

Everest the Hard Way Trek

Trip Code: EHW

Version: EHW Everest the Hard Way Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- A high level circuit trek exploring the homeland of the Sherpas
- Cross the Renjo La, Cho La and Kongma La with views of Mount Everest
- Trek to the renowned viewpoint summits of Gokyo Ri and Kala Patar
- Excellent Kathmandu accommodation including the Hotel Shangri-La
- FREE Sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

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

ACCOMMODATIONS & MEALS

- All meals included
- 18 nights Lodge
- 3 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This superb lodge-based trekking holiday makes a complete high-level circuit of the Khumbu and crosses 3 major passes to link the valleys of Thame, Gokyo, Khumbu and Imja Khola. From Namche Bazaar, we follow the course of the Bhote Khosi towards Tibet, before turning eastwards to cross the spectacular Renjo La (5340m). We then spend 2 nights in the Gokyo Valley with a free day to trek up-valley to the 'Fifth Lake' and the option to hike to the top of Gokyo Ri. Crossing the Ngozumpa Glacier, we then hike up and over the Cho La (5420m) to reach Everest Basecamp and the dramatic viewpoint summit of Kala Patar (5550m).

Our walk out takes us by way of the Kongma La (5535m) before joining the Everest Trail and continuing to descend via the villages of Dingboche and Pangboche and the monastery of Tengboche. Running this circuit of the main passes of Khumbu in a clockwise direction means we can build up our acclimatisation on uncrowded trails and in the unspoiled valley of the Bhote Kosi, leaving Everest Basecamp as the climax of the trip and also means we spend a minimum amount of time on the popular Everest Trail. For experienced trekkers who want to visit Everest Basecamp but wish to avoid the crowds and experience authentic Sherpa culture, this holiday really does have it all.

View our full range of [Everest Base Camp Treks Here](#).

Is this holiday for you?

The majority of the time on this holiday you will be walking on good paths and yak trails, providing straightforward walking conditions. Climbing to cross the three principal passes on the circuit offers more difficult trekking conditions, mainly due to the relatively high altitudes. Crossing these passes will involve negotiating slopes of loose rock and scree. In addition the Cho La pass is glaciated and often snow covered. The optional walk-up peaks and viewpoints and the trek to Everest Basecamp require no technical equipment or experience but each presents a challenging climb at altitude. In order to provide a comprehensive tour of the Khumbu, the trekking programme is necessarily ambitious and the high grade of the holiday reflects this. If the optional walk-up peaks and excursion to basecamp are not included (taken as rest days) this trip will be one or two grade points easier. This holiday should be within the capabilities of fit and active hill-walkers who have put in some extra training leading up to the trek. It should be noted that trekking at altitudes up to and over 5000 metres is always strenuous.

Itinerary

Version: EHW Everest the Hard Way 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 at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



Accommodation
Hotel

DAY 2

Early morning transfer to Ramechhap, fly to Lukla and trek to Phakding (2610m).

After a 4am pick up from the Kathmandu hotel, we drive 5 hours to Ramechhap where we check in for a late morning, 20 minute flight to Lukla. (Outside of the peak trekking season, flights to Lukla may operate directly from Kathmandu). Landing at Lukla, on the narrow, sloping runway in the heart of the mountains, is a spectacular way to reach the Khumbu. Here, we meet our trekking crew and set off on the first stage of our trek which leads 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**

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

DAY 4

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

Namche Bazaar is tucked away between 2 ridges amongst the giant peaks of the Khumbu. An ancient market place where goods from as far away as Tibet used to be traded, Namche today boasts an abundance of lodges, cafes, bars and souvenir shops. It is an ideal place to spend a rest day, acclimatising to the new altitude before heading off towards Thame. Options for acclimatisation walks include the one-hour walk up to the Everest View Hotel above the village for the spectacular view of Ama Dablam, Nupste, Lhotse and Everest itself.

Meals: **B L D**

	Accommodation Lodge
---	-------------------------------

DAY 5

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

We first climb up to the gompas 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 at a strategic location at the junction of routes from Rolwaling via the Tesi Labcha and from Tibet via the Nangpa La. There are tremendous views of Teng Kangpoche and the north side of Kwangde Ri. Overnight in a lodge at Thame (3820m).

Meals: **B L D**



	Accommodation Lodge		Ascent 510M		Descent 230M		Time 3 - 4 hrs trekking		Distance 9KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 6

An acclimatisation day. Monastery visit and trek up to a high viewpoint (4250m). Overnight in Thame.

The key to good acclimatisation is careful staging. The old adage of climb high, sleep low holds as true today as for those expeditioners of the nineteen fifties. Today we have a spectacular walk up the valley leading to the Tesi Labcha on a high trail above the Thame Khola, as far as the summer yak grazing settlement at approximately 4250 metres. On our return we will make a visit to the Gompa located high above the town. We spend a second night at the lodge in Thame.

Meals: **B L D**

	Accommodation Lodge		Ascent 990M		Descent 990M		Time 4 - 5 hrs trekking		Distance 7KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 7

Following an ancient trade route towards the Nangpa La and Tibet, trek to Marulung (4210m).

The trail becomes even quieter today as we leave even the more adventurous Everest trekkers behind and head north beside the Bhote Khosi which means 'River from Tibet'. We pass through the village of Tangmote and follow a wide trail which ascends gradually above the river. After approximately 2½ hours we pass through the village of Tharnnga and a further hour of gentle ascent brings us to our lodge accommodation in Marulung (4210m). This is a relatively short day but it is vital at this stage of our acclimatisation that we do not make too great a jump in our overnight altitude.

Meals: **B L D**

	Accommodation Lodge		Ascent 710M		Descent 140M		Time 4 - 5 hrs trekking		Distance 9KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 8

An acclimatisation day. Return trek up towards Arye (4400m). We spend a second night at Marulung.

We will spend 2 nights at Marulung to make sure we are sufficiently acclimatised to make the crossing of the Renjo La on the following day. Today, we will be able to hike up the valley of the Bhote Kosi as far as the simple teahouses at Arye (4400m) or even a little higher, towards the glacier which comes down from the Nangpa La. The views on this acclimatisation walk are superb and one of the excellent aspects of this itinerary is the opportunity to spend time in this beautiful unspoilt valley. We return to spend a second night at the lodge in Marulung.

Meals: **B L D**

	Accommodation Lodge		Ascent 120M		Descent 120M		Time 2 - 3 hrs trekking		Distance 6KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 9

Trek up via Renjo Lake to the Renjo La (5340m) for views of Everest. Descend to Gokyo (4790m).

Today, we make an early start for the trek up and away from the Bhote Khosi towards the 'twin lakes' below the Renjo La. Passing the lakes, we continue our approach to the Renjo La, following a well-made trail, with stone steps leading almost all the way to the top. We reach the summit prayer flags (5340m) after a long morning's walk and take time to enjoy the views across the ranges to Mount Everest - simply breathtaking. Then, after an initially steep descent, which may be snow covered, the trail becomes well managed once more with stone steps which descend towards the lakes of Gokyo. The third lake is known as Dudh Pokhari and on its east shore is the summer settlement of Gokyo (4790m). We check in at a lodge below Gokyo Ri after a long day.

Meals: **B L D**





	Accommodation Lodge		Ascent 1250M		Descent 830M		Time 6 - 8 hrs trekking		Distance 12KM
---	-------------------------------	---	------------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 10

Exploration above Gokyo. Trek up to the 'Fifth Lake' amongst amazing scenery. Overnight at Gokyo.

After the long day crossing the Renjo La, there's the option today to take it easy. Those who wish to make the most of this high and wild place can hike up to the 'Fifth Lake' for the 'Scoundrel's View' of Everest. We spend a second night at our Gokyo lodge.

Meals: **B L D**


	Accommodation Lodge		Ascent 490M		Descent 490M		Time 5 - 6 hrs trekking		Distance 11KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 11

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, a classic viewpoint for Everest and Cho Oyu and for the magnificent panorama encompassing the lakes and the across the Ngozumba Glacier towards the Cho La. The ascent is quite strenuous and takes approximately 3 hours for the round trip. Group members wishing to make this ascent will have a reasonably early start and will be guided by the trip leader or one of the Sherpa staff. Returning to the lodge for an early lunch, we will then set off on the next leg of our journey. Descending to the 'second' lake, we then climb to the crest of the moraine overlooking the Ngozumba 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) and check in at one of the teahouses there.

Meals: **B L D**

	Accommodation Lodge		Ascent 910M		Descent 1030M		Time 5 - 6 hrs trekking		Distance 8KM
---	-------------------------------	---	-----------------------	---	-------------------------	---	-----------------------------------	---	------------------------

DAY 12

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. 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. We descend to the grazing pastures below, the trail becoming more and more defined as we approach our overnight lodge at Dzongla (4830m).

Meals: **B L D**

	Accommodation Lodge		Ascent 880M		Descent 720M		Time 6 - 7 hrs trekking		Distance 10KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 13

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**

	Accommodation Lodge		Ascent 300M		Descent 200M		Time 4 hrs trekking		Distance 7KM
--	-------------------------------	--	-----------------------	--	------------------------	--	-------------------------------	--	------------------------

DAY 14

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**

	Accommodation Lodge		Ascent 500M		Descent 270M		Time 8 - 9 hrs trekking		Distance 9KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 15**Trek to the top of Kala Patar (5550m) for classic dawn views of Everest. Descend to Lobuche (4910m).**

This morning there is an option to climb Kala Patar (5550m) one of the finest viewpoints for Everest and the Khumbu Valley. Aiming to make the most of the usually fine morning weather, we have another early start at first light to make the short (2 hour) ascent of Kala Patar. Returning to Gorak Shep, we have breakfast before retracing our steps to Lobuche (4910m) where we check in at our lodge accommodation.

Meals: **B L D**

	Accommodation Lodge		Ascent 600M		Descent 820M		Time 5 - 6 hrs trekking		Distance 9KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 16**Cross the Khumbu Glacier and trek up to the Kongma La (5535m). Descend to Dingboche (4410m).**

From Lobuche, we make a crossing of the Khumbu Glacier. The glacier at this point is very slow moving, covered with rubble and moraine debris and usually has a good trail across. We then make the ascent to the Kongma La (5535m). The climb to the pass is steep, at first following a trail on a grassy hillside and then on a good path which zig-zags its way to the top of a scree slope. From the top of the scree the summit comes into view but we have another 45 minutes more level now, over boulders and scree to reach the prayer flags which stretch across from cairn to cairn. It will take a total of 3 hours or so from the glacier to the summit of the pass, but the views more than compensate for the expended effort. As well as the tip of Everest and the fantastic 8 mile-long Lhotse-Nuptse wall, the panorama includes Gauri Shankar, Makalu, Cho Oyu, Pumori and the distant peaks of Tibet. This relatively accessible Khumbu pass is not often crossed and is something of a hidden gem. A short distance below the summit we pass a usually frozen lake and follow an improving trail across yak pastures and down into the Imja Valley - one of the most beautiful walks of the trip. After a final steep descent mostly on grassy hillside, we reach the Imja Khola and our lodge in the settlement of Dingboche (4410m). This Sherpa village is spectacular located beneath Ama Dablam and just a little way down-valley from the spectacular south face of Lhotse.

Meals: **B L D**

	Accommodation Lodge		Ascent 660M		Descent 1270M		Time 6 - 7 hrs trekking		Distance 13KM
---	-------------------------------	---	-----------------------	---	-------------------------	---	-----------------------------------	---	-------------------------

DAY 17

Trekking out through Sherpa villages, we pass through Pangboche to Deboche (3820m).

We now begin our walk out from the Everest region. This is definitely no anti-climax as we have some beautiful country to travel through still. However, it is nice to be going down and into the land of warmth and abundant oxygen. Leaving Dingboche we soon join the main Everest Trail and follow the Imja Khola on an undulating path to Pangboche (3930m). The oldest monastery in the region is located here and it is well worth the extra effort to climb up to the upper part of the village where the gumpa is located. From Pangboche, we descend to cross the river on a suspension bridge at a narrow gorge. Beyond, we enter a forest of birch and Juniper - the first real forest we have seen since leaving Namche and walking through the trees we come to the small settlement of Deboche (3820m) where there is a nunnery. We check in at a lodge here. Today's walk should take around 5 hours including the visit to the monastery.

Meals: **B L D**

	Accommodation Lodge		Ascent 250M		Descent 790M		Time 4 hrs trekking		Distance 10KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-------------------------------	---	-------------------------

DAY 18

Trek via the monastery at Tyangboche to Namche Bazaar. Continue downvalley to Monjo.

After an early breakfast we set off and make a short climb through the woods to Tyangboche Gumpa spectacularly located on a ridge-top. The ridge affords a good view of the Everest/Lhotse massif and is also the classic viewpoint for Ama Dablam. Depending on what is happening at the monastery we can arrange a tour of this most impressive building. There is also an interesting and informative visitor centre here. Leaving Tyangboche we descend a steep path to the village of Phunki, where there is a bridge crossing the Dudh Kosi which flows down from the Gokyo Valley. We now have a steep climb to the lodges of Kangjuma from where we pick up a contouring trail which leads around the hillside bringing us to the top of the bowl in which Namche Bazaar nestles. A final steep descent on stone steps leads to the main bazaar. We will take our lunch here and there will be some time for shopping before setting off again. We have now completed our grand circuit of the Khumbu and all that remains is to walk back down the Dudh Khosi valley. This afternoon we go as far as Monjo - close to the entrance to the National Park. This is a longish day, mostly downhill but with one long uphill section.

Meals: **B L D**

	Accommodation Lodge		Ascent 550M		Descent 1280M		Time 5 - 6 hrs trekking		Distance 13KM
---	-------------------------------	---	-----------------------	---	-------------------------	---	-----------------------------------	---	-------------------------

DAY 19

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

We continue the descent of the Dudh Khosi Valley passing through Phakding. Though we are still going downhill, the day does have a sting in the tail and so remember to reserve some energy for the final climb up to the airstrip at Lukla. For our last night on trek we stay in a lodge at the airstrip. No doubt we will have a party to say goodbye to our trek crew after what is surely the best trek in the Khumbu.

Meals: **B L D**


	Accommodation Lodge		Ascent 850M		Descent 820M		Time 4 - 5 hrs trekking		Distance 13KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 20

Fly to Ramechhap and transfer to Kathmandu.

After saying goodbye to our Sherpa crew, we board the flight to Ramechhap and from there transfer by road to Kathmandu. (Outside of the peak trekking season, flights may operate directly back to Kathmandu). Arriving late afternoon, the rest of the day is free for sightseeing or shopping amongst the streets and bazaars of the Nepalese capital. In the evening there will be a celebratory meal and time to reflect on our Khumbu adventure.

Meals: **B L D**


	Accommodation Hotel
---	-------------------------------

DAY 21

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**

	Accommodation Hotel
---	-------------------------------

DAY 22

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\$1,680 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
- 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 from dinner on Day 1 to breakfast on Day 22 of the Land Only itinerary.

Food & Water

Drinking 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.

Breakfasts on trek will generally be a set meal including porridge, bread with jam and/or honey and a small omelette or hard-boiled egg, together with tea or coffee. Lunch will be a set, single-course meal with tea or coffee. Dinner will be a set 3-course meal; soup, main and a simple dessert with tea or coffee. The lodges will typically provide Nepali dishes such as rice and dal, as well as 'international' dishes like pizza and chips. So that the group can eat dinner together, your trip leader will pre-order the main course, alternating daily between local and international dishes. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water is provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. In Kathmandu we normally choose one of the excellent restaurants in the city for dinner.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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 a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. Whilst on trek there are 18 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 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 carried out in February 2025. KE only uses airlines in Nepal which have been approved by this audit. 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 £250 to £300 (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 £100 (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 which will be carried during the trek by porters 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (*see Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

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 ?

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

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. On holidays to more remote areas you should also have a dentist check up. 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. In addition you should check whether any specific vaccinations are needed to the regions that you are travelling to. A good online resource is [Travel Health Pro](#).

Malaria

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.

Dengue Fever

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](#).

Severe Allergies

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.

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. This is a challenging itinerary even for regular hill walkers and you will need to be in good condition. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular weekend hiking in hill country is the ideal preparation for this trip but any regular exercise such as jogging, squash or swimming will also be good for developing cardio vascular fitness and stamina.

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 the 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 4200m. (above 3000m 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 before 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 directly 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

These days the best trekking maps are published in Nepal. Nepa are one of the oldest established publishing houses in Kathmandu. This map covers the whole route from Lukla at a reasonable scale. Relief shading and spot heights give visual representation of the terrain and contours are drawn at 40m. intervals. Villages, monasteries, passes and peaks are indicated and latitude/longitude markings are shown. Note: All clients will be given a free trekking map in Kathmandu before the start of their trek.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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)
- Gaiters
- Trekking poles(see notes)
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Baselayer leggings
- 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 x2 (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 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.

◆The following items are optional:

- Training shoes or similar for use in the lodges
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Shorts
- Sleeping bag liner
- Pillowcase
- Scarf or buff
- Swimwear (for the hotel pool in Kathmandu)
- 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.

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 for the pass crossings. In certain conditions, the trip leader may also issue Grivel Spider 'instep' crampons to group members for one or more of the pass crossings. 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 quite 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 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](#)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

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 04/07/2025 and the trip is subject to change