

# ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

## Milke Danda Trek

The Milke Danda trek is a beautiful walk through a region of undisturbed floral beauty, forest landscapes and Himalayan wilderness. Eastern Nepal is very much an untouched region, with most of the treks and tourism operating around the towns, Annapurna and Everest sites – however it is certainly an area worth exploring!

This trip starts with a flight directly into Tumlingtar and then a trek to Milke Danda exploring the jungle environment of Gupha Pokhari, with magnificent mountain views of four of the world's highest peaks. Along the route we explore the Rimot site, Tapeljung where mixed communities of Buddhist Sherpas, Hindu Bramhans and Kirat Rai people live peacefully - quite a humbling experience.

Milke Danda is a 25 km long, high forested ridge that divides the Arun & Tamur Valleys. It lies between the altitudes of 2580 m and 3580m – we will climb to 3124 m. The ridge has great ecological variation ranging from the forests to alpine vegetation and is renowned for having the highest diversity of Nepalese Rhododendron species (29 out of 32 species reported). An understanding has been reached among the local people, conservationists and the government agency to conserve this beautiful remote area and it is a real privilege to be able to experience it.

### Adventure Itinerary

**Day 1:**

Arrive in Kathmandu. You will be met at the airport and taken to the hotel for overnight.

**Day 2:**

Fly from Kathmandu to Tumlingtar and trek to Kharang

**Day 3:**

Trek to Chainpur

**Day 4:**

Trek to Mayam

**Day 5:**

Gupha Pokhari (2,850m)

**Day 6:**

Rest day at Gupha Pokhari - loads of vegetation and rhododendrons.

**Day 7:**

Trek to Milke Danda (3,124m) and back to Gupha Pokhari. The route takes us through small hamlets to the sacred lake, with great views of Mount Makalu and dense Rhododendron forest.

**Day 8:**

Trek Manglabare/ Chauki

**Day 9:**  
Trek to Basantapur

**Day 10:**  
Drive to Biratnagar and fly to Kathmandu. Overnight in hotel

**Day 11:**  
Onward plans

## The Details

### What Is Included?:

- Transfers to and from Kathmandu Airport and the hotel.
- Accommodation – in hotels and camping. This is based on a share twin basis with someone else on the trip.
- All meals from breakfast on Day 2 to lunch Day 10
- All camping equipment (sleeping bags and thermorests excluded)
- Qualified and experienced Mountain guides and porters
- All local taxes and necessary trekking permits
- All transport during the trip
- A very cool AdventureX t-shirt.

*Please note:* Not included are flights, visas, departure taxes, travel insurance, inoculations, sleeping bags, thermarests, personal items or gratuities. You will also need to budget for meals in towns (see itinerary) – a 3 course meal can be between \$2 -\$6 dependent upon meal and restaurant.

### Getting There:

If you have any queries or need a hand at all in arranging your flight to and from Kathmandu please give us a shout. AdventureX have teamed up with KE Travel – fully ABTA (J1763) and ATOL (2808) bonded so your flights can now be booked easily and professionally. Our service is extremely competitive on price and your seat can be held in most cases by just a deposit. Please note though that Nepal is becoming a very popular destination so flights do tend to get booked up quite quickly.

### Do I Need A Visa?:

The best and easiest way to get your visa is to apply to the Nepalese Embassy in London by post before you leave. The cost is currently £20 for 60 days (single entry). Just send your passport, photo plus application form (downloadable from website) plus £20 cheque and your visa will be with you within 2 weeks. For full information, visit [http://www.nepembassy.org.uk/visa\\_information.html](http://www.nepembassy.org.uk/visa_information.html) .

Alternatively you can get visas at Kathmandu airport. If you choose to do this you must have a passport photo and new crisp US dollars - as they will not accept payment in any other form (including wrinkly notes). However be prepared for long queues!

Either way please make sure you have at least 6 months validity on your passport prior to departure. Give us a call for more information.

### Injections:

We recommend that you contact your Medical centre for professional advice. As a guide you will be looking at Hepatitis A and B, Typhoid and Polio and have an up-to-date Tetanus shot. Some of these immunizations take weeks or months to do correctly, so don't leave it to the last minute and do check with your local health department for more detailed information. A thorough dental check-up is also strongly recommended before you leave.

Dysentery is the normal ailment that travellers to Nepal are struck with. With this in mind, be careful of where and what you eat in Kathmandu before the trip. Sanitation is a top priority on our trip and must be adhered to at all times.

Malaria has not been completely eradicated in Nepal, though it is only present on the Terai (southern Nepal). Basically unless you are going to spend considerable time in the game parks in southern Nepal (Chitwan National Park etc) it's not a huge worry as the towns are essentially bug free.

Without a doubt the most effective deterrent against malaria is to protect against mosquito bites with long, tightly woven clothing and mosquito repellent. Mosquito repellent should be brought from home.

If you have any relevant medical conditions please make sure they are listed on your booking form.

### **Medical Advice and Fitness:**

A moderate level of fitness is required for this trek to really get the most from it, as there is a lot to enjoy and explore.

Treks in the Himalayas are not dangerous by any means, however due to the fact that very little medical care is available whilst on the trail, you do need to make sure that you are physically fit and healthy before departing. In case of serious illness or injury, you will be evacuated by helicopter to Kathmandu. This is an extremely expensive service to pay for as a one-off, so it is essential that you have 'Medevac & Search and Rescue' included in your Travel insurance policy. Neither the Nepalese government, the British Embassy or AdventureX is responsible for the bill.

Altitude sickness: Often known as Acute Mountain Sickness (AMS) is a particularly important medical consideration while trekking in Nepal. Altitude sickness means the effect of altitude on those who ascend too rapidly to elevation above 3000 metres. The initial symptoms are: Nausea, vomiting, loss of appetite, insomnia, persistent headache, dizziness, disorientation, fatigue and breathlessness. These symptoms are to be taken very seriously and a further ascent should be reconsidered. The only cure for altitude sickness is to descend to lower elevations immediately and rest.

Please be assured that your safety and wellbeing are our first priority during this trip. You will be accompanied and supported by the best and most experienced mountain guides in the Himalayas, who know every detail of this trek like the back of their hand. All that we ask is that if you have any medical conditions or problems that you please let us know before the trip.

### **Nepalese Dress Code:**

On the trail you will probably spend most of your time in shorts, trousers, t-shirts and your faithful hiking boots. However when it comes to the towns and villages you must dress appropriately. Ladies should wear t-shirts/blouses and knee-length skirts or trousers and men should cover up their chests with shirts/t-shirts. The men can usually get away with shorts quite happily but must be prepared to wear trousers when going to the temples.

### **Personal Equipment:**

Equipment is an essential part of any excursion, but none more so than when entering the vast reaches of the Himalaya. We will send you all the information you need on what to bring as part of your Pre-departure Pack. Basically, we advise you to keep things as light as possible, without skimping on the necessities. Clothing should be lightweight, dry quickly, and provide insulation even when wet.

### **Finally:**

It is imperative that you realise that you are entering an environment where the rules and realities of life are much different from the West. Certain events sometimes delay the itineraries and are just part of everyday life in Asia. It's a big part of what makes Nepal magical, and in our opinion, it is by far outweighed by the brilliance of being able to journey through one of the world's last true frontiers.

This is a beautiful and very enjoyable expedition, and one that we're sure will stay engraved in your mind forever. We look forward to seeing you there!