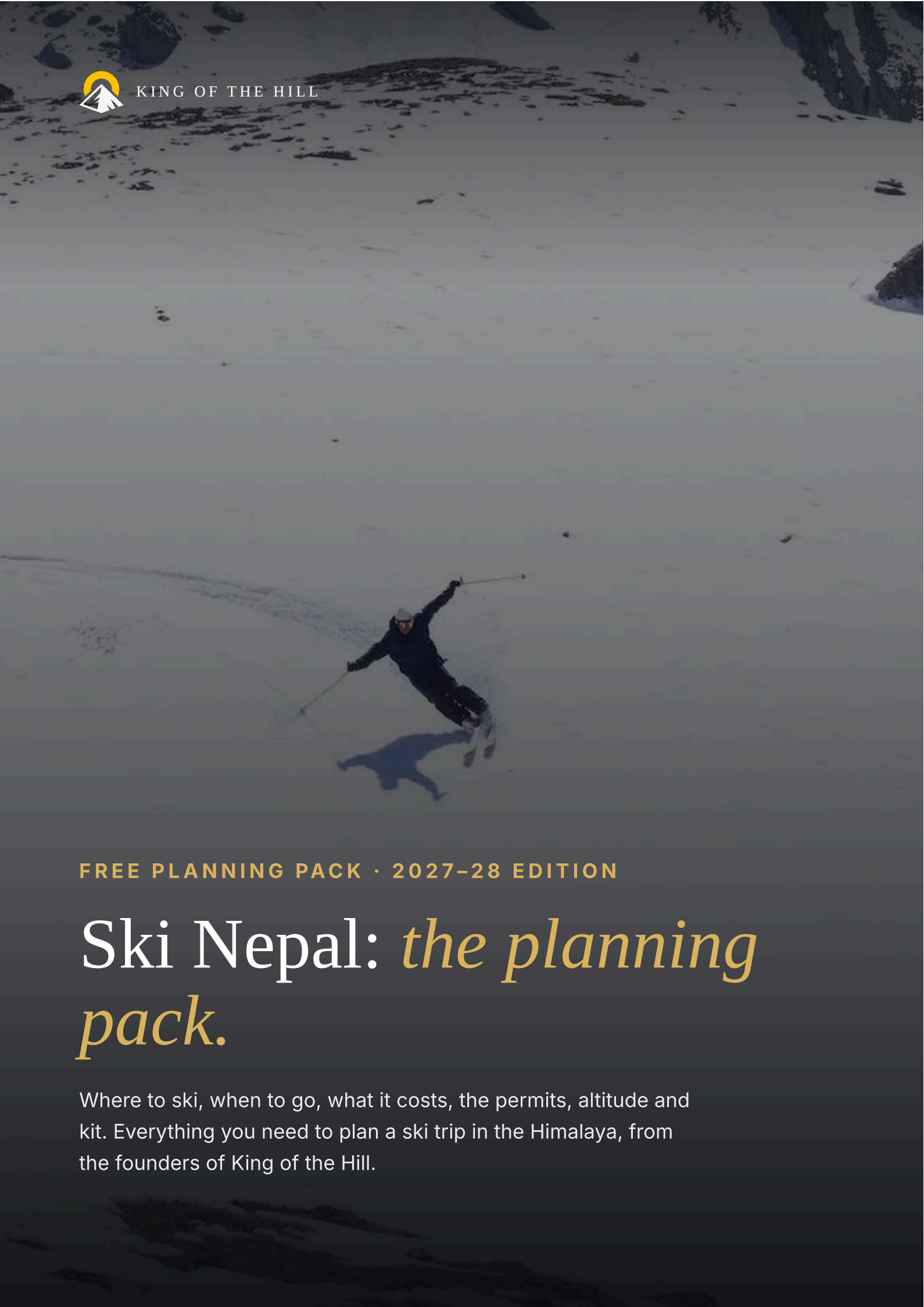
KING OF THE HILL



FREE PLANNING PACK · 2027–28 EDITION

Ski Nepal: *the planning pack.*

Where to ski, when to go, what it costs, the permits, altitude and kit. Everything you need to plan a ski trip in the Himalaya, from the founders of King of the Hill.

SKIING IN NEPAL

The short *answer.*

Yes, you can ski in Nepal, but not at a resort. There are no lift systems or pistes. Skiing here means ski touring (climbing on skins), ski mountaineering on Himalayan peaks, or heli-skiing. The best months are February to April for touring and heli-skiing in the Annapurna region, and October to November for high peaks like Mera.

Ski resorts	None with working lifts. Local groups run small beginner sessions at Kalinchowk.
Ways to ski	Ski touring, ski mountaineering, heli-skiing
Best months	February to April for touring and heli-skiing. October to November, and April to May, for high peaks.
Main areas	Annapurna Sanctuary and range, Mera Peak, Manaslu (heli-skiing), Nar Phu, Dolpo
Skiing altitude	Mostly 4,000m to 7,000m and above
Ski permit	$1,000 royalty per group of up to 10, plus $100 per extra person and a $500 waste deposit
Trip length	10 to 30 days, depending on the mountain
Who it suits	Confident piste skiers and up. Complete beginners should learn at home first.

> **Why ski Nepal?** Eight of the world's ten highest mountains are here. Thousands trek. Almost nobody skis. In one recent autumn season, Nepal's Department of Tourism gave ski permits to just 22 people.

THE TRIPS

Five ways to ski *the Himalaya.*



TRIP	WHO IT'S FOR	LENGTH	UP TO	WHEN
Intro to Ski Touring the Himalayas BEGINNER TOURERS	Confident piste skiers who have never toured	14 days	4,130m	Late Oct–Nov 2027, early Mar 2028
Annapurna Ski Expedition LUXURY	Good skiers who want five-star comfort. No touring needed	10 days	5,416m	17–26 Feb 2027 and 2028
Mera Peak Ski Expedition ADVANCED	Skiers who have toured before	19 days	6,476m	Oct 2027, mid-Mar–early Apr 2028
Himlung Himal Ski Expedition EXPERT	Expert skiers with a 6,000m+ summit	26 days	7,126m	Autumn 2028, by invitation
Putha Hiunchuli Ski Expedition EXPERT	Expert skiers with a 6,000m+ summit	30 days	7,246m	Autumn, on request

Every trip includes expert guides, places to stay, meals on the mountain and permits, and is hosted by a founder. Groups of 4 or more can book private trips on their own dates.

> **Prices:** the Annapurna Ski Expedition is from £13,500. The four new trips are priced on request, because the cost depends on group size and dates. Send us an enquiry and we'll come back with a quote.

WHEN TO GO

The best months, *month by month.*

Touring and heli-skiing: February to April. High peaks: October and November, plus April and May. Avoid the monsoon, June to September.

Dec–Jan	Deep winter. Very cold, short days. Few ski trips run.
February	Cold, good snow lower down. Heli-skiing starts. Our Annapurna Ski Expedition runs.
March	Best all-round month for touring. Longer, warmer days.
April	Spring snow. Heli-skiing winds down. High peaks open.
May	Pre-monsoon. High peaks only.
Jun–Sep	Monsoon. Not a ski season.
October	Clear, settled skies. Prime time for Mera and the 7,000m peaks.
November	Cold, clear and dry. Good up high.

Seasons are averages, not promises. Good itineraries carry spare days for storms, and the guides decide each morning what's skiable.

COSTS AND PERMITS

What it costs, *and the rules.*

TYPE OF TRIP	TYPICAL PRICE
Ski touring in teahouses	From about €3,900 for 20 days
Heli-skiing from Pokhara	From about US$4,900 for 3 days
7,000m ski expedition	About US$14,000 for 32 days
Our luxury Annapurna expedition	From £13,500 for 10 days

Budget too for: international flights (plus ski baggage), insurance covering your top altitude, off-piste skiing and helicopter rescue, kit, tips for guides, cooks and porters, and your Nepal visa.

Permits

Skiing is licensed by Nepal's Department of Tourism. In designated ski areas a group pays a **$1,000 royalty for up to 10 people** (plus $100 per extra person) and a **$500 waste deposit**. Skiing from a peak outside those areas also needs a climbing permit. You'll also need park or conservation area permits, and restricted-area permits for places like Nar Phu and Dolpo. Your licensed Nepali operator applies for you; on our trips it's all included.

Prices from operators' published rates, Nov 2026. Permits: Department of Tourism, via Republica.

ALTITUDE

Altitude, *for skiers.*

> **The rule that matters:** once above 3,000m, don't raise your **sleeping** altitude by more than 500m a day, and take a rest day every three or four days.

Why skiers should care

Most skiing in Nepal happens above 4,000m. Skinning uphill is hard work, and overexertion is a risk factor. Skiing helps: climb high in the day, ski down to sleep.

Warning signs

AMS: headache plus nausea, tiredness, dizziness or poor sleep. Don't go higher. **HAPE** (breathlessness at rest, cough) and **HACE** (confusion, loss of coordination) are emergencies: go down.

Ask a doctor or travel clinic about medication such as acetazolamide before you go. This page is general guidance, not medical advice.

KIT

The *kit list.*

Bring your own touring set-up: hire in Nepal is very limited. Boots matter most, so get them fitted before you go.

Ski kit

- Touring skis with pin or frame bindings
- Skins cut to your skis
- Ski crampons
- Touring boots, fitted and broken in
- Adjustable poles, helmet

Safety

- Avalanche transceiver, shovel, probe
- Airbag pack (optional)
- Head torch, personal first aid
- Glacier kit for peaks: harness, crampons, axe

Clothing

- Merino base layers
- Fleece or light insulated layer
- Waterproof shell jacket and trousers
- Down jacket with hood
- Liner gloves, ski gloves, warm mitts
- Category 4 glacier glasses, goggles

The small things

- Down sleeping bag to about -20°C for camps
- SPF 50 sun cream, SPF lip balm
- Insulated bottles or a flask
- Duffel bag and a 35-litre day pack

BOOKING

How booking *works.*

1. **Pick a trip and a date,** and send us an enquiry.
2. **Talk to us.** Reuben or Matt will call you to check the trip fits.
3. **Pay a deposit** to hold your place. Your money is held in trust with Protected Trust Services until your trip has run.
4. **Each date is confirmed 60 days before departure.** If it hasn't filled, you're offered another date or a full refund. Don't book flights until it's confirmed.



Talk to Reuben or Matt

Book a free 30-minute call: calendly.com/reuben-kingofthehill/30min
Email: info@kingofthehill.co.uk · Trips and dates: kingofthehill.co.uk

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