



ALAYA HOLIDAYS
TREKKING & TOURS EXPERT

Pre- Departure Information



Map of Nepal

THE COUNTRY

Nepal is one of the landlocked countries in the world, where population is greatly tempered and influenced by Hinduism and Buddhism, surrounded by two great countries. Nepal has about 30 million inhabitants, a mosaic of religions, cultures, languages and ethnic groups.

More than 126 + different ethnic groups and castes live together. One million people live in the Kathmandu Valley, but 90% of the population lives in rural areas, along with the valleys and the hills of the Himalayan mountain range. Nepal is above all a rural society and a trek in this region will remain a cultural experience made of beautiful encounters as much with the villagers as with the members of the team.

GEOGRAPHY

The Himalayan mountain range extending from Pakistan, India, Nepal and Bhutan is the result of a collision between the Asian continent and the Indian sub-continent. Nepal inherited this collision from several majestic summits over its 800 kilometers long. Of the fourteen peaks over 8,000 meters in the world, Nepal has eight: Everest, Kanchenjunga, Lhotse, Makalu, Cho Oyu, Dhaulagiri, Manaslu and Annapurna.

Although Nepal is a small country of about 141,000 km, it has many variations in altitude from the Terai at sea level to the world's highest peak, Mount Everest at the height of 8848 meter. From north to south, you will cross tropical jungles, from terraces at the foot of the Himalayas to the peaks and glaciers of this magnificent mountain range.

LANGUAGE

Nepali is the official language. On the other hand, there are more than 123 + different dialects. Your companion will speak English and the rest of the team will speak Nepali, but learning the language of a country creates good relationships.

Here are a few words to help you:

English	Nepali
Hello!	Namaste
Nice to meet you!	Tapai lai bhetera khushi lagyo
Excuse me	Hajur
Please	Kripaya
Thank you	Dhanyabad
How much?	Kati?
Less	Kam
More	Badhi

I did not understand	Maile bujhina
Post office	Post afis
Tourist Office	Turist afis
Police	Prahari
Pharmacy	Ausadhi pasal

Numbers

- 1- Ek
- 2- Dui
- 3- Teen
- 4- Char
- 5- Panch
- 6- Cha
- 7- Saat
- 8- Aath
- 9- Nau
- 10- Dus

TIME AND COMMUNICATION (According to Nepal's local time)

Montreal *	-9:45 hours
Mumbai	-0:15 hours
London *	-4:45 hours
Paris *	-3:45 hours
Québec *	-9:45 hours
New York *	-9:45 hours
Tokyo	+3:15 hours
Oslo *	-3:45 hours

You can buy a SIM card on site. This prepaid local card is available at Ncell which you can easily find anywhere in Kathmandu.

To do this, you must fill out a form, with a copy of your passport, visa and a photo ID! But for about 100-150 Rs, you are assigned a local phone number, to which must be added a credit of communication. Ncell offers different formulas with or without Internet that also passes in the mountains! Throughout your trek, you can recharge your cell phones. You can also use data base internet which gives faster internet access, when you are out of the Wi-Fi zone.

ELECTRICITY

You will need a power adapter / converter. The socket works with two plug ins. Battery-powered devices are also recommended.

CLIMATE

Our trek season runs from mid-September to May. From the beginning of September, the rain of the monsoon decreased. From mid-October to December, the climate is generally stable, with warm and pleasant days and cold, clear nights. The temperature can reach 25 ° C during the day at low altitude and at night the mercury will drop to 0. Above 3000 meters, the temperature can fall to -10 ° C at night.

Climatic conditions are never predictable, but there is a well-established pattern. Temperatures of day and night at low altitude vary according to the season, but night at high altitude is cold, no matter the season. Modern equipment and appropriate clothing will keep you warm.

Average Temperature in Nepal (Degree Celsius) Average Min / Max

Among Himalaya	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr
1400m	16/28	14/26	7/22	1/20	1/18	4/20	7/25	12/2	16/30
1000m	20/28	16/25	11/22	6/20	5/19	8/20	11/25	15/29	17/30

2000m	13/22	10/21	4/17	1/14	0/13	1/14	4/18	8/22	12/23
3000m	11/19	6/18	1/15	-2/13	-3/12	-1/13	2/16	5/19	8/20
4000m	1/13	-4/12	-8/8	-10/6	-12/4	-10/5	-7/9	-3/12	-2/13
5000m	-3/10	-9/8	-13/6	-15/4	-20/3	-15/5	-10/7	-7/11	-3/12

This grid indicates the average temperatures and so there may be some days much warmer or cooler during these months. The wind factor can also vary greatly the temperatures and is not taken into consideration in the table above.