

# EVEREST CIRCUIT & THE CHO LA & KALAPATTAR



Climb Kala Pattar & Gokyo Ri and experience the iconic everest views

The turquoise blue glacial lakes against the mountain backdrop

The authentic Sherpa culture and the warm hospitality of the families of inborn mountaineers

The floral and faunal biodiversity of Sagarmatha National Park

Namche village which is considered the trading center for the Khumbu region, and people walk from as far away as Tibet every Saturday to sell their wares here



## WELCOME TO NEPAL WANDERS

Thank you for your interest in our Everest Circuit & The Cho la & Kalapattar trek trip. Nepal wanders we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as

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well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals. Our itineraries will give you the very best travel experience, designed by people with incredible knowledge who have excellent vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, or kayaking Nepal Wanders can make it happen for you. We hope you will join us for a life changing experience!!

## WHY TRAVEL WITH NEPAL WANDERS?

Nepal Wanders have been pioneering treks in Nepal since 2008. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. You can be sure that when booking a Nepal Wanders trip there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

## TRIP FACTS

**Activities:** trekking

**Trip duration:** 18 days

**Grade:** Demanding which means

- 1) Suitability: a good choice for regular hill walkers, high level of fitness required.
- 2) Walking times: average 6 to 8 hours walking per day (with several longer days up to 12 hours) for up to 14 days with some rest days included.

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3) Altitude: up to 5,500m.

4) Terrain: for some of the time following well-travelled trails although also likely to encounter rough and rocky sections. There may be significant amount of ascent and descent.

5) Remoteness: often in more remote areas and normally a longer distance from nearest road and facilities available in a city.

## TRIP INTRODUCTION

This challenging trek into the high Khumbu region of Nepal combines all the major highlights of the ever-popular Everest Base Camp trek, yet allows the experienced trekker to escape from the standard trail and explore a great deal further into this truly magnificent Himalayan mountain nirvana.

Combining our classic Everest Base Camp and Gokyo Lakes treks with a stunning crossing of the non-technical Cho La pass provides an unsurpassed circuit trek of the Everest region. We make climbs of the popular Gokyo Ri and Kala Pattar along the way, which provide magnificent photo opportunities of the world's highest mountain, Mount Everest, and views as far as Kanchenjunga in the east and the Tibetan 8000m peak Cho Oyu to the north. We will also view Lhotse, Nuptse, Pumori, Cholatse, the beautiful pyramid of Ama Dablam, as well as countless other Himalayan peaks. There is also time to visit the famous Base Camp, and during the months of March, April & May, will view the many expedition camps. Another dimension to this adventure is the famous Sherpa culture providing a truly unforgettable experience. For regular hillwalkers who dream of trekking to Everest but want more, this has to be the definitive Everest trek.

## TRIP ITINERARY

**Day 01:** Arrive in Kathmandu – the capital of Nepal.

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Arrive in Kathmandu. Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, you will be greeted by a representative from Nepal Wanders who will take you to our hotel. In the evening there will be a welcome dinner in a traditional Nepali Restaurant where you will be able to enjoy authentic Nepali cuisine with a brief cultural program. Overnight in Kathmandu.

Meal included: Dinner

## **Day 02:** Kathmandu valley sightseeing and trek preparation

The capital, Kathmandu Valley is a big storehouse of exclusive cultural and historical sites. Kathmandu valley has the highest concentration of UNESCO world heritage sites in a given space. In this day we will have full day sightseeing of UNESCO World Heritage Sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath Temple (a Hindu shrine dedicated to the Lord Shiva- lord possessing the power of destruction), Swyambhunath - a Buddhist shrine dedicated to Lord Buddha – the Light of Asia. After sightseeing we finalize our clothing and trekking gears (down jacket, trekking boots, sleeping bags etc.) required during the trek. Overnight in Kathmandu.

Meal included: Breakfast

## **Day 03:** Kathmandu to Lukla flight to Phakding 2652mtrs/ 3 -4 hours walk

This is an early day, after your breakfast we will drive you to Kathmandu airport and you will board your flight to Lukla. On arrival, you will meet your guide this is when the trek starts officially. We start hiking through a local village called Chaurikharka and finish the day by spending the night in Phakding at a lower altitude than Lukla for acclimatization purposes.

Meals included: Breakfast, Lunch & Dinner

## **Day 04:** Phakding to Namche Bazaar 3440mtrs/ 5-6 hours

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After breakfast we start to walk and continue uphill along the bank of the Dudh Kosi, crossing this majestic river an exciting suspension bridges laden with pray flags and reaching the village of Monju the entrance gate of the Sagarmatha National Park. When entering the National park boundary, gradual downhill walk brings us to the suspension bridge over the Bhoté-Koshi River to Jorsalle village and after Jorsalle we cross the Bhoté Kosi. Then the trail climbs steeply with breathtaking views to finish in Namche Bazaar. We can see Mt. Everest on the way to Namche. Namche is a prosperous trading town and gate way to the Khumbu region. Overnight in Namche bazaar.  
Meals included: Breakfast, Lunch & Dinner

**Day 05:** Acclimatization day in Namche Bazaar 3440mtrs  
Namche Bazaar (3440mtrs) is the unofficial capital of the Khumbu region of Nepal, and is acclimatization point for trekkers and climbers heading for Mount Everest base camp. Namche Bazaar is the best point to acclimatize before pushing to go to Everest Base Camp, Gokyo Lake or other destinations for all trekkers. During your full leisure day we can also take an interesting side hike up to Everest View Point Hotel which is 400mtrs up from Namche Bazaar to see wonderful panoramic view of Mt. Everest, Ama Dablam, Thamserku, Kongde and other snow peaks. The hotel provides the services of ATM`s, trekking shops, Internet café, restaurant, bakery and colorful shops with different markets each Friday and Saturday. Also you can visit the Sherpa Museum – a great place to learn Sherpa culture and history of mountaineering. Overnight in Namche Bazaar.

Meals included: Breakfast, Lunch & Dinner

**Day 06:** Namche Bazaar to Dole 4110mtrs/ 5-6 hours

After rest day in Namche Bazaar, we follow on the gradual trail with short up and down over-looking magnificent view of the great snow peak from Everest, Nuptse, Lhotse, Amadablam, Thamserku, Kwangde and Tengboche Monastery as well as other

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peaks. Then our trek ascends the left side from Sanasa to Mongla Dnada and continues down to Phortse Thanga. After having lunch further a few hours walk ascending will reach at small place with a few tea houses. Overnight in Dole.

Meals included: Breakfast, Lunch & Dinner

## **Day 07:** Dole to Machhermo 4470mtrs/ 4-5hours

After having breakfast we climb to the scenic ridge above the Dole and the trek continues to climb to Lhabarma 4330 mtrs and Luzza at 4360mtrs. It was in Machharmo in 1974 that one of the first Yeti sightings was reported in Khumbu. There are a few good hotels and good mountain views from Machharmo. On the side of the valley high above the river, we pass sandy spurs to reach Machharmo. Overnight in Machhermo.

Meals included: Breakfast, Lunch & Dinner

## **Day 08:** Machhermo to Gokyo 4790mtrs/ 3-4hours

Passing through the ridge Chorten from where we can see fantastic views both down the valley of Kangtega 6685mtrs, Thamserku 6608mtrs and the northern part of Cho-Oyu 8201mtrs. Our route descends to the river bank before beginning the climb up to the terminal moraine of the Ngazumpa glacier. After that the trail levels out as it follows the valley past a second lake, known as Longponga at 4690mtrs. Enjoy the lake view and after an hour walk we will reach Gokyo village on the edge of third lake. Here the backdrop of Cho-Oyu Mountains sets an amazing spectacular sight at this junction. Overnight in Gokyo.

Meals included: Breakfast, Lunch & Dinner

**Day 09:** Hike to Gokyo-Ri 5445mtrs and overnight at Gokyo Hike 90 degree angle to Gokyo-Ri 5545mtrs early in the morning for the awesome sunrise view including Mt.Everest, Lhotse, Cho Oyu, Nuptse, Pumari, Amadaplam, Thamserku, Kangteka, Kusum Kangkaru, Kongde, Tawache, Cholaste as well as the Northern part of Cho-Oyu base camp and the biggest glacier of

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the world Ngzumpa glacier. We come back to the lodge for lunch and rest to save energy to push up Chola Pass, Overnight in Gokyo.

Meals included: Breakfast, Lunch & Dinner

## **Day 10:** Gokyo to Dragnag 4700mtrs/ 2-3hours

After breakfast trek down an hour and cross the Ngozumba Glacier then reach Dragnag and have a delicious lunch then rest and enjoy looking at the glacier as well as save enough energy for Chola-Pass 5368mtrs. Overnight in Dragnag.

Meals included: Breakfast, Lunch & Dinner

## **Day 11:** Dragnag – Chola Pass 5368mtrs to Dzongla 4830mtrs/ 6-7 hours

This is quite a long and tuff day as well as Chola Pass day. So, we have to start our trek early in the morning to cross the Chola-Pass 5368 meters heigh. This day we should carry enough water and pack lunch for 6-7 hours but there is nothing before our camp. The pass is not easy and involves a glacier as well as walking along a rocky path all the way to Dzongla 4830 meters. Before Chola Pass we should walk up hill to the pass, after the pass all the way down to the camp. Overnight at Dzongla.

Meals included: Breakfast, Lunch & Dinner

## **Day 12:** Dzonglha to Lobuche 4910mtrs/ 2-3 hours

This day the walk will be a bit shorter. Thus, we would get more time to observe and relax. We climb down from Dzongla and cross a bridge and then transverse through a grassy trail. Enjoying the view of Lobuche Peak we stretch up eventually through a ridge and we will join the way from Pheriche and Dingboche with many tourists. Amadablam 6812mtrs, Kangtega 6685mtrs, Thamserku 6608mtrs, Taboche 6367mtrs are seen looming prominently. Curving round through the wide gravelly river bed, we will be at Lobuche to overnight at lodge.

Meals included: Breakfast, Lunch & Dinner

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**Day 13:** Lobuche to Gorakshep 5140mtrs/ 3-4hours

After breakfast we start our trek to Gorakshep and along the windy and rocky trail gradually walk uphill to Gorakshep after 3-4 hours. This area offers the fantastic view of Mt Pumari 7161mtrs, Mt Nuptse 7855mtrs, other peaks, Everest base camp 5364mtrs, Kalapathar 5550mtrs and beneath the Gorakshep Valley including the top of the world Mount Everest 8848mtrs. After check in at lodge and lunch, our adventure continues towards Everest Base Camp 5364mtrs crossing through Khumbu glacier, a rocky path. After 2- 3 hours reach to Everest Base Camp, during the spring season (March, April and May) there will be many groups of mountaineering colorful tents and many people will be there. We can enjoy some hours in Everest Base Camp, the Khumbu glacier with Carapaces and back to Gorakshep for overnight at lodge.

Meals included: Breakfast, Lunch & Dinner

**Day 14:** Gorakshep to Pheriche 4240mtrs/ 5-6 hours

Early in the morning hike to Kala Pathar 5550mtrs for best sunrise view of the Mt. Everest 8848mtrs as well as many others like Nuptse, Pumari and Ama Dablam along with the entire mountain view of Khumbu Himalayas range. After 2 hours walking we reach the highest view point with fresh morning air from Mt. Everest. Enjoying some hours on the top of Kala Pathar taking a nice photo with Mount Everest then back to Gorakshep, have breakfast and trek down to Pheriche over night at lodge.

Meals included: Breakfast, Lunch & Dinner

**Day 15:** Pheriche to Namche Bazaar 3440mtrs/ 4-5 hours

Today we trek down through the yak grazing area of Somare and pass through the Sherpa village Pangboche and along the Dudh Kosi River through a magnificent rhododendron forest to reach Tengboche. After that down to the Phungi Tanga then cross the wooden bridge and climb up Tosansa, Kyang Juma then following Nepali flat and down to Namche Bazaar to over night at lodge.

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Meals included: Breakfast, Lunch & Dinner

**Day 16:** Namche to Lukla 2800mtrs/ 5-6 hour

The trek all the way down to Dudh Kosi crossing the suspension bridge and passing through impressive faith places of Buddhist culture, prayer chorines and prayer flags as we walk through the Sherpa villages of Jorsalle, the exit gate of Sagarmatha National Park, Monju, and Phakding. Overnight in Lukla.

Meals included: Breakfast, Lunch & Dinner

**Day 17:** Lukla to Kathmandu 1350mtrs/ 35 minutes by flight

Fly back to Kathmandu in the morning and take time to rest and buy some things for your family or friends from Himalayas Nepal. Overnight in Kathmandu.

Meal included: Breakfast

**Day 18:** Farwell Nepal

Our representative will pick you up at the hotel and transfer you to international airport for onward journey.

Meal included: Breakfast

## FOOD

In Kathmandu there is a wide selection of restaurants to choose from, serving both delicious local and International cuisine to suit a broad range of tastes and budgets. Whilst on treks, most meals will be taken at the various lodges along the way. The trekking lodges have to source most of their food locally due to their extremely remote locations, so you can expect similar menus in each lodge based on fresh local produce. Our guide will assess the food arrangements that will be served. Health and safety issues will be kept as the utmost importance along with taste. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. Boiled drinking water will be provided at breakfast, lunch and dinner.

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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 to villages where there is but little access to roads, these items become more expensive the further you get away from cities.

## **DIETARY REQUIREMENTS**

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travelers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## **ACCOMMODATION**

While in Kathmandu, guest will stay at the Ambassador Hotel situated in the heart of the city close to Thamel – the touristic hub of Kathmandu valley. The hotel is an excellent place to relax pre and post trek. Whilst on trek there are 14 nights spent in lodges/tea houses that we have used over the years and proven to offer relative comfort and healthy meals. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. As they are far from the nearest road is it not surprising that they are simple establishments as everything must be carried up by porters or

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animals. Mostly these lodges have heated dining areas which are often attractively decorated. Bedrooms tend to be quite basic and are unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$2 - \$3 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals.

All accommodation is arranged on a twin sharing basis.

However if you are looking for single rooms, extra charges will be applied. For the 3 hotel nights in Kathmandu, single rooms are also available for a supplementary cost. Additional hotel nights in Kathmandu are also available.

## **A TYPICAL DAY**

After dawn you should wake and start packing your kitbag and making preparations for the day. Coming down to the dining room we will be served breakfast from the lodge kitchen. After a wholesome breakfast we are usually on the trail between 7.30am–8am, depending upon the duration and nature of the day's walk. We will generally reach our lunch stop by mid-day after around 3 or 4 hours of trekking. Lunch is taken at tea houses along the route or occasionally as a packed lunch. This is normally a leisurely affair and is a great time for relaxing, reading and sitting in the sun. Our porters usually catch up with the group during lunch and then are well on their way to the evening's stop by the time we set off again. It is usual for the afternoon's walk to be shorter than the morning session. On arrival at the lodge the trek leader will organize everyone's room. After checking in to your room you may wish to relax with a beer on the terrace of your lodge before taking dinner. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water.

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Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

## INTERNAL FLIGHTS

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The inclement 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 European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and many countries provide information regarding travel warnings. UK and Commonwealth Office travel advice provides further details which you can read on their website at: [www.gov.uk/foreign-travel-advice/nepal/safety-and-security](http://www.gov.uk/foreign-travel-advice/nepal/safety-and-security).

Nepal Wanders is mindful of its duty of care to clients travelling with. NW uses only four airlines in Nepal which were approved as safe carriers. These airlines are: Yeti Airlines, Tara Air, Buddha Air and Simrik Airlines. In addition to this both, Tara Air and Yeti Airlines have fulfilled the IATA Standard Safety Assessment (ISSA) - a new global safety standard for commercial airlines operating smaller aircraft. [www.iata.org/whatwedo/safety/audit/issa/](http://www.iata.org/whatwedo/safety/audit/issa/)

While we have taken appropriate action to try to minimize 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 in Kathmandu. On the

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majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative arrangements must be made if internal flights are cancelled for a subsequent day. 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. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, NW will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

## **TRAVEL INSURANCE**

For everyone planning their next trek in the Himalayas of Nepal, it is highly recommended that you get a travel insurance that covers added expenses that might result due to various health issues, injuries or accidents (together with air ambulance, helicopter rescue and other treatment cost). Your insurance policy should cover up your entire activities that you are planning to accomplish throughout your stay in Nepal. In addition to this, the policy should also cover death, misplaced luggage, theft and liability, cancellations, medical treatment (counting hospital charges, cost of the medicine, doctor's fees) as well as repatriation cost. Also, most of the trekking trails in Nepal take you above the altitude of 5000m, therefore, you also need to ensure that your insurance policy covers treks that go over 5000m. In short, its client himself/herself has to take the responsibility regarding unforeseen expenses during the trip. For details please read our "terms and conditions".

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## **GROUP LEADER & SUPPORT STAFF**

The group will be led by an experienced English-speaking local Leader and local guides. We will also have the services of porters or baggage animals to carry luggage.

## **SPENDING MONEY**

Approximately £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be sufficient for miscellaneous personal expenses including porter and trek crew tips, beer and soft drinks. It is not necessary to obtain local currency (Nepali rupees) prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange 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 (rupees only) from ATMs in Kathmandu using your debit or credit card but not while on trek. During the trek it is possible to buy snacks, chocolate, tea, coffee, 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. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group rather than from individuals. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The level of tipping should be determined by the group as a whole with everyone contributing an equal

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amount that all are comfortable with. As a rough guide, we recommend that a contribution from each group member of around £50 - 60 (in rupees) should provide a good level of tips when divided among your guides, porters, and other trek crew. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

## **BAGGAGE ALLOWANCE**

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to leave clothes or other items not required on trek at the group hotel.

## **ACUTE MOUNTAIN SICKNESS**

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation

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- Swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## 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 trek bag while trekking should be no more than 15 kgs.

You must bring the following Items:

- Hiking boots – highly recommended leather ones
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)\*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres

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- Head-torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2
- Sleeping bag (comfort rated -15°C)
- 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 trek bag contents dry)

## **OUR ATTEMPT WHILE YOU ARE ON A TREK:**

Most of our trails take you to the remote Himalayan region of Nepal, where communication facilities are very less. Therefore, we will take all the responsibility to deliver your message to your family, friend, relatives or the concerned person. Our guides are provided with a cell phone and are contacted on a regular basis. You can use the cell phone provided to our guides to send your message to us which will further be delivered to the respected person. Also, our guides will make every attempt to follow the planned itinerary; however, it is kindly requested to be flexible in case of changes in the itinerary caused by extreme weather conditions. We can also help you reschedule your international flight (Extra charge applicable) if you need any additional days to complete your trek. We will make every possible attempt to make your trek a 'grand success'.

## **IMPORTANT LINKS**

Reservation and Booking Form:

<http://nepalwanders.com/booking-form/>

Booking Conditions Link:

<http://nepalwanders.com/terms-and-conditions/>