



### Pokhara to Kathmandu

Experience Himalayan highs and the cultural and scenic highlights of Nepal from handlebar height. That's right, a cycling tour that will leave you breathless from the excitement and world's best views, not necessarily the exertion! There is no more exciting way to explore Nepal and this ride is designed for the casual cyclist with a reasonably good level of fitness and confidence in handling a bike.

The trip will show you an exciting cross section of Nepal as you cycle past rustic villages, ancient cities and temples off the beaten track, enjoy amazing downhills and get incredible views of the Everest and Annapurna and other ranges. Enjoy exclusive accommodation and watch dawn come up over the Annapurnas before we experience life in the middle hills where the Nepalese are living as they have done for many centuries.

We ride an exciting route to the royal city of Gorkha before transferring to our end destination, exploring the historic towns and temples of the Kathmandu valley. Vehicle support, quality hotels and all meals are included to make your adventure as comfortable as possible. Trails are very manageable and require the basic skills of biking on jeep and walking trails where no great technical skills are required. This is an "all-included" adventure - from the inspired accommodation and delicious food,

right through to cycling guides, vehicle support and well maintained bikes that are guaranteed. All you have to do is pedal and enjoy! This amazing adventure is designed to leave everyone at the end of the day with the ability to bike further and still be smiling!

### Itinerary

#### Day 01: Pokhara / Sarankot

Fly to Pokhara with an early morning flight. On arrival we will be transferred by boat to our Country house "The Retreat", nestled on the other side of Phewa Lake. This beautifully built residence made of hand cut stone on a hill top with 180 degree views of the Annapurna Himalayas and the whole lake and set amongst a landscaped garden will make for a delightful stay. A home cooked traditional Nepalese meal will be tonight's dinner.

We'll first catch up on a little breakfast and make a return crossing of the lake and start riding to Bindhbasani Temple. It's all on road as we depart Pokhara Township before we start a 10km uphill to Sarankot hill station. Mountain views are exceptional from here as we gaze directly upon the Annapurna Ranges but seem to be within arms reach of the most popular 'Fishtail' (Machhapuchhre) Himal. After lunch we ride downhill to Thulakhet then to Pame and transferred to our resort for the rest of the day. Today's ride is a warm-up ride leading into our next 5 days heading back towards Kathmandu and the town of Arughat. Today Total: Distance: 45km

Meals: B/L/D

#### Day 02: Pokhara-Kalikaasthan-Begnas Tal

Breakfast on the front lawn overlooking the lake then we boat it to Lakeside to start our riding on a flat paved road till Bijayapur Khola, a journey of approx. 12km. After crossing the bridge we peddle left from the Army camp and ride alongside the river to Lapsidada and onwards to the beautiful village named Kalikaasthan (this name comes from goddess Kali temple). The total uphill ride is 9km till Kalikaasthan. Again we will have fantastic views of Annapurna, Manaslu and Daulagiri peaks from here. We take a lunch break here and cool off after the uphill from Bijayapur Khola. A touch of the local flavors will be on offer as we lunch at the local store before we bike it about 6km downhill to Talchok. The terrain flattens out and then leaves a small uphill into our small

island resort situated in between Begnas & Rupa Lake.

Total Distance: 42km

Meals: B/L/D

Day 03: Begnas-Rambazar-Bhorletar-Sisaghat

Today's ride is mostly downhill over the 35kms that takes us further east and after just 4km of flat and a small climb we reach Urchale Bhanjyang (Bhanjyang meaning small pass). Now, we have 12km downhill to Karputar and then we cross the Modi River and reach Bhorletar. It's a small town with just a few shops to service the local settlements. We will take a break here and grab a snack from these local shops, giving a few insights to local culture and their way of life. After lunch, again it's an easy ride that is mostly down to Sisaghat where we will stay in the local guesthouse. A basic overnight stay void of the normal western luxuries. Along the way, each and every place we visit on this route offers variations on food, culture and traditions. The road we travel was an old walking route from Kathmandu to Pokhara via Gorkha, before there was any road network connected.

Total Distance: 35km

Meals: B/L/D

Day 04: Sisaghat-Kunchha-Paudi-Tarpughat-Palungtar

Today, is a longer day on the trails with the first 25km mostly uphill till Kunchha. With it comes a beautiful ride via Soti Pasal and the many small shops where we will make our lunch stop and have a good chance to mingle with the locals where they are few and very friendly. After Kunchha, and having completed our uphill prior to lunch we now have earned a rewarding downhill except for the 1km uphill after crossing the mighty Marsyangdi River. We pass through the town of Paudi and then ride alongside of Marsyangdi River via Tarputar and onto Tarpughat. Our final destination for the day is a short ride beyond at Palungtar where we'll find our Guest House. We might get to view some local celebrations and festivities if you're here in the festive season of October/November.

Total Distance: 55km

Meals: B/L/D

Day 05: Palungtar- Laxmi Bazar -Gorkha

Leaving Palungtar after a leisurely breakfast, we ride 5km beyond, uphill to Luitel Gaon and then to Satdobato (Satdobato: meaning seven trails meeting points), so it's fairly obvious that many village trails meet at this point. We will enjoy fresh brewed Nepali tea and oranges (orange farming in this area is quite popular, every house having at least over 20 trees) whilst taking a break then leave the main trail and use a shortcut route to Chhepetar, which may require a short carry of our trusty bikes for just 5 minutes once we have crossed the bridge at the Daraundi River. Daraundi will be our lunch spot, with some well stocked local goods. Once recharged then we'll tackle the mostly uphill but gradual climb to the historic City of Gorkha via Laxmi Bazar. Beautiful terraced farm land where whole hillsides bloom yellow from the flowering mustard plants during the months October to February make for a memorable sight. Gorkha is the ancient kingdom and old capital of the ex-Shah dynasty, who ruled until recently for 237 years in Nepal. Gorkha Dubar is on top of the hill just beyond the main town and we'll visit in here in the evening. Overnight Guesthouse

Total Distance: 37km

Meals: B/L/D

Day 06: Gorkha – Kathmandu valley

From the ridgetop at Gorkha beautiful sunshine and spectacular views of Manaslu and Annapurna are the feature from your breakfast table. With Kathmandu our destination today we'll make a warm up ride of 1km uphill then cruise into Phinam village on a flat dirt jeep trail before finding Taple to complete a lovely morning's ride. It will be the beautiful villages on the way to Khanchok where we will have lunch; one of the last on trail lunches of our 7-day long tour. Another short climb to welcome after lunch as you bike into Ghyamsal. A big downhill awaits us just out of town and all the way into Arughat. Arughat was an important place in the ancient time for local trade. After a tea break, we pack our bikes on our bus and drive into the Kathmandu Valley over the next 4 hours. Tonight, we stay in Thamel, and you have enough time to chill out in the many good restaurants and bars around town. O/N Hotel Fuji

Total Distance: 42km

Meals: B/L/-

#### Day 07 Nagarkot

Today we take a single track route into the north-east corner of the Kathmandu Valley, then it is time to ride a mix of single and jeep tracks to wind our way upwards to Nagarkot. Our actual route will depend on the condition of the trails. A short steep climb into the hill station of Nagarkot will reward you with glorious mountain vistas from where 8 of the world's top 10 peaks can be seen from our comfortable hotel located on the valley rim. Enjoy the spectacular view of the Himalayas which stretch all the way to Mt. Everest made ever more enjoyable by sunset drinks from the hotel terrace. 25km or 35km. O/N Nagarkot

Distance: 35km

Meals: B/L/D

#### Day 08 Nagarkot - Bhaktapur – Kathmandu

We start our last day's riding with a downhill dream ride descending more than 2800ft, starting from 7100ft (2164m). But first there is breakfast on the terrace with a last peak over many 7000-m of white mountain tops stretching through to Tibet before we commence the smooth paved switchback descent down into the valley that runs to the entrance of Bhaktapur City. From here we ride to the medieval town and earlier Kingdom of Bhaktapur, a world Heritage site, restored by UNESCO to its former glory. The narrow streets, squares and temples are great fun to explore by bike and the town is closed off to vehicle traffic. The inhabitants of Bhaktapur are Newari's whose excellent craftsmanship can be seen in the many shops selling silverware and religious items. We'll take lunch in the rich cultural atmosphere of Taumadi Square surrounded by temples and devotees making offerings. It's also possible to visit Changu Narayan, a must for those interested in culture - the ancient temple complex here, which includes the oldest Hindu temple in the valley dating from the sixth century. In the evening we transfer back to our accommodation in Kathmandu for a last night and celebration of our achievements over dinner! O/N Hotel Fuji

Total Distance: 35km

Meals: B/L/D

#### Day 9 Depart Kathmandu

You are free to depart this morning.

NOTE: All distances are approximate and the actual route taken on the day may vary according to the leader's discretion taking into account local conditions and the abilities of your group.

### Accommodation

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Accommodation is a mixture of hotels and guest houses and we have chosen the best that are available in the more remote locations. In Kathmandu we use good hotels which are very centrally located with comfortable rooms and facilities. In Pokhara you will stay at a private lakeside retreat with views out over the Annapurna ranges. Generally speaking, the accommodation on this trip is a good standard though some patience may be required in the smaller guesthouses where the plumbing and standards of English may not always be as you like it!

### Meal Inclusions

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Most meals are included in this trip and the food is generally of an excellent quality. The only exclusion is on free days in Kathmandu and Pokhara. Please refer to the itinerary for exact inclusions.

We like to sample the best of local dishes and produce so you enjoy an authentic taste of the region which you're travelling through. Nepalese food is a mixture of different influences from India and Tibet, though western dishes are very widely available and there is a tremendous variety of restaurants in Kathmandu where you can find almost every cuisine at very reasonable prices.

In the Itinerary (B, L, D) stands for breakfast and lunch and dinner.

## Transport

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Any transport required is generally by private vehicle. You will have a support vehicle travelling with you in Nepal throughout the trip.

## Physical Rating

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Moderate - Demanding

You don't need to be a highly experienced cyclist to join these multi-day trips but a reasonably good level of fitness is required to participate fully. Though full support is provided throughout, so you can ride as much or as little as you want to. Be prepared for moderate to strenuous physical activity as you will be cycling for between 5 and 7 hours each day on average and some pre-trip training is recommended to get the most from your adventure. Terrain is varied but generally on sealed roads and no demanding technical skills are needed to enjoy the trip.

## Visas

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Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself.

If you would like someone to take the hassle out of your visa application please visit the following website:  
[www.visalink.com.au](http://www.visalink.com.au)

Nepal:  
You can easily obtain a visa on arrival by air (bring 2 passport photos), cost US\$30 for a single entry visa. Alternatively apply via the Nepalese consulate before you go which has offices in Brisbane and Melbourne. Please visit the following site to download forms:  
<http://www.nepalconsulate.net.au/downloadforms.php>

## Important Notes

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### 1. Bikes

The bike fleet that we use in Nepal is a mixture of Treks and Giants Plus some Fuji Outland's for bigger frame sizes when the former are not available. Please make sure that you let us know your height in cm's so that we can properly size you to the correct frame size. The bikes that we provide are 21 speed mountain bikes with front suspension and have a single water bottle carrier cage. There are no racks and we advise bringing a handlebar bag to carry personal items.

Please see our cycling guide on our website for more details on preparing for a cycling trip and how to customise your bike, plus other trips and information:

<http://rawtravel.com/bike>

### 2. Bringing your own bike

Not a problem but any extra charges for taking it on the train or plane are your responsibility. It is best to pack your bike in a bike box available from any bike shop. We can then carry the box in the truck. Please note that while every effort is made to maintain all the bikes in good condition on each trip, we cannot guarantee that some small damage such as scratching will not occur as a result of the daily loading and unloading of bikes into and out of the support vehicle.

Please note - If you are bringing your own bike and it has disc brakes, hydraulics, rear suspension, oil units or special pumps for

adjusting the suspension pressure, please make sure that you bring the necessary spares and parts with you.

## What to take?

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You should pack as lightly as possible. Your main luggage will be transported for you on all cycling days in the support vehicle. You will only need a day pack to carry your personal items when cycling. You are expected to carry your own luggage on and off the bus and though you will not be required to walk long distances with your luggage we recommend keeping the weight under 12kg. Suitcases are not recommended as they are awkward to store in the support vehicle.

Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags with wheels are acceptable, although we recommend your bag has carry straps as well.

## Checklist (suggested list):

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### Travel Documents:

- Passport (with photocopies) and Nepal visa
- Copy of travel insurance
- Airline ticket
- USD cash
- Credit card

\*\* Tip: use a money belt for security (put documents inside a plastic bag)

### Personal Items:

- - First Aid kit (see the health section)
- - High factor sunscreen
- - Mosquito repellent & prophylactics
- - Sunglasses
- - Toiletries (biodegradable)
- - Watch or alarm clock
- - Ear plugs (in case room mate snores!)
- - Plastic bags for wet or dirty clothing
- - Wet wipes or antiseptic hand gel

### Clothing:

- - 3 T-shirts (lightweight quick drying fabric) / long sleeved T-shirt
- - 2 pairs Cycling shorts (padded)
- - 1 pair of comfortable shoes for cycling
- - 1 pair of sport sandals
- - socks (for cycling)
- - 1 pair of knee length shorts
- - 1 pair lightweight long trousers
- - Lightweight waterproof top
- - Sweater/fleece for evening
- - Small towel and swim wear
- - Sun hat
- - Clothes to relax in

Please note that a tremendous variety of outdoor gear - aimed towards Trekkers - is widely available in Kathmandu at cheap

prices. If you need fleeces, jackets, thermals etc these can be picked up very cheaply there. There is however very little biking supplies so please bring these with you.

#### Cycling Equipment:

- - Helmet - (compulsory)- bring one with good ventilation
- - 1 water bottle (min. 750 ml capacity recommended) or 'Camel Bak' hydration pack
- - Handlebar bag / small day pack for carrying items when cycling
- - Cycling gloves
  
- Optional:
  - - Multi-tool (allen keys) for minor adjustments to your bike
  - - Your own saddle or gel seat cover
  - - Your own SPD pedals
  - - Mini bicycle pump
  - - Favourite snacks for cycling energy boost e.g. 'PowerBars', sports gel (a concentrated carbohydrate that delivers immediate energy when you feel tired or flat), dried fruit or nuts

#### Other Suggestions:

- - Camera and plenty of film
- - Adapter for recharging digital camera (Can be bought locally)
- - Spare batteries
- - Reading / writing material
- - Penknife (put in main luggage at airport)
- - Torch
- - Small calculator (when out bargaining!)
- - Photos of family or postcards of Australia (great way to have fun with locals you meet)
- - Phrase book, map and Lonely Planet guide
- - Small padlock for securing your luggage during flights

#### Local Dress

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When packing be aware that dress standards are conservative throughout Asia. We will be spending a lot of time in the more conservative rural regions of Nepal. Please remember that as visitors to someone else's home it is our responsibility to fit with the local customs by wearing appropriate clothing (irrespective of what other travellers are wearing). Loose, lightweight, long clothing is both respectful and practical, as it provides protection from the sun. Please remove any headwear and shoes when entering Temples or people's homes. Your guide will give you more information on local etiquette.

Cycling shorts and tops are ideal for riding, though we do insist that you cover up when coming off the bike or stopping in villages as local people will be shocked and sometimes offended by the sight of tight body hugging lycra! So please be a good ambassador for your country and have a loose pair of shorts to put over your cycling shorts or a sarong to wrap around.

#### Travel Insurance

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Travel insurance is compulsory for all our trips. We strongly recommend that you take out insurance the moment you register for a trip as you are then covered should you not be able to go in the event of illness or accident. Please send these details (name of insurer, policy number and their 24 hour emergency contact number) to RAW prior to departure.

We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader. If you have credit card insurance your tour leader will require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Our preferred insurance company is CoverMore as they provide an excellent service. You can apply on line directly by clicking on this link:

<https://b2c.covermore.com.au/index.jsp?alpha=AAV0231>

## Health

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All RAW travellers need to be in good physical health in order to participate fully in the group travel experience. If, in the opinion of our group leader, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, RAW reserves the right to exclude them from all or part of a trip without refund.

Please let us know of any medical conditions on the registration form and if you are currently taking prescription medicine as it is important that our leader is aware of your circumstances. We therefore ask that you read the itinerary in these trip notes thoroughly and then realistically self-assess your physical ability to complete the trip as described. Please consult with your doctor if you have any doubts.

There are no specific health requirements for entry into Nepal. However, you should consult your doctor or travel clinic for up-to-date information and prescriptions for vaccinations and anti-malarial requirements. We would suggest that you are up to date with immunisation protection against typhoid, polio, tetanus and hepatitis. Lowland Nepal is also a malarial risk area and we recommend that you take a course of suitable malarial prophylactics. As some vaccinations require a course over weeks or months, contact your doctor as early as possible prior to departure. Generally, six to eight weeks' notice is adequate.

We recommend that you carry a First Aid kit as well as any personal medical requirements (such as a spare pair of prescription glasses). Please be aware that for legal reasons our leaders are prohibited from administering any type of drug including headache tablets/antibiotics etc. Your first aid kit should include:

- headache tablets
- diarrhoea treatment (both a blocker to bring relief from the symptoms and an antibiotic)
- band-aids
- antiseptic for cuts and scrapes
- lip balm
- insect repellent
- high factor sunscreen.

Given the physical nature of this trip we strongly advise bringing some sachets of an oral rehydration solution (available at chemists) as this aids recovery following activity and dehydration and also helps replace lost body salts should you suffer from 'gastro'. Just add a sachet to your water bottle each day. Please scroll down to the Special Safety Notes below for information on dehydration.

**If you are 65 years or older a completed Medical Certificate is required.**

**Please let us know and we can post you a copy which then needs to be signed by your GP and posted or faxed through to 03 9787 0136 prior to departure.**

## Physical Preparation

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In order to physically prepare yourself to cycle long hours in the saddle for up to 6-7 hours on successive days it is vital that you undertake a fitness program. Getting yourself fit is all part of the experience and one that you'll benefit from long after your trip is over. It is really worth putting in the effort before you go to condition the body (backside, neck, shoulders and leg muscles) as

it means you'll enjoy the event rather than it being a struggle.

Build up your base endurance by long and frequent bike rides which will ensure that you are in peak condition for the trip. You can also mix this up by taking other forms of regular exercise which you currently do such as yoga, spinning classes, walking and swimming. For more information on preparing for a cycle trip please visit our cycling fitness page at:

<http://rawtravel.com/bike>

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## Money Exchange

Currency exchange rates often fluctuate. For the most up to date rates please refer to the following website: [www.oanda.com](http://www.oanda.com)

Nepal: \$1 AUD = approx. 80 Rupees. The Nepalese Rupee is the unit of currency. There are many moneychangers in Kathmandu and Pokhara. Clean bills with no tears are best. ATM's are widely available in larger cities where you can withdraw money in local currency if you have a visa / mastercard or cirrus card. Credit cards can be used to advance cash in banks in major towns but attract a high fee. We recommend that you don't use money changers on the street. When changing money try and get a mix of denominations (your leader will advise you on this). Keep smaller notes with you when on the cycle ride as it can be difficult to change larger notes once out of the city.

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## Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping.

Any tip that you wish to give to your local guides or leader in recognition of excellent service is always appreciated. On a group trip we recommend approx. US\$30 per head to go into a kitty to be distributed to the local team at the end of the trip. Usually we do this on the last night at the celebration dinner. With private bookings the tip tends to be higher (\$5-10 USD per day per person depending on your trip length and number of guides)

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## Emergency Funds

Please also make sure you have access to an additional USD\$400, to be used when unforeseen incidents or circumstances outside our control (eg. a natural disaster, or an outbreak of bird flu) which may necessitate a change to our planned route. This is a rare occurrence but it is well worth being prepared!

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## Keeping In Touch - communication while on the road

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road. Email cafes are commonplace throughout the regions we visit. If someone wishes to contact you in an emergency we recommend that they refer to our Emergency contact. We don't recommend that family and friends try to contact you through hotels, as they are subject to change and the reception staff may not speak English.

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## Emergency Funds

In the case of a genuine crisis or emergency, please call the RAW Office. Tel: +61 3 9787 4366.  
Outside of office hours please call (+61) 0413 703 632

## Your Fellow Cyclists

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As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience.

Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

## Group Leader

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RAW has both resident western and local leaders who lead our trips in this region. Generally speaking you will have a western leader with a larger group size supported by local leaders as well. Where the group size is less than 10 or with a private booking for a few people you will have a local leader. All our staff are first aid trained and experienced with the special nature and demands of cycle tours and are able to give you support and insights into the local culture.

The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

While not being tour guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local area guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

One of the staff accompanying your trip will also double as mechanic and ensure that your bikes are trouble free by checking them over regularly during your trip. It is your responsibility to communicate any problems you may have with your bikes to your leader so that they are aware of them. Please ensure that any maintenance required is pointed out to the mechanic / leader at a time when they have time to fix the problem and not immediately before your scheduled departure each morning - which will delay the day's ride for everyone.

## Responsible Travel

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We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. When we are cycling children will ask you for pens, money etc. It is always hard to resist giving them a small gift. However we ask you not to do this as it encourages a culture of begging and often parents will take their children out of school and get their children to prey on tourists. Ask your leader what is the best way to give.

## A Couple of Rules

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Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for RAW travellers.

RAW's philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Safety

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling.

Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities however during your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your itinerary, and makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time.

Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

A thorough cycling safety briefing will be given prior to setting off about the bikes.

## Dehydration

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Dehydration is the biggest risk when undertaking a physical challenge such as cycling over undulating terrain. It is so important to be aware of your fluid intake especially at altitude and to constantly drink water throughout the day (even when you do not feel thirsty). Symptoms of mild dehydration include:

- flushed face
- extreme thirst, more than normal or unable to drink
- dry, warm skin
- cannot pass urine or reduced amounts, dark, yellow
- dizziness made worse when you are standing - weakness - cramping in the arms and legs
- sleepy or irritable
- headaches
- dry mouth, dry tongue; with thick saliva

The simplest way of monitoring your fluid intake is by checking the colour of your urine. If it is clear or slightly yellow you are well hydrated but once it is dark yellow you are in the danger zone and need to increase your fluid intake immediately. Ensure that you bring some Gastrolyte sachets as these help your recovery after trekking with the replacement of electrolytes. Gastrolyte is also the recommended treatment for dehydration caused by diarrhoea ('gastro').

## RAW Newsletter

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We have a free email newsletter full of travellers stories and experiences as well as news on new trips that we are running. Please send us an extract from your travel journal at the end of the trip. We would also love to receive any photos after the event as we are starting to build up a travellers album for each of our destinations on our website. We need resolution of around 1MB.

Please could you send a CD to: RAW Travel Photo album, Suite 1 7 Davies Ave, Mount Eliza, VIC 3930.

If you have any suggestions to add more information to our trip dossier that you think other travellers would find useful please email: [adventure@rawtravel.com](mailto:adventure@rawtravel.com). And of course email us if you have any questions leading up to the event.



The information in these trip notes has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and RAW Travel.