

Everest Base Camp Essentials Trek

Trip Code: EBB

Version: EBB Everest Basecamp Essentials Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Our tried and tested itinerary allows time to acclimatise en route to base camp
- Stay in good quality local lodges while following in the footsteps of famous mountaineers
- Fabulous views of Everest and the Khumbu peaks from Kala Patar
- Trek through Namche Bazaar on the Everest Trail, one of the great walks of the world

AT A GLANCE

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

ACCOMMODATIONS & MEALS

- 15 Breakfasts
- 12 nights Lodge
- 3 nights Hotel

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

Introduction

Within little more than 2 weeks, this is your chance to visit Everest Base Camp, hike up to the exceptional viewpoint of Kala Patar at sunset or sunrise and to experience the wonderful mountain scenery of the Khumbu. Starting out from Lukla, you'll hike through an alpine world where the air is crystal clear and colourful prayer flags flutter from the rooftops.

Following the famous 'Everest Trail', you'll trek to the prosperous village of Namche Bazaar and spend a day there resting and acclimatising, before continuing the trek up to the high valley below Everest, passing through some of the most magnificent scenery on Earth. During the course of this excellent and relatively easy-paced trek, you will see many delightful Sherpa villages, including the stunningly located Thyangboche with its famous monastery and impressive backdrop of Everest and Ama Dablam. Two nights at Dingboche, with an excellent acclimatisation walk to Chukkung are followed by 2 short days to Dughla and then Lobuche. This provides the best possible preparation ahead of the final trek from Lobuche to Everest Base Camp and means you'll only have to spend 1 night at Gorak Shep. With outrageous mountain views and a wonderful insight into the way of life of the hardy Sherpas, this is the perfect trip for a first visit to Nepal and the Himalayas.

Is this holiday for you?

This classic trek up to Everest Base Camp follows generally good walking trails and should be within the capabilities of fit and active hikers who are comfortable walking for around 6 hours each day and for several days continuously, with a couple of longer days. The high elevations encountered (between 3000 and 5000 metres) will add to the challenge and we have taken great care to ensure our itinerary allow the best possible acclimatisation, with extra days at Namche Bazaar and at Dingboche, followed by 2 short days to Dughla and then to Lobuche. With this arrangement, our groups have the best preparation for the final approach to Everest Base Camp, with a single night at Gorak Shep and the option to hike to the viewpoint of Kala Patar for sunset or sunrise views.

With comfortable 3-star Kathmandu hotels and a breakfasts-only meal plan, this is a lower cost version of our regular Everest Basecamp Trek. You'll still get the usual, first-rate English-speaking Nepali tour leader, full complement of Sherpa guides and porters and great standard of lodge accommodation on trek.

Itinerary

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DAY 1

Meet at the group hotel in Kathmandu. A single Kathmandu Airport group transfer is provided.

Your holiday starts at the hotel in Kathmandu. A single Kathmandu Airport group transfer is provided. The hotel is located in the central tourist district of Thamel and, depending on your arrival time, there is 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 at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.



Accommodation
Hotel

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 leads easily down towards the river, then northwards through a number of villages to our lodge in Phakding (2610m).

Meals: B



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**

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

A day in Namche Bazaar with an optional acclimatisation walk for Everest views.

Namche Bazaar is tucked away between two 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. It is a great place to spend an acclimatisation day before going higher. The guide will be keen to take everyone on an acclimatisation walk, whether this involves going as high as the village of Khumjung (3780m) above Namche, or just to the Everest View Hotel. Either of these options provides superb views of Ama Dablam, Nuptse, Lhotse and Everest. We spend a second night at our lodge in Namche Bazaar.

Meals: **B**

	Accommodation Lodge		Ascent 500M		Descent 500M		Time 4 hrs trekking		Distance 9KM
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DAY 5

Trek to Thyangboche (3860m) on a ridge below the north ridge of Kang Taiga.

A relatively easy day of trekking, although at this altitude it will still feel tough on the uphill section to Thyangboche at the end of the day. The trail today is spectacular in terms of scenery. The main trail out of Namche heads in a northwesterly direction climbing steeply out of the town to a ridge crest where a wonderful view of Everest, Lhotse and Ama Dablam is revealed. Our trail now follows a contour high above the river with occasional short climbs as we cross a series of ridges. At the end of this contour trail is the tiny settlement of Kangjuma where various items of local art and craft, jewelry and even yak bells are laid out to entice passing trekkers to buy a souvenir of their visit. From Kangjuma the trail descends

to a bridge across the Imja River at Phunki. Beyond the river, we climb a long ridge to Thyangboche (3860m), the location of one of Nepal's finest monasteries. We have the chance to look around the monastery and the visitor centre there. This is a popular place to overnight as it not only affords a good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. However, water is scarce here and the lodges are often crowded so we may opt to continue for a further 20 minutes, descending to a lodge beside the river at Deboche.

Meals: **B**

	Accommodation Lodge		Ascent 985M		Descent 700M		Time 6 - 7 hrs trekking		Distance 11KM
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DAY 6

Trek to Dingboche (4410m) at the entrance to the Khumbu Valley.

After breakfast at the lodge, we trek for a couple of hours to the village of Pangboche, where there is the oldest monastery in the Khumbu. An hour beyond Pangboche, there is a good lunch stop at the small Sherpa hamlet of Shomare and then it is a further 3 hours walking, gaining height very gradually, to Dingboche (4410m) at the entrance to the Khumbu Valley. We overnight in one of the relaxing lodges in this small and picturesque Sherpa village.

Meals: **B**

	Accommodation Lodge		Ascent 870M		Descent 420M		Time 6 hrs trekking		Distance 12KM
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DAY 7

Imja Valley acclimatisation walk with great views towards Tibet. Return to Dingboche.

In accordance with our careful program of acclimatisation we will spend 2 nights at this altitude before moving further up the Khumbu Valley. To further our fitness and state of acclimatisation we will have a day hike to Chukkung (4730m) in the upper part of the Imja Valley and directly below the tremendous 3000 metre south face of Lhotse. This is a high and wild corner of the Khumbu, visited by relatively few trekkers and the views here of ice flutings and soaring, serrated mountain ridges are sensational. After a most scenic lunch stop, we retrace our steps to Dingboche to spend a second night in the Dingboche lodge. There are fantastic views towards Tibet and of Island Peak and Ama Dablam.

Meals: **B**

	Accommodation Lodge		Ascent 440M		Descent 440M		Time 5 hrs trekking		Distance 10KM
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DAY 8

Trek up to the lake of Chola Tso and drop back down to Dughla (4620m).

Today is effectively another day of acclimatisation as we make our approach to Everest Basecamp. After a leisurely breakfast, our route takes us up the Khumbu Valley on a high trail beneath Pokalde Peak (5806m) and climbs only very gradually for little more than 2 hours to the tiny settlement and lodge at Dugla (4620m) which will be our home for the night. From here, we have the option to hike up the hillside above our lodge and contour around above the glacial lake of Chola Tso at an elevation of 4800 metres. This is the well-used trail leading to the Cho La (5330m) and the summer yak grazing area of Dzonglha and we can choose just how far we want to go. There is a fantastic and ever-changing panorama across the lake to the Chola Glacier and the spectacular peak of Cholatse (6335m). We return to spend the night in Dughla.

Meals: **B**

	Accommodation Lodge		Ascent 600M		Descent 400M		Time 4 - 5 hrs trekking		Distance 8KM
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DAY 9

A short day, trekking beside the Khumbu Glacier to the lodges at Lobuche (4910m).

Another short day as we ascend the Khumbu Valley, starting out with an uphill section to the Thokla Pass (4830m), where we find the memorial to those Sherpas who have died on Mount Everest. Here, the trail starts to level out and we follow the lateral moraine on the west side of the Khumbu Glacier to our lodge in Lobuche (4910m) which we reach well before lunch. The collection of lodges at Lobuche occupies a rocky, streamside location surrounded by towering peaks including Pumori (7161m), Nuptse (7861m) and Lhotse (8516m).

Meals: **B**

	Accommodation Lodge		Ascent 350M		Descent 60M		Time 3 hrs trekking		Distance 4KM
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DAY 10

Trek to Everest Base Camp and back to Gorak Shep (5140m).

Heading north, we follow a trail through the ablation valley at the side of the Khumbu Glacier. We cross the rubble of a tributary glacier and get our first views of the Khumbu Glacier stretching away down valley and up towards the area of basecamp. After around 5 kilometres walking, we pass the island of sparse grasses at the place known as Gorak Shep (5140m), once a summer yak pasture in the middle of nowhere and now home to some of the highest lodges in Nepal. It's just another 3 kilometres or so to Everest Basecamp (5364m), walking at first on the moraine crest and finally on the Khumbu Glacier itself.

We will spend some time at this inspirational spot, close beneath the stupendous Khumbu Icefall, before retracing our steps to Gorak Shep and our lodge. The lodges at Gorak Shep are quite basic but they do have heated dining rooms and offer a degree of comfort. For anyone with energy to spare, there's the option in the late afternoon to hike to the top of the prominent Kala Patar (5550m) for the sunset views.

Meals: **B**

	Accommodation Lodge		Ascent 500M		Descent 270M		Time 6 - 7 hrs trekking		Distance 12KM
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DAY 11

Optional Kala Patar for the sunrise. Then breakfast and trek down to Pangboche (3940m).

The views from Kala Patar are just as impressive in the early morning and the 3 kilometre round trip to the top (with 410 metres of ascent) will take around 2 to 3 hours for those who are up for the pre-dawn start. Then after breakfast at the lodge we will make the long and quite gradual descent of the Khumbu Valley via Lobuche and Pheriche (4240m). Overlooked by striking peaks including the very impressive Ama Dablam, we continue our walk-out as far as Pangboche (3940m) where we check in at our lodge.

Meals: **B**

	Accommodation Lodge		Ascent 250M		Descent 1400M		Time 8 - 9 hrs trekking		Distance 18KM
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DAY 12

Trek to Namche Bazaar via Phortse (3810m) on an alternative high trail.

Leaving Pangboche we follow an excellent trail that contours the hillside and leaves the main Everest Trail far below it. On this trail we have great views across to Thyangboche Monastery beneath the towering face of Kang Taiga. After a couple of hours walking, we pass through the less often visited and still quite traditional village of Phortse (3810m) at the mouth of the Gokyo Valley. From here we make a long descent to the Dudh Kosi River and, crossing this on a simple bridge, begin the steady 400 metre climb on a switch-back trail up to the Mon La (3900m). From here we descend to rejoin the main Everest Trail and continue to Namche Bazaar (3400m) which we reach after 4 or 5 hours. The Sherpa capital is a great place in which to celebrate our trekking achievements and after checking in at our lodge there will be plenty of time for sightseeing and souvenir buying in the afternoon. Overnight in Namche.

Meals: **B**

	Accommodation Lodge		Ascent 780M		Descent 1320M		Time 7 hrs trekking		Distance 16KM
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DAY 13

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

This is the final day of our Everest trekking experience, as we descend, steeply at first, to the trail beside the Dudh Kosi. We cross the river a couple of times on bridges and after 2 hours reach the village of Monjo. Continuing our trek and descending more gradually, the valley becomes more enclosed as we pass Phakding. After a stop for lunch, we continue on the river's true left bank to Chopting (2660m) 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**


	Accommodation Lodge		Ascent 600M		Descent 1200M		Time 6 - 7 hrs trekking		Distance 18KM
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DAY 14

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.

Meals: **B**

	Accommodation Hotel
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DAY 15

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. In the evening there will be a final dinner in the company of the tour guide and the opportunity to look back on an incredible Everest adventure.

Meals: **B**



Accommodation
Hotel

DAY 16

Your holiday ends after breakfast. A single Kathmandu Airport group transfer is provided.

Your holiday ends after breakfast. A single Kathmandu Airport group transfer is 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**

Holiday Information

What's Included

- A professional and qualified Nepalese tour leader
- A single group transfer from Kathmandu Airport on Day 1 and back to the airport on Day 16
- Internal flights and all land transport involved in the itinerary
- Accommodation as described
- Meals as outlined in the Meal Plan
- 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 personal expenses - drinks etc

Meal Plan

All breakfasts are included. Lunches and dinners you will pay for directly, which gives you freedom of choice when it comes to these meals. For the first and last night in Kathmandu, the tour guide will accompany the group to dinner, either at the hotel or at a local restaurant. On trek the group will take their meals at lodges and again you will have freedom of choice as to what you eat at lunchtime and in the evening. Boiled or purified water can be purchased at all the lodges we use. Bottled water is also available but we do not recommend you buy this on the grounds of environmental care.

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.

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 will use a very good 3-star hotel such as the M Hotel in the central Thamel district of the city. Whilst on trek we stay in good local 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.

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 £500 to £550 (or equivalent in US dollars, euros etc.) should be allowed to cover the non-included lunches and dinners, as well as 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. You can either take your travel money in the form of cash or withdraw money from ATMs in Kathmandu using your debit or credit card. Travelling up into the Khumbu you will be carrying a large amount of cash (Nepali rupees) and you should arrange to keep this in more than one secure place. 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 £70 (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.

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.

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 hilly country is the best training but any regular exercise such as cycling, running or 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 here.

Climate

October through to May is the best time for trekking in Nepal. These months outside of the summer monsoon season offer the best conditions for trekking. Pre-monsoon from March to May is the main climbing season for Everest and at this time there will be many expeditions at basecamp. 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 5000m. 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 4200 metres. (above 3000 metres from mid December to February) 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 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.

Maps

Everest Base Camp. 1: 50,000 Nepa / N.G. 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 route in its entirety from Lukla to Everest Base Camp. 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
- 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 are also a good idea.

The following items are optional:

- Trekking poles
- Trainers or similar for use in the lodges
- Shorts
- Baselayer leggings
- Gaiters
- 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 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.

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.

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 warm, PHD have listed the gear that is appropriate for this holiday.

Click here: http://www.phdesigns.co.uk/gearadviser/destination.php?destinations_id=17

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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. A single group transfer is 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

35 Years of Nepal Experience! Our first holidays in Nepal were in the late 1980's and no tour operator has more experience than KE in this picturesque and welcoming Himalayan land. FREE sleeping bag and down jacket hire are available for this holiday.

Please Note This document was downloaded on 15/05/2024 and the trip is subject to change