

Everest Panorama Trek

Trip Code: EVP

Version: EVP Everest Panorama Trek



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Views of Everest and Ama Dablam from Thyangboche Monastery
- Visit Thame Monastery, the oldest in the Khumbu
- Spend a day in Namche Bazaar, capital of the Sherpas
- Excellent Kathmandu accommodation including the Hotel Shanker
- FREE Sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 8 days trekking
- Max altitude - 3860 metres.
- Join at Kathmandu

ACCOMMODATIONS & MEALS

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

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

Introduction

This easy-paced trekking holiday in Nepal takes place beneath Mount Everest in the homeland of the hardy Sherpas and starts out with a dramatic flight to Lukla, gateway to the Khumbu. Here, accompanied by our cheerful Sherpa team, we start our trek into a region of high valleys, remote settlements and ancient monasteries, overshadowed by the world's greatest peaks. During 8 days of trekking, we can experience the unrivalled mountain scenery of the Khumbu, enjoying classic views of a host of spectacular peaks including Mount Everest and Ama Dablam.

Beyond the bustling Sherpa capital of Namche Bazaar we take a quiet trail to the less often visited village of Thame. Known as the 'second city' of the Sherpas, here we can absorb the tranquillity of the oldest monastery in the region. We will also visit the immaculate Thyangboche Monastery, where successive Everest Expeditions have received blessings for their climbs from the local Lama. Visiting a succession of Sherpa villages and monasteries overlooked by the snow peaks of the mighty Himalaya, the popular myth of 'Shangri La' will seem all-too-real. On our return to Kathmandu, we have a free day and plenty of opportunity for independent exploration amongst some of the city's highlights. Suitable for any weekend hillwalker, this short trek offers an excellent introduction to the delights of trekking in the Himalayas, including those all-important views of Mount Everest.

Is this holiday for you?

Generally, the trekking conditions on this Nepal holiday are easy, following good paths throughout. Additionally, as the Khumbu is Nepal's most popular trekking destination, the area is well supplied with teashops and lodges and the trails between these are well used and present easy walking conditions. This is part of the classic walk-in of expeditions to Everest. As this trek does not go above 4000 metres it should be within the capabilities of any reasonably fit person, though it should be noted that trekking at altitudes above 3000 metres requires a slower pace than you may be used to.

Itinerary

Version: EVP Everest Panorama 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 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 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**

	Accommodation Lodge		Ascent 1100M		Descent 310M		Time 6 hrs walking		Distance 11KM
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DAY 4

At Namche Bazaar. Optional day-walk to the Sherpa Museum and to a viewpoint for Everest and Ama Dablam.

Namche Bazaar lies in a natural amphitheatre formed by two ridges amongst the giant peaks of the Khumbu. The town boasts an abundance of lodges, souvenir shops, restaurants and bars - there is even a German Bakery!. It is an ideal place to spend a rest day, acclimatising to the new altitude before heading off towards Tyangboche. There is the option to complete a pleasant acclimatisation hike that will take us up above Namche to the 'Museum of Sherpa Culture' which provides a valuable insight into the lives of these very special people. Near the museum is a fantastic viewpoint for Everest. We spend a second night at our Namche lodge.

Meals: **B L D**

	Accommodation Lodge		Ascent 200M		Descent 200M		Time 2 - 3 hrs walking		Distance 2KM
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DAY 5

Trek via Phurte and Thamo to the Sherpa village of Thame (3820m).

We first climb up to the gompa above the town and here we pick up a trail which contours the bounding ridge of Namche and then follows the Bhote Khosi river through the villages of Phunte, Thamo, Thomde and Somde. The walk takes us through woods of oak, birch and juniper and we pass several impressive mani walls built from tablets of stone intricately carved with prayers in Tibetan script. What will be very noticeable today after the trek from Lukla is the lack of other trekkers in this quiet valley. After approximately 3 or 4 hours walking we reach a suspension bridge slung high across the river and on the other side the trail climbs to Thame. This 'second city' of the Sherpas occupies a strategic location at the junction of routes from the Rolwaling via the Tesi Labcha and from Tibet via the Nangpa La. A little way above the town is a splendid gompa which rewards the effort spent climbing to it and from here there are tremendous views of Ama Dablam, Kangtega and of the nearby Teng Kangpoche and the north side of Kwangde Ri. We stay overnight in Thame.

Meals: **B L D**

	Accommodation Lodge		Ascent 550M		Descent 250M		Time 5 - 6 hrs walking		Distance 9KM
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DAY 6

Trek via the Sherpa villages of Khumjung and Khunde to Kangjuma (3620m)

We retrace our steps of the previous day part way down the Bhote Khosi. Before reaching Namche we turn off the trail and begin a long steady climb to the airstrip at Syangboche. Above here, there is a low col which leads to another major Sherpa settlement, Khunde. The Hillary Hospital is located here and there is an important monastery. Almost conjoined with Kunde is the village of Khumjung and between the two is found the Hillary School. We will pass through both villages before making a short descent to Kangjuma and our overnight halt.

Meals: **B L D**

	Accommodation Lodge		Ascent 600M		Descent 800M		Time 6 - 7 hrs walking		Distance 13KM
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DAY 7

Traverse above the Imja Khola, cross the river at Phunki Tenga and trek up to Thyangboche (3860m).

From just outside our lodge we have a wonderful view towards Everest, Lhotse and Ama Dablam and across to the day's objective, Thyangboche Monastery, which can be clearly seen atop the wooded ridge below Kang Taiga. We start the day with a long traversing descent to the bridge across the Imja River at Phunki Tenga. Beyond the river, we climb the wooded ridge to reach Thyangboche, one of Nepal's finest monasteries, where many potential summiteers on Everest have visited to gain the

blessing of the llama for their attempt. Thyangboche is situated on the crest of an extension of the north-west ridge of Kangtega (6685m) which towers above the monastery. From this ridge there is a classic view of the Everest/Lhotse massif and of the stunning Ama Dablam. We stay in a lodge below the monastery. Altitude at Thyangboche is 3860 metres.

Meals: **B L D**

	Accommodation Lodge		Ascent 600M		Descent 350M		Time 3 - 4 hrs walking		Distance 6KM
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DAY 8

Trek back to Namche and then descend as far as the tiny hamlet of Monjo (2835m).

We begin our return trek to Lukla descending to the tiny hamlet of Phunki with its line of water-operated prayer wheels, before climbing the hill to Namche Bazaar, which we reach after 4 to 5 hours. There is time for sightseeing, souvenir buying and lunch, before we make the big descent to the Dudh Kosi River and follow this downstream to Monjo, where we check in at a lodge.

Meals: **B L D**

	Accommodation Lodge		Ascent 750M		Descent 1700M		Time 7 - 8 hrs walking		Distance 15KM
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DAY 9

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

From Monjo the trail descends steeply, passing through Phakding and Chopting, to reach Chaumrikharka where we begin the final climb of the trip (the sting in the tail) with a 45 minute steady ascent 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**

	Accommodation Lodge		Ascent 650M		Descent 650M		Time 6 - 7 hrs walking		Distance 13KM
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DAY 10

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**



Accommodation

Hotel with swimming pool

DAY 11

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 a welcome opportunity for you to spend a day exploring independently amongst the colourful streets and temples of Kathmandu.

Meals: **B L D**



Accommodation

Hotel with swimming pool

DAY 12

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**

Extensions

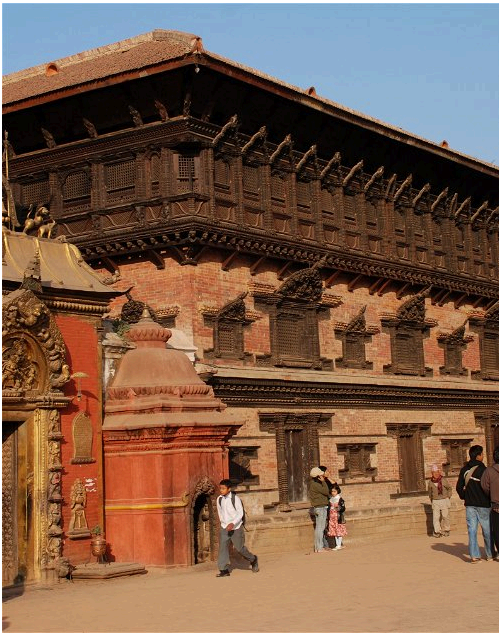
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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
- Hotel accommodation in Kathmandu and lodges on trek
- 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 12.

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.

Typical meals provided in the lodges will include some Nepali dishes but also international cuisine from pizza and chips to apple pie. To ensure that the group can eat together, we order meals in advance and your trip leader will arrange a set menu for the group, which will alternate daily between local and 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 pudding. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water will be provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. In Kathmandu we take our meals in the hotel and local restaurants.

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. Located in the heart of the city, this hotel offers a range of first-class facilities including a pleasant tree-shaded garden area complete with swimming pool. Whilst on trek there are 8 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 \$2 - \$3 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 hotel nights in Kathmandu single rooms are available at 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 high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. 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](#). You can also talk to one of our trekking experts if you have any concerns about altitude. 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. 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

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.

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 ?

Mount Everest Marathon (MEM). Everest Monasteries Trek (EVP). Ganesh Himal Panorama Trek (GHP). Lamjung Himal Trek (LHT). Middle Hills Arun River to Dudh Kosi (MHT). Shey Gumpa and Inner Dolpo (DOL). Dolpo to Mugu Trek (DTM). Around Manaslu Trek (MAN).

For each of these holidays, we need your passport details and we need to send through to Nepal ahead of your departure a scan of the information pages of your passport and a scan of a passport-style photograph of yourself. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DOL, DTM, MAN - you will be required on arrival in Kathmandu 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](#).

You should attend your own doctor and dentist for a check-up. Your doctor will have access to the most up to date information on the required vaccinations for the country you are visiting. In general we recommend vaccinations against the following: Polio, Tetanus, Typhoid, Hepatitis 'A'. Malarial prophylaxis is not recommended for this trip unless you intend to visit the Terai region of Nepal (such as during an extension to Chitwan National Park). A very good online resource is the UK National Health Travellers website at fitfortravel.nhs.uk

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, squash 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 opposite.

Climate

October-December and March-May are usually considered the best times to visit Nepal. These months either side of the monsoon are neither too hot nor too cold, offering the best conditions for trekking. At these times you can expect daytime temperatures in the range of 15 - 20 degrees C and feeling quite hot in the mid-day sun. Nighttime temperatures outside the lodges may drop to around freezing especially higher up. From January to early April the Everest region is much quieter and although a little colder during the evening and with the possibility of encountering snow, this is a great time to be in the Khumbu if you want to get away from the crowds. Skies are usually clear and bright at this time of the year and it remains warm in the middle of the day. It should always be noted that this is a mountain environment and short-lived storms can occur at any time of the year.

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 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 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 Ortner
- A History of Nepal. John Whelpton
- Field Guide to Birds of the Himalayas. Bikram Grewal
- 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 showing the trekking routes from Lukla to Everest Base Camp. It has relief shading and a 40m. contour interval. Khumbu Himal. 1: 50,000 Schneider Maps. Nelles Verlag This is a high quality map with a 40 metre contour interval and relief shading which also distinguishes between ice-walls, rock, scree and moraine. This map, once the best available, has been largely superseded by the NG/Nepa map, but it is still a beautiful map to own. 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. 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
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- 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 x1 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep your kit bag contents dry)
- Small padlock (to lock your kit bag)
- Daypack 25 litres
- Sleeping bag (comfort rated -5°C) for December to February departures - 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:**

- Trekking poles
- Trainers or similar for camp use

- Shorts
- Thermal baselayer - leggings
- Sleeping bag liner
- Pillowcase
- Scarf or buff
- Swimwear (for the hotel pool in Kathmandu)
- Ear plugs (particularly if you are not the 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 6 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.

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

ALL MEALS INCLUDED Valued at £360 (\$460) This holiday is not only a fantastic introduction to Himalayan trekking it is also great value for money, with airport transfers AND all meals in Kathmandu and whilst on trek included in the holiday cost!

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