

Email out Nov 11 2023.

Dear all Nepal participants,

**Re: Nepal Action Asia 3 day Ultra Nov 10-12, 2023**

The Nepal Action Asia 3 day Ultra is just over a month away and we need to double check your flight arrangements to make sure you are picked up at Kathmandu airport if arriving Nov 8. If arriving before let us know and we will confirm if we can still help if staying at Barahi Hotel (official hotel) or other.

Please check below info and try best to reply to us to [payment@actionasiaevents.com](mailto:payment@actionasiaevents.com) by Oct 17.

- 1. Please send to us your flight info details** with flight #, arrival date/time and flight # with departure date/time. We do need both flight to and from Nepal. As we need to check your arrival and departure. The hotel is ready to check in on the 8<sup>th</sup> and we will arrange a one time shuttle to the Barahi hotel.
- 2 Accomodation** – Each room is a twin bed so please do let us know if you have any friends you would like to be in the same room with that are on this Nepal Action Asia trip so we can group you together. If you do not have any requests, we will make arrangements accordingly.
- 3 Course details** – Every night before the event day, we will give out maps and go over the elevation, what to expect and plan to break all into 3 groups according to speed and fitness with Nepali Sherpas with each group as you will be at very high elevation (over 3700m+ and possibly 4000m if you can handle) which is not easy coming from a sea-level location like Hong Kong, Singapore as example with only 1 day acclimatization in Kathmandu (1400m) then going up to 2700m+ and following day to over 3600m+ so unless you go early, pack some panadol for headaches and start hitting those hills for training over the next month to work on those hamstrings/quads/glutes, etc.
- 4 Sleeping bag** – recommended for the guest houses on the course, as will be cool at night even though you will have a blanket and bed, but more for hygiene reasons.
- 5 Luggage** to store in Kathmandu during event – Yes you can leave bags at Barahi Hotel in Kathmandu while we are on the course over the 3 days as you will come back to the same hotel, but make sure you have stored in secure suitcase or bag with good lock as organizer takes no responsibility for anything for things in storage at hotel. Yes it should be safe, but leave the Rolex and expensive jewelery at home and only bring what you really need on this trip.
- 6 Luggage during the stages** of event will be moved by a dump truck in an open back so recommend some kind of strong sturdy bag with lock that you don't mind getting dirty. Course will change accommodation every day thru the 3 days but you will just bring what you need along the marathon route and truck will deliver to next accommodation.
- 7 Water and fruit** will be provided at checkpoints along the way but recommend like any race bring energy bars, nuts, food for calories along the way to get you thru the day as you will be surprised what high elevation does to the body.

- 8** Wifi at villages – Not great and last time really slow. Don't expect any miracles. Better to wait until back in Kathmandu for faster wifi.
- 9** Vegetarian food – on average, we have around 20% vegetarian participants so we will notify cooks along the way at guest houses to help with non meat dishes. Bring some local Nepali currency (small change please) as they will have difficulty changing unless purchasing large rounds of beer.
- 10** Visa link to apply online for visa so no need to stand in extra lineup when arriving saving you lots of time - <http://online.nepalimmigration.gov.np/tourist-visa>
- 11** Other – am sure we forgot something so if we did please email us and can update next newsletter.

See you soon and keep working on those hamstrings.

Action Asia Events Team  
[www.actionasiaevents.com](http://www.actionasiaevents.com)