for couples. Advance reservation is necessary.

ii. *The Kokonor (Tel: 4412999 c/o Hotel Shangri-la)*

Situated inside Hotel Shangri-la in Lazimpat is an impressive kitchen headed by international chef Kay Kay, offers classic dishes & remarkable innovation from its select daily menu. Advance reservation.

h. RUSSIAN

i. *The Chimney (Tel: 4248999 c/o Hotel Yak & Yeti)*

Located inside the Yak & Yeti hotel right at the heart of the city. The restaurant serves Russian Borscht Soup and Chicken A La Kiev following the legacy of Boris Lissanevitch as well as other Continental specialties. It has a very charming yet rustic setting. Advance reservation is necessary.

ii. *Wunjala Moskva (Tel: 4415236)*

Situated right across the Nepal Police Headquarters with its lush garden, it serves one of the finest Russian cuisines served by Russian speaking staffs at fair prices.

i. JAPANESE

i. *Dan Ran Restaurant (Tel: 5521027 , closed on Monday)*

Situated in walking distance from HHC office and Hotel Summit and serves home cooked Japanese food. Managed and run by a Japanese couple. Japanese lunch boxes available.

ii. *Maki (Tel: 4243170 c/o Hotel Durbar)*

The only Sashimi restaurant in Nepal with Sashimi imported from Bangkok as well as Sushi rolls prepared by international cooks. The restaurant is on the top floor of the Durbar Hotel located behind the Sherpa Hotel and next to Hotel Royal Singi near Durbar Marg. The "Makunouchi Bento" Japanese Lunch Box set served here is one of the best in Kathmandu.

iii. Koto (Tel: 4226025)

Located on the second floor in Durbar Marg adjacent to the Ghar-E-Kabab restaurant and open for lunch and dinner, this little Japanese restaurant serves the finest Japanese food in a very clean atmosphere.

j. Lebanese

The Kaiser Cafe in the Garden of Dreams (Tel: 4425341)

Located near Thamel, set in a historical Rana garden recently restored in its past glory. Entrance fee required to enter to the garden.

TREK KIT

YOUR FINAL CHECKLIST OF TREK ESSENTIALS

- SLEEPING BAG - Zero degrees should be enough, preferably fiber-filled
- TROUSERS - Gore-Tex or other comfortable
- T-SHIRTS - three or more
- UNDERGARMENTS
- FLEECE/SWEATER - one
- PULLOVER/WOOL SHIRT/ACRYLIC PILE JACKET - one
- HATS - one with a brim, warm one for the cold
- SHORTS / SKIRTS - one
- SOCKS - several warm and thick ones
- SHOES - Trek boots, well broken in
- SLIPPERS/FLIP-FLOPS/SANDALS - for camp wear
- JACKETS - PARKA/SKI JACKETS/GORE-TEX SHELL - one
- GLOVES - Light (there could be snow)
- TOWEL/TOILETRIES - Only toilet paper provided, please carry baby wipes & alcohol hand wash
- SUN GLASSES/SNOW GOGGLES
- SUN SCREEN LOTION
- INSECT REPELLENT
- RAIN GEAR
- WATER BOTTLES - two 1 QRT/1 Liter each
- FLASH LIGHTS - EXTRA Batteries & bulbs
- POCKET KNIFE
- BAGS - one duffel (pack everything in see-through plastic bags)
- LIGHT DAY PACK - one water proof

Please note: Professional video cameras may require permits. Prescription drugs for personal use and batteries may only be available in Kathmandu prior to the trek. We have battery charging facilities (small generator) on the trek.