

# Everest Yeti Trail Luxury Lodge Trek

Trip Code: ELL

Version: ELL Everest Yeti Trail Luxury Lodge Trek



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Excellent 'Mountain Lodges of Nepal' accommodation in the Khumbu
- Kongde Lodge, a special experience with simply amazing Everest views
- Visit Namche Bazaar and Thame, the principal towns of the Sherpas
- 5-Star Kathmandu hotels including the Yak and Yeti
- FREE down jacket hire is available for this holiday

## AT A GLANCE

- 9 days trekking
- Max altitude - 4250 metres
- Optional hike - 5000 metres.
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

- 12 Breakfasts
- 9 Lunches
- 11 Dinners
- 3 nights Hotel with swimming pool
- 9 nights Luxury Lodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

The Mount Everest National Park has been a popular destination for trekkers and climbers alike, since the very first expeditions to the Nepalese side of Everest in the 1950's. Up until now trekking in this stunningly beautiful region involved either camping or staying at basic tea houses. Now it is possible to trek in the Khumbu staying at comfortable lodges with many of the conveniences of a hotel. The Mountain Lodges of Nepal (MLN) accommodation that we use offers spacious and comfortable twin-bedded rooms, en-suite bathrooms, pleasant dining areas and good food.

Best of all, each of these lodges has been carefully sited to present a magnificent panorama of the Himalayas from the lodge itself. Staying at the MLN lodges at Lukla, Phakding, Namche Bazaar, Thame and Kongde, this holiday promises the best standard of accommodation in the Khumbu and a whole new way to experience the Everest region. During our 10 days in the homeland of the Sherpas, we trek to Namche and have a day to explore this thriving settlement, before heading on to Thame. Here, we can hike to Sumdur Ridge (4830m) for unforgettable views of a host of big peaks, including Cho Oyu. Our return to Lukla then follows a brand-new trail, traversing rhododendron-covered slopes on the west side of the valley to Kongde, a veritable 'eagles nest' with a unique panorama of Everest Lhotse and Ama Dablam. This is a sensational view which people on the standard 'Everest Trail' do not get to see. A day-hike to the excellent viewpoint of Farak Ri for an even more expansive outlook on the Khumbu Valley is an option from Kongde. Comfortable accommodation can now be a part of your trekking holiday to Everest.

## Is this holiday for you?

Generally, the trekking conditions on this comfort trek in the Everest region are relatively easy, following good paths and yak trails throughout. Trekking from Thame to Kongde and from Kongde to Phakding, however, we will encounter trails which are less often trekked and which have one or two more challenging sections. The maximum altitude reached on the holiday is under 5000 metres and the maximum altitude at which we sleep is 4250 metres. By Himalayan standards this is not so high and the altitude issues attendant on a trek to Everest Basecamp, for example, should not be of concern to us on this holiday. It should be noted however, that trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations and can be challenging even for fit hikers. The holiday is well staged for an introductory walk in the Khumbu using the comfortable Yeti Mountain Home lodges along the way. No camping is involved. You will need to ensure you are physically prepared for the trek and you should be comfortable walking for 4 to 6 hours each day and for several days.

continuously. This Everest trekking holiday should be well within the capabilities of all fit and active hikers.

# Itinerary

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## DAY 1

**Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.**

The group will rendezvous at our hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to do some independent exploration in this colourful and bustling city. Alternatively, you may prefer to recover from your journey by relaxing in the hotel gardens or beside the pool. KE Land Only package services begin with the evening meal. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



### Accommodation

Hotel with swimming pool

## DAY 2

**Fly to Lukla and trek to Phakding (2610m) beside the Dudh Kosi River.**

After an early breakfast, we take a bus to the domestic terminal of Kathmandu Airport (or transfer to Ramechhap) where we check in for the short flight to Lukla (2840m). Landing on the narrow, sloping runway in the heart of the mountains is a very spectacular way to reach the Khumbu. We have lunch at the Mountain Lodges of Nepal (MLN) Lukla Lodge, before meeting our trekking crew and setting off on the first stage of our trek. The short and very pleasant afternoon's walk leads down to the river through the pastoral lands of the Sherpas, many of whom now make their living from trekking. There are many tea houses and basic lodges where it's possible to stop for a drink or a chat. We will also see many stones intricately carved with prayers in the evocative Tibetan script and prayer wheels of all sizes. Everywhere in the valley colourful strings of prayer flags flutter from high points and bridges. We overnight at the MLN Phakding Lodge.

Meals: **B L D**



### Accommodation

Luxury Lodge



### Ascent

270M



### Descent

500M



### Time

3 hrs walking



### Distance

8KM

## DAY 3

## Trek to the Sherpa capital of Namche Bazaar (3400m). Rest of the day free to relax or explore.

A very pleasant walk by the river through pine forest leads to a short climb to escape a narrow gorge section. We pass the entrance to the Khumbu National Park where details of our permits are recorded and then drop down again to the river which we cross on a suspension bridge. We continue up the wooded valley on a good trail and cross the river again before reaching a confluence of rivers one coming down from Thame and the other from the main Khumbu Valley. We make a final crossing here on a spectacular high suspension bridge and then begin an hour and half long ascent to Namche on a wide switch back trail. This is the sting in the tail of today's otherwise gentle ascent, and one of the steepest of the trek. About an hour below Namche, we gain our first views of Everest. On arrival in Namche, we check into the MLN Namche Lodge.

Meals: **B L D**

	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 1100M		<b>Descent</b> 310M		<b>Time</b> 6 hrs walking		<b>Distance</b> 11KM
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## DAY 4

## At Namche Bazaar. Optional day-walk to Khumjung and Kunde for views of Everest.

Namche Bazaar is tucked away between 2 ridges amongst the giant peaks of the Khumbu. An ancient market place where goods from as far away as Tibet were and still are traded, Namche today boasts an abundance of lodges, cafes, bars and souvenir shops. Close to our lodge is the internationally known Museum of Sherpa Culture and the traditional villages of Kunde and Kumjung are a highly recommended half-day excursion. The location of our lodge is superb giving us a birds eye view over Namche and across the Valley to the serrated ridges of the Kongde range, while the magnificent peak of Thamserku (6623m) rises as a backdrop. Just a short walk away is a classic view of Ama Dablam, one of the most beautiful mountains in all Nepal and of Lhotse and Everest. This is an ideal place to spend the day, acclimatising to the new altitude before heading further up-valley to Thame.

Meals: **B L D**

	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 350M		<b>Descent</b> 350M		<b>Time</b> 2-3 hrs walking		<b>Distance</b> 5KM
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## DAY 5

## Trek above the Bhote Khosi River via Phurte and Thamo to the Sherpa settlement of Thame (3820m).

After breakfast at our lodge we start the day with a 2 to 3-hour walk through forest of spruce, juniper and



pine to the village of Thamo. This trail is much less used by trekkers and we will immediately notice the difference. It is, however, an important trail which leads all the way to Tibet via the Nangpa La on the shoulder of Cho Oyu (8012m). On today's trek we are likely to see few other trekkers. We stop for our lunch in Thamo which is the home village of the Ang Rita Sherpa, who has summited Everest 10 times without oxygen. After lunch, we continue walking for another 2 hours to arrive at a deep gorge where the Bhote Koshi River thunders through the narrow defile. We cross a sturdy bridge spanning the gorge to reach Thame (3800m). This important village is the home of many famous mountaineers including Tensing Norgay the first man to reach the summit of Everest along with Sir Edmund Hillary. Apa Sherpa who has reached the summit at least 18 times lives here now. The village is very picturesque and also has a magnificent 16th century Nyingmapa gompa (monastery) built by Lama Rolwa Dorje. We check into our comfortable rooms at the MLN Thame Lodge with breathtaking views of Thamserku and Kusum Kanguru.

Meals: **B L D**

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	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 600M		<b>Descent</b> 300M		<b>Time</b> 6 hrs walking		<b>Distance</b> 10KM
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## DAY 6

**Thame Monastery visit and optional trek to Sumdur Ridge (4830m). We spend a second night in Thame.**

A steady pace is required for the steep trail up to Thame Monastery. Most people agree that viewing the interior of the traditionally decorated gompa is well worth the effort of the climb. After spending some time here, there is the option to extend our acclimatisation walk up to a shoulder of Sumdur Peak where we have magnificent views of Teng Kangpoche, Kongde and Everest. We return to spend a second night at our cosy lodge in Thame.

Meals: **B L D**

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	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 900M		<b>Descent</b> 900M		<b>Time</b> 4 - 5 hrs walking		<b>Distance</b> 9KM
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## DAY 7





**Trek on an ancient and recently renovated trail to Kongde (4250m) with its amazing Everest views.**

Now fit and well acclimatised, we have 2 tougher trekking days which bring great rewards in terms of the outstanding Himalayan panoramas which they allow us. We start out today with a descent of around 30 minutes and then follow a trail on the south side of the Bhote Kosi River, through the tiny village of Pare. We then climb gradually through beautiful rhododendron, pine and bamboo forest to arrive at the glacier of Kongde Peak where we have stunning views of Everest, Lhotse and Ama Dablam. This is a very

new trail, built specifically to access the MLN Kongde Lodge and we are unlikely to see many other trekkers at all on this section. Although the trail is well built it does cross some very steep ground and there is one short section where cables are used as hand rails to safeguard progress. Sherpas will be on hand to assist anyone who may be less than comfortable with this section. We check into our lodge for the next two nights in Kongde. This lodge situated at 4250 metres and has the most spectacular view, looking right across the valley to Namche and beyond to Thyangboche, with the backdrop of Everest, Lhotse and Ama Dablam. The restaurant and bar serve fine wines and delicious cuisine which we can enjoy while watching the sunset on the world's highest peak out of the window. It just doesn't get better than this!

Meals: **B L D**

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	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 1100M		<b>Descent</b> 744M		<b>Time</b> 6 - 7 hrs walking		<b>Distance</b> 12KM
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## DAY 8

**Trek to the viewpoint of Farak Ri (5000m) or relax at the lodge. We spend a second night in Kongde.**

For those who wish to make the excursion to Farak Ri (5000m) we have an early start to catch the best views. It will take us 2 to 3 hours to reach the top of this viewpoint peak. From the summit, we are treated to a panoramic view of the entire Khumbu Valley, including four of the six highest peaks in the world, namely Everest, Lhotse, Makalu, and Cho Oyu. Returning to Kongde we take lunch on the terrace with our birds-eye view over Namche and Khumjung village, and the rest of the day is free for relaxing or further walks in the area.

Meals: **B L D**

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	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 900M		<b>Descent</b> 900M		<b>Time</b> 4 hrs walking		<b>Distance</b> 4KM
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## DAY 9

**Today involves a long trek down to reach the Everest Trail and the small Sherpa village of Phakding (2610m).**

From our high perch above the Dudh Kosi river the trail to Phakding descends quite steeply and trekking poles are highly recommended. There is no hurry and along the way we have the chance to spend time in a number of small Sherpa settlements, situated off the main trail and unused to seeing trekkers. Finally, we reach the Everest Trail and continue our trek back to Phakding and the comforts of the MLN Phakding Lodge.

Meals: **B L D**

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	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 125M		<b>Descent</b> 1650M		<b>Time</b> 4 - 5 hrs walking		<b>Distance</b> 8KM
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### DAY 10

## Trek back to Lukla, with the afternoon free to explore this thriving airstrip settlement.

We enjoy a leisurely start to the day before completing our trek with the final short stage to Lukla. Remembering that our first day's walk from Lukla was downhill and what comes down must go up, prepare for the sting in the tail as we climb steeply for the final 40 minutes to crest the ridge on which Lukla Airstrip was built. Here we check in at the MLN Lukla Lodge for our last night in the Khumbu.

Meals: **B L D**

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	<b>Accommodation</b> Luxury Lodge		<b>Ascent</b> 400M		<b>Descent</b> 170M		<b>Time</b> 3 hrs walking		<b>Distance</b> 7KM
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### DAY 11

## Fly back to Kathmandu. Time for sightseeing and relaxing.

After saying goodbye to our Sherpa crew, we board the flight back to Kathmandu (or to Ramechhap from where we transfer by road). The rest of the day is free for sightseeing or shopping amongst the streets and bazaars of the Nepalese capital. This evening we will have a celebratory meal and reflect on our Everest adventure.

Meals: **B**

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	<b>Accommodation</b> Hotel with swimming pool
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### DAY 12

## Free day in Kathmandu for sightseeing, shopping or relaxing.

This is an important contingency day in case of delays to the flights from Lukla. If we have experienced no delays this is another opportunity for independent exploration amongst the colourful streets and temples of Kathmandu.

Meals: **B D**



**Accommodation**Hotel with swimming pool

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**DAY 13****Departure day. Transfers to Kathmandu Airport are provided.**

KE Land Only package services end after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

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# Extensions

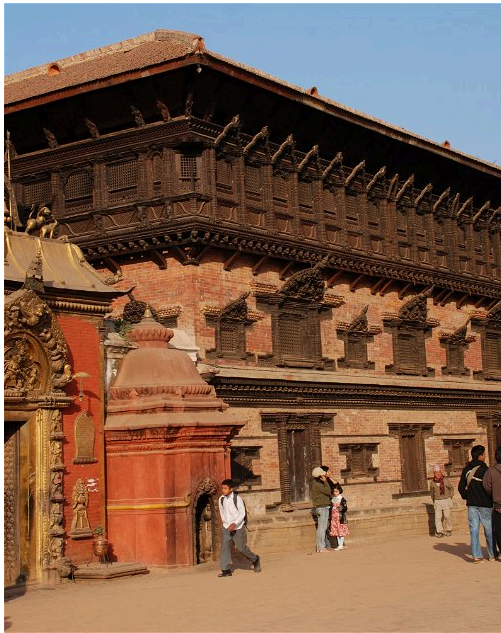
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

**3 days from**  
**US\$1,545** per person



## Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

**1 day from**  
**US\$175** per person

# Holiday Information

## What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- Internal flights and all land transport included in the itinerary
- Accommodation as described in the trip dossier
- All meals
- Once on trek the group will be assisted by porters and a local guide
- FREE down jacket hire is available for this holiday on request

## What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals outside of Kathmandu are included. Breakfasts and the first night and last night dinners in Kathmandu are also included.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The restaurants at Yeti mountain Home lodges offer a wide range of dishes prepared by trained chefs. There will be the opportunity to sample local cuisine but there will always be an option for more familiar international dishes. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple desert. If you wish to order additional dishes and/or snacks, you should budget accordingly. In Kathmandu it is possible to see a restaurant or dish from almost every cuisine in the world.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

Whilst in Kathmandu the group will stay in 5-star luxury at the renowned Yak and Yeti Hotel which offers a range of first-class facilities including a fitness centre, luxury spa and swimming pool. The Yak and Yeti will assure you of a restful start and finish to your time in Nepal. While on trek we will have a total of 9 nights in lodges run by Mountain Lodges of Nepal (formerly Yeti Mountain Home properties) where we stay in comfortable twin or double rooms with attached bathroom and hot and cold running water. While the lodges we use in the Khumbu are vastly superior to standard lodges (which generally do not have running hot water and use shared washing rooms and toilets) they occupy remote locations and all furnishings fittings and equipment have to be brought in by porters. You should therefore not expect the standards that can be achieved in a city hotel. All accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, single rooms can be requested at a supplementary cost. Additional hotel nights in Kathmandu can also be arranged.

## Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their [website](#). KE is mindful of its duty of care to clients travelling with us in Nepal and we are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators, most recently undertaken in February 2024. KE uses 5 airlines in Nepal which have been approved by this audit. These airlines are: Buddha Air, Summit Airlines, Shree, Tara and Yeti. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

## Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

## Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

## Spending Money

Approximately £200 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including porter and trek crew tips, beer, soft drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

## Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £60 (in rupees) to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

## Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.



## **Baggage Allowance**

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters or pack animals and must weigh no more than 15kg. You should also take on your holiday a daypack of approximately 30 litres capacity. For all flights to and from STOL airstrips in Nepal the maximum allowance for hold baggage AND hand baggage combined is 15kg and you should make every effort to keep to this total weight. It is usually not a problem to check in a couple of kg more than this, but you may be required to pay a small excess luggage charge. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

## **Group Size & Holiday Status**

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.**

Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

### Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

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## TREKKING PERMITS - WHAT DO WE NEED FROM YOU ?

For treks in the Everest region - EBL, EVL, EHW, ELL - we need your passport details and we need you to take with you to Nepal 2 passport photographs. You will hand these over to your local leader on Day 1.

For treks in the Annapurna region - ASL, ACL, UAT, ANL and for the Gosainkund and Langtang Trek - GLT - we need your passport details and we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself. Please send this to us once your holiday is guaranteed.

For these Conservation Area treks and other treks requiring Special Permits - KAN, DLG, NAP - we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

For those trips requiring Climbing Permits - MER, IPC, CTL, YAR - we need to send to Nepal ahead of your departure, a scan of a passport-style photograph of yourself and a scan of the information pages of

your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu, for YAR and for CTL, you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Nepal is the Nepalese Rupee.

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Although the trekking on this trip is not difficult or sustained, hiking at altitude is more demanding than similar terrain at lower elevations. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but any regular exercise such as jogging and swimming is also good for developing cardio vascular fitness and stamina. Before coming on the trip we recommend that you make time for some longer walks in hilly country. It is also a good idea to do some reading about the culture of Nepal and of the Sherpa people who live in the Everest region. There are many books on this subject and some are listed below.

## Climate

The months of March to May and October to December either side of the summer monsoon season offer the best conditions for trekking. The post-monsoon months usually offer the clearest skies and the most settled weather while spring brings the blooms of the rhododendron at lower elevations. In both seasons you should expect pleasant daytime walking conditions, even getting a little hot around mid-day. Above 3000 metres once the sun goes down (around 5.30 pm) the outside temperature plummets dropping close to or below freezing. The norm in these periods is for clear and settled weather but mountains do produce their own micro-climate and short-lived storms including rain or snow cannot be ruled out.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Everest: A Trekkers Guide. Kev Reynolds. Cicerone
- Into Thin Air. Jon Krakauer
- The Climb. Anatoli Boukreev
- The Ascent of Everest. John Hunt & Edmund Hillary
- Everest the Old Way. John Driskell

## Maps

### Everest Base Camp. 1: 50,000 Nepa / National Geographic Maps

This map which is a collaboration between National Geographic and the long established Nepal publisher, Nepa Maps, is probably the best for this trek. It has relief shading and a 40m. contour interval.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking



should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel.

**You must bring the following items:**

- Hiking boots
- Gaiters
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)\*
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Toilet paper (you can also buy this in the lodges)
- Selection of dry bags (to keep your kit bag contents dry)
- Small padlock (to lock your kit bag)
- Daypack 20 -25 litres
- Basic First Aid Kit including: plasters, blister treatment (e.g. compeed), and pain-killers

**The following items are optional:**

- Trekking poles (recommended)
- Training shoes or similar (for use in the lodge)
- Shorts
- Scarf or buff
- Travel clothes
- Camera
- Penknife (remember to pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

**Notes**

\*FREE down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items.

You do not need a sleeping bag. Bedding and towels are provided at the lodges.

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[-> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

# Why Choose KE

## Why KE

Unique to KE! No-one else is offering this fantastic trekking itinerary including the amazing 'eagles nest' lodge at Kongde. Experience the special magic of Nepal's Khumbu region, whilst staying in very comfortable lodge accommodation with twin-share rooms, en-suite bathrooms and with all meals included.

**Please Note** This document was downloaded on 18/05/2024 and the trip is subject to change