

# The Ultimate Everest Trek

Trip Code: EVL

Version: EVL The Ultimate Everest Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Trekking to the easy viewpoint peaks of Gokyo Ri and Kala Patar
- Cross the Cho La to reach Everest Basecamp
- One of the world's finest trekking holidays
- Excellent Kathmandu accommodation including the Hotel Shanker
- FREE Sleeping bag and down jacket hire is available for this holiday

## AT A GLANCE

- 16 days trekking
- Max altitude - 5600 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

- All meals included
- 16 nights Lodge
- 3 nights Hotel with swimming pool

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

# Introduction

Nepal's Khumbu region boasts some of the most extraordinary high mountain scenery on earth and its popularity as a trekking destination is easy to understand. Hiking up to Everest Basecamp and having the chance to meet the famously friendly Sherpa people is high on the wish list of many adventure travellers. After flying in to Lukla, this exciting trek to Everest Basecamp takes us via the Sherpa capital of Namche Bazaar and then up to the sacred lakes in the stunning Gokyo Valley. Here, we climb Gokyo Ri which is one of the finest vantage points for Mount Everest (8848m).

Continuing our journey to basecamp, we cross into the Khumbu Valley by way of the high and challenging Cho La (5420m). Then, from Lobuche, we trek up to Everest Basecamp and drop back to spend just a single night at the highest lodges in the Khumbu, at Gorak Shep (5140m). From here, we can ascend to the 'trekkers summit' of Kala Patar (5600m) for more superb views of Everest and of the astonishing Khumbu Icefall, before trekking out by way of the famous and recently restored monastery at Thyangboche. Staying in comfortable Sherpa lodges throughout, this circuit of the Everest National Park provides a comprehensive taste of the Khumbu that is hard to beat within a 3-week adventure holiday.

## Is this holiday for you?

Generally, the trekking conditions on this Nepal holiday are relatively easy, following good paths and yak trails throughout. Additionally, as the Khumbu is Nepal's most popular trekking destination, the area is well supplied with tea shops and lodges and the trails between these are well used. Climbing to cross the Cho La, the route offers more difficult trekking conditions, due to the relatively high altitude and the fact that the Cho La is glaciated and often snow-covered. Overall, this trekking itinerary is quite ambitious within a three-week schedule. To ensure that everyone is in good shape to complete the circuit trek, we have acclimatisation days at Namche Bazaar and at Machermo at the start of the trekking. The trekking grade takes into account the ascents of Gokyo Ri and Kala Patar, as well as the crossing of the Cho La. These ascents present no real difficulties and should be within the capabilities of fit and active hill-walkers. However, trekking at altitudes of over 5000 metres is always strenuous. This is a very worthwhile trip - offering outstanding viewpoints and providing interesting objectives for any first time or second time visitor to the Nepal Himalaya.

# Itinerary

Version: EVL The Ultimate Everest Trek

## DAY 1

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

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing beside the hotel pool. 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. Here, we meet our trekking crew and set off on the first stage of our trek to Everest Basecamp. Today's walk is very pleasant, leading down to the river, then northwards through a number of villages to our lodge in Phakding (2610m).

Meals: **B L D**



### Accommodation

Lodge



### Ascent

270M



### Descent

500M



### Time

3 hrs trekking



### 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 Khumbu. We make a final crossing here on a spectacular high suspension bridge and then begin an hour and half long ascent to Namche Bazaar (3440m) on a wide switch-back trail. This is the sting in the tail of today's otherwise quite gentle ascent, and one of the steepest of the trek. Just over halfway up this last hill to Namche, we gain our first views of Everest. On arrival in the Sherpa capital, we check into one of the town's many lodges. Namche has changed tremendously since trekking first became popular in Nepal. The Sherpa people are very adept at working out what visitors need. Many of the Sherpas that own lodges, cafes and shops in the town have visited cities in the USA and Europe and have brought back all sorts of concepts. Today you can find in Namche, German bakeries, Italian coffee, British pubs, pool halls, and hot tubs.

Meals: **B L D**

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

## At Namche Bazaar. Optional walk up to the Sherpa Museum or a longer day hike to the village of Thame.

Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Known as the Trekkers Mecca of Nepal, Namche now boasts an abundance of lodges and souvenir shops. It is an ideal place to spend a rest day, acclimatising to the new altitude before heading off towards Gokyo. Options for acclimatisation walks range from climbing the hill above the town for a visit to the Museum of Sherpa Culture, to a full day's outing to Thame Monastery located in the Thame Valley - a round trip of approximately 8 hours from Namche Bazaar.

Meals: **B L D**

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	<b>Accommodation</b> Lodge
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### DAY 5

## Trek via the Sherpa villages of Kumjung and Kunde to Kangjuma (3620m).

A relatively easy day, though at this altitude the first leg climbing to the airstrip of Syangboche will feel

anything but easy. The spectacular views of Ama Dablam, Lhotse and Everest however will certainly help alleviate the pain. Leaving the main trail out of Namche, we climb first to the tiny airstrip of Syangboche, tucked away on a level platform above the town. The great amphitheatre of Namche market becomes well defined below as we continue to the ridge crest where we are confronted with spectacular views of Everest, Lhotse, Ama Dablam, Kang Tega and Thamserku. A high level traverse now takes us to the famous Everest View Hotel where we can sit on the terrace and enjoy the usually clear morning views. After a short descent we arrive at the twin Sherpa villages of Khunde and Khumjung. Whereas Namche is (and always has been) the centre of commerce for the Sherpas, this is their traditional home. Much quieter than the busy market town below, we take some time here in these peaceful villages before continuing our descent to rejoin the main trail close to our lodge at Kangjuma (3620m.). The porters will reach Kangjuma by an easier contour trail from Namche and anyone who at this stage is having difficulty with the altitude can take this route instead.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 530M		<b>Descent</b> 370M		<b>Time</b> 3 - 5 hrs trekking		<b>Distance</b> 10KM
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## DAY 6

### Cross the Mon La (3900m) towards the Gokyo Valley and continue trekking to Dole (4050m).

From Kangjuma the main Everest trail drops down to Phunki, whereas our trail now climbs to the prominent skyline chorten of the Mon La (3900m). The Mon La is not really a pass but rather a convenient point to turn the ridge into the Gokyo Valley. However, it will certainly feel like a real pass when we plunge almost 300 metres down to Phortse Tenga just above the river. Our route now begins to climb again through a dense rhododendron forest until after an hour the trees begin to thin and cresting a ridge, we are rewarded with our first view of Cho Oyo. A little way beyond we come to our overnight halt at the tiny settlement of Dole (4050m).

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 1060M		<b>Descent</b> 620M		<b>Time</b> 4 - 6 hrs trekking		<b>Distance</b> 9KM
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## DAY 7

### Another short day as we trek across a forested hillside and via several tea-shops to Machermo (4465m).

We continue up the valley on a fairly level path for one hour to Lhabarma Kharka and a further 45 minutes to Luza Kharka, eventually skirting around a ridge to gain our first views of Machermo Village (4465m) spread out in the valley below. After checking into the lodge there are plenty of possibilities for



exploration above the village. Just above our lodge there is an excellent view encompassing Cho Oyo (8210m) and all the mountains that flank the Ngozumba Glacier.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 450M		<b>Descent</b> 90M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 5KM
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## DAY 8

### An acclimatisation day at Machermo with the option of a hike to a high ridge for views of Everest.

We spend an acclimatisation day at Machermo. There is the option of a walk above the village, on an excellent ridge, which offers tremendous panoramic views of the Khumbu peaks. This is also an opportunity to catch up on laundry, diary writing etc.

Meals: **B L D**

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	<b>Accommodation</b> Lodge
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## DAY 9

### Trek up into the spectacular upper part of the Gokyo Valley, as far as the third lake (4800m).

Today we head for the holy lakes at Gokyo. We follow a very scenic path to Pangka and then descend slightly, following one of the meltwater rivers which flow down the west side of the Ngozumba Glacier. We climb a steep rocky incline into the ablation valley by the side of the glacier, passing the first of the holy lakes. We soon arrive at the second of the lakes, crossing the path which heads across the glacier to the Cho La - our route to Lobuche and Everest, later in the trek. The third lake is known as Dudh Pokhari and on its east shore is the summer settlement of Gokyo (4791m). Walking by the side of the lake, the scenery is magnificent with the summits of Cho Oyo and Gyachung Kang reflected in its emerald green waters. Our lodge here is close to the lake shore.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 470M		<b>Descent</b> 100M		<b>Time</b> 4 hrs trekking		<b>Distance</b> 7KM
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**DAY 10****Early morning trek to the top of Gokyo Ri. Then, cross the Ngozumpa Glacier to Dragnag (4700m).**

Gokyo Ri lies at the northern edge of Dudh Pokhari and is the first of our Everest viewpoint peaks. This is a walk-up peak requiring no technical expertise - merely resolution and the ability to keep going in the thinning air. We leave the lodge just after first light, crossing the ablation valley and following a zig zag path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and from the summit of Gokyo Ri itself (5360m) we have one of the finest views of Everest to be had in the Khumbu - some say it is a finer view than that from Kala Patar (a similar peak which is much closer to Everest and one that we climb later in the trek). We return to the lodge for a breakfast or brunch before setting off on the next leg of our journey. Descending to the second lake, we then climb to the crest of the moraine overlooking the Ngozumpa Glacier. The route across the glacier is well marked by cairns and takes around 45 minutes. We climb off the glacier at the place known as Dragnag (4700m) where we check into a simple lodge.






Meals: **B L D**

	<b>Accommodation</b> Lodge		<b>Ascent</b> 600M		<b>Descent</b> 700M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 8KM
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**DAY 11****Cross the Cho La (5368m) with views of Ama Dablam. Descend to overnight in Dzongla (4830m).**

An early start for the long day across the Cho La (5368m). Approaching the pass, we cross a large boulder field. Beyond this ancient moraine, the climb to the pass is steep in places, involving some easy scrambling over boulders and loose scree. The upper part of the route can be snow-covered, particularly after November. From the pass, there are excellent views including a completely different aspect of Ama Dablam, now seen from the north west. The descent from the pass involves the crossing of a small glacier (often snow-covered) which is fairly straightforward. As we descend to the grazing pastures below, the trail becomes more and more defined and walking beneath the impressive north face of Cho La Tse we reach the several lodges of our overnight halt at Dzongla (4830m).

Meals: **B L D**

	<b>Accommodation</b> Lodge		<b>Ascent</b> 810M		<b>Descent</b> 720M		<b>Time</b> 5 - 7 hrs trekking		<b>Distance</b> 9KM
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**DAY 12**

## Trek from Zongla to Lobuche (4910m) in the Khumbu Valley.

We have a reasonably short day today to set us up for the trek up to Everest Basecamp tomorrow. Leaving Dzongla, there's a short descent to a river, which we cross and then begin the traverse around above the lake of Chola Tso, with views across to two impressive 6000 metre peaks, Cholatse and Taboche. Crossing an open spur, we find ourselves in the Khumbu Valley and have views of the Khumbu Glacier as we arrive at the seasonal settlement of Lobuche (4910m). We reach our lodge accommodation here in the late morning and have the afternoon free to relax.

Meals: **B L D**

	<b>Accommodation</b> Lodge		<b>Ascent</b> 300M		<b>Descent</b> 200M		<b>Time</b> 4 hrs trekking		<b>Distance</b> 7KM
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### DAY 13

## Trek to Everest Basecamp (5364m) on the moraine of the Khumbu Glacier. Return to Gorak Shep (5140m).

Lobuche is the traditional start point for the final day's trek all the way to Everest Basecamp. We begin by following a trail through the ablation valley at the side of the Khumbu Glacier, gaining height steadily. At this point the glacier is still hidden from us by the moraine, but as we climb to cross the rubble of a tributary glacier, we can see the great Khumbu Glacier stretching away down valley and also up towards the area of basecamp. Beyond this tributary we reach an island of sparse grasses below the famous hill known as Kala Patar. This place is Gorak Shep (5140m), once a summer yak herding meadow in the middle of nowhere, this remote spot now boasts several of the highest lodges in Nepal. Above Gorak Shep, it is a steady trek to Everest Basecamp (5364m), walking at first on the moraine crest and finally on the Khumbu Glacier itself. We will spend an hour or so in this inspirational place, close beneath the stupendous Khumbu Icefall, before returning to our lodge accommodation at Gorak Shep. As might be expected at this altitude and in this remote spot, the lodges here are quite basic but they do have heated dining rooms and offer a degree of comfort.

Meals: **B L D**

	<b>Accommodation</b> Lodge		<b>Ascent</b> 500M		<b>Descent</b> 270M		<b>Time</b> 8 - 9 hrs trekking		<b>Distance</b> 9KM
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### DAY 14

## Trek to the top of Kala Patar (5550m) for classic dawn views of Everest. Descend to Pheriche (4240m).

Aiming to make the most of the usually fine morning weather, we have an early start for another highlight of our trip, the short ascent of Kala Patar (5550m). This is one of the finest viewpoints for



Everest and the Khumbu Valley. The climb is not particularly difficult and will take less time than the ascent of our previous viewpoint Peak of Gokyo Ri. We should also now be well acclimatised from our previous ascents. At the top we are rewarded with the classic view of Everest seen across the Khumbu glacier and in spring we can make out the tents of the climbing expeditions below. The view down the glacier towards the peaks of Ama Dablam and Kang Taiga is no less spectacular. Returning to Gorak Shep, we first retrace our steps to Lobuche before descending the Khumbu Valley on the main Everest trail. We pass several memorials to Sherpas and other climbers who have died on Everest. as we descend to the tea houses of Dugla. Here we have a choice of routes either directly down the main trail to Pheriche (4240m) or via a high level traverse to Dingboche. We will stay overnight in a lodge at one of these Sherpa settlements.

Meals: **B L D**

	<b>Accommodation</b> Lodge		<b>Ascent</b> 500M		<b>Descent</b> 1390M		<b>Time</b> 7 - 8 hrs trekking		<b>Distance</b> 16KM
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## DAY 15

### Descend the main Everest Trail, via the monastery at Thyangboche, with a final ascent to Kangjuma.

A rather easier day today although still a long one as we walk through greener pastures beside the Imja Khola. First we trek mostly downhill to Pangboche, where we may make an optional climb to visit the monastery, the oldest in the Khumbu. From Pangboche, it is a short and pleasant walk down to a bridge slung spectacularly over a narrowing of the river as it plunges through a rocky gorge. Just beyond the bridge we enter a forest of rhododendron, birch and pine, the first trees we have seen for over a week. It is a short climb through the rhododendrons and pine trees to the top of the ridge and one of Nepal's finest monasteries at Tyangboche. Here, we will take a tour of the main gompa and its visitor centre. Leaving Tyangboche we descend a steep path to the village of Phunki where there is a bridge crossing the Dudh Kosi. Climbing once again we meet our original path to Gokyo and a short way beyond this junction we have the welcome site of the lodges of Kangjuma where we stay overnight.

Meals: **B L D**

	<b>Accommodation</b> Lodge		<b>Ascent</b> 550M		<b>Descent</b> 1250M		<b>Time</b> 6 - 7 hrs trekking		<b>Distance</b> 15KM
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## DAY 16

### A short trek to Namche, with time for lunch and a spot of sightseeing, before descending to Monjo.

An easy morning's walk as we follow the contour trail around the hillside to reach Namche Bazaar. We will take lunch here and there is plenty of time for a second look round the town or to do some souvenir

buying. Leaving Namche the trail drops steeply down to the river and then more gently as we follow the Dudh Kosi to Monjo and our overnight halt.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 420M		<b>Descent</b> 1190M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 12KM
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## DAY 17

### Trek downhill beside the Dudh Kosi River with a short final climb to Lukla.

We retrace our first day's walk to Phakding before the final climb up to the airstrip at Lukla. Arriving at this bustling airstrip settlement, we check in at our lodge and have some free time. In the evening we will no doubt have a party to celebrate the end of a great trek and to say goodbye to our trek crew.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 590M		<b>Descent</b> 480M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 13KM
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## DAY 18

### 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 L D**

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	<b>Accommodation</b> Hotel with swimming pool
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## DAY 19

### 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 L D**

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**Accommodation**

Hotel with swimming pool

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**DAY 20**

**Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.**

Your holiday ends 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

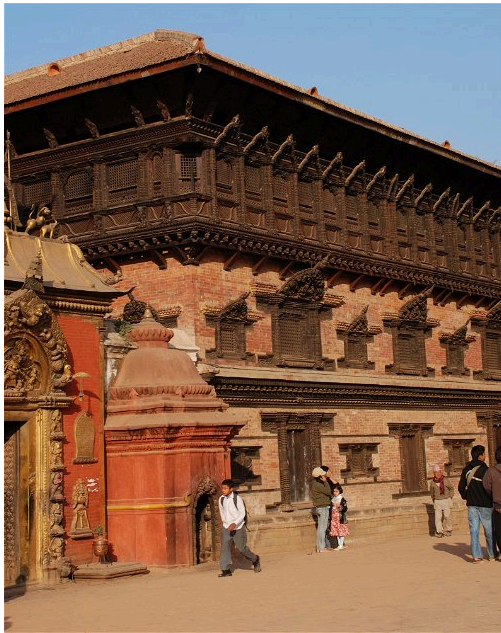
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## 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 involved in the itinerary
- All accommodation as described
- All meals
- Once on trek the group will be assisted by porters and a local guide
- FREE Sleeping bag and 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 are included in the trip price from dinner on day 1 to breakfast on day 20.

## 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 lodges in Khumbu offer a variety of dishes with both local and international cuisine featuring on the menu. In order that the group can take their evening meal together rather than waiting for individual orders to be served, your trip leader will order a set meal at each of the lodges. All dinners will start with a soup and end with a desert and your trip leader will make sure the main meal is varied from lodge to lodge. There will always be a vegetarian option available for anyone who requests this. Although this is not fine dining you will be amazed at what the lodges can prepare on wood burning stoves. A hot drink will be provided with your meal and further drinks including soft drinks, beer, spirits and occasionally wine, are available to purchase directly from the lodge. Breakfast will normally consist of porridge, bread & jam and toast & eggs with tea or coffee. Boiled water for your bottles will be made available each evening and again at breakfast. In Kathmandu we normally choose one of the excellent restaurants in the city for dinner. Just about every cuisine from around the world is represented and the restaurants have an international reputation.

## 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

In Kathmandu we use comfortable 4 and 5 star accommodation including the Hotel Shanker and the Shangri-La Hotel. Located in the heart of the city, these hotels offer a range of first-class facilities including pleasant tree-shaded garden areas complete with swimming pools. Whilst on trek there are 16 nights in lodges. Accommodation is generally arranged on a twin sharing basis and if you are travelling by yourself you will usually be paired up with someone of the same sex. Please note that at one or two of the higher lodges we may be forced to use multi-bedded rooms. Nepalese trekking lodges are simple, friendly and atmospheric. They generally have heated dining areas which are often attractively decorated. Bedrooms are, however, basic and unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$4 - \$5 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. For the 3 nights in Kathmandu single rooms are available for a supplementary cost. It is not possible to arrange single accommodation in lodges. Additional hotel nights in Kathmandu can also be pre-booked.

## 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 to £250 (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 £80 (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. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. 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](#).

### 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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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](#).

## 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 time before coming on a trekking holiday getting some additional exercise. The fitter you are, the more enjoyable you will find the experience. We suggest that you adopt a weekly exercise regime leading up to your trip. Hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina. Before coming on a trek like this you should have previous experience of hiking in mountain or hill country.



## Climate

October to November and March to May are the best times for trekking in Nepal. These months either side of the summer monsoon season are neither too hot in the foothills nor too cold in the higher elevations and they offer the best conditions for trekking. Pre-monsoon is the main climbing season for Everest and at this time there will be many expeditions at the base camp. This is also the time to see the colourful blooms of the rhododendron at lower elevations. The post-monsoon months usually offer the clearest skies and the most settled weather. You will encounter a wide range of daytime temperatures during your holiday. In October/November and April/May this will range from approximately 25C in Kathmandu to approximately 14C at 3000 metres, and approximately 3C at 5000 metres. From December to early April, temperatures will average around 5C lower than this but at any time of the year the real feel temperature in the middle of the day will be much warmer. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4000 metre. (above 3000 metres from mid December) and at our highest overnight stops, outside temperatures may drop as low as minus 15C. Extended periods of rain or snow are very unlikely outside of the monsoon period but short-lived storms can and do occur.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' 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](http://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](http://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
- Sherpas & Himalayan Mountaineering. Sherry B. Ortner
- Everest the Old Way. John Driskell

## Maps

### Gokyo 1: 50,000 Nepa Maps

The best trekking maps are published in Nepal. Nepa are one of the oldest publishing houses in Kathmandu. This map covers the whole route from Lukla at a reasonable scale. Relief shading and spot heights represent the terrain and contours are at 40m. intervals. Villages, monasteries, passes, peaks etc are indicated. Note: All clients will be given a free trekking map in Kathmandu before the start of their trek.

## 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.

### You must bring the following items:

- Hiking boots(must be waterproof)
- Trekking poles (see notes)
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Toilet paper (you can buy this in the lodges)
- Antibacterial handwash
- Travel towel
- Selection of dry bags (to keep your kit bag contents dry)
- Small padlock (to lock your kit bag)
- Daypack 30 litres
- Sleeping bag (comfort rated -10°C)\*
- Warm jacket (down)\*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

### ◆The following items are optional:

- Trainers or similar for use in lodges
- Gaiters
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Shorts
- Baselayer leggings

- Sleeping bag liner
- Pillowcase
- Scarf or buff
- Swimwear (for the hotel pool in Kathmandu)
- Earplugs (particularly if you are not eh one snoring)
- Travel clothes
- Camera
- Pen-knife (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 sleeping bag and 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.

**Trekking Poles and Instep Crampons.** For this trip you must bring a pair of trekking poles, even if you only use them as a safety measure during the crossing of the Cho La. In certain conditions, the trip leader may also issue Grivel Spider 'instep' crampons to group members for this crossing. These are small lightweight crampons, which can quickly and easily be attached to any kind of walking boot. If you have brought your own footwear traction such as the excellent Kahtoola Microspikes you can use these instead.

**Respect Nepalese Custom.** The Nepalese are still traditional and conservative in the way they dress. To avoid embarrassment on both sides, we recommend that you respect this, by not wearing 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.

## PHD Gear Advisor

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition.

[-> Click here to go to the PHD Gear Advisor for the Ultimate Everest Trek](#)

## 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

All meals included - the only way to go! Including all meals within our holiday price means that you don't have to worry about the cost of food (at least £30 per day whether in Kathmandu or in lodges). And, you don't have the hassle, three times a day, of having to pay for your food. And, you don't have the extra concern of setting off on trek with a considerable amount of cash in your wallet.

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