Phulchoki Day Hike: the Highest Hill of the Kathmandu Valley

Safety plan · last checked on 15 October 2026

Who to call

- Rujan Neupane, licensed trekking guide: +977 984-3808583 (phone and WhatsApp)
- Email: rujanneupane@gmail.com

Emergency in Nepal	Number
Police	100
Tourist Police (English spoken)	1144
Ambulance	102
Fire	101

Fill in before you leave:

Insurance company _____

Policy number _____

Insurer 24-hour emergency number _____

Your embassy in Kathmandu _____

Family contact (name, phone) _____

Warning signs

Altitude sickness (AMS): headache, sickness or no appetite, unusual tiredness, dizziness, bad sleep. Stop going up; rest at the same height until it passes.

Brain swelling (HACE), an emergency: confusion, strange behaviour, stumbling or loss of balance, a severe headache that does not ease, very sleepy. Go down at once, even at night.

Fluid in the lungs (HAPE), an emergency: out of breath at rest, a cough that does not stop, a gurgling chest, much weaker than the others. Go down at once and get help.

The golden rules: walk slowly; never go higher with symptoms; if they get worse, go down. Going down is the best treatment.

Every day on the trail

- Each morning and evening I ask how you feel: your head, breathing, appetite and sleep. Please tell me the truth; a hidden headache can become a problem.
- We drink enough, eat well, and keep the pace slow.
- We decide together, every day, whether to go on, rest or go down.

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Conditions change. Latest version: https://rujans.com/trekking/day-hikes/phulchoki-day-hike/

Helicopter rescue, honestly

A helicopter is for real emergencies, when walking down is not possible or not safe. It is arranged through your insurer. Never let anyone push you into a helicopter you do not need, and never agree to pretend to be ill. If you are unsure, call your insurer's emergency number yourself first.

Risks on this trek

- A long, steep climb and descent.
- A road also reaches the top, and there are radio masts.
- The view is often hazy from April to September.
- The forest paths split and are easy to lose.

My card (fill in by hand; it stays on paper)

Name _____

Blood group _____

Allergies _____

Medicines I take _____

Health conditions _____

Emergency contact _____

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