

# EVEREST TREK



Stunning views of Mount Everest and surrounds  
The authentic Sherpa culture and the warm hospitality of the families of inborn mountaineers  
Stunning location and view of Thyangboche Monastery, one of the finest in the whole of Nepal  
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. This is also the hub onto which each trail converges, so yaks and people compete for space in this amphitheater style city



## WELCOME TO NEPAL WANDERS

Thank you for your interest in our Everest 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 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

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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:** 12 days

**Grade:** Moderate which means

- 1) Suitability: a good choice for most hill walkers, reasonable level of fitness required.
- 2) Walking times: average 5 to 7 hours walking per day for up to 14 days usually with some rest days included.
- 3) Altitude: up to 5,000m.
- 4) Terrain: for most of time following well-travelled trails, there will be daily ascent and descent.
- 5) Remoteness: usually not too remote and often there is a reasonable level of infrastructure such as lodge accommodation and cell/ mobile phone reception.

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## TRIP INTRODUCTION

The 12-day journey begins in Kathmandu with visits to UNESCO World Heritage Sites before heading to the most coveted Everest region. This short trek introduces you to the villages and culture of the Sherpa people. We take time to explore the colourful markets of Namche Bazaar and the famous Thyangboche monastery – the spiritual heart of the Khumbu region. We follow established trails in the Sagarmatha National Park to view many of the world's highest peaks including the summit of Everest that peers above the 8000m peaks of Lhotse and Nuptse. We also visit Khunde and Khumjung villages where Sir Edmund Hillary established the regions first hospital and school through the Himalayan Trust. Everest View Trek is ideal for anyone who wishes to enjoy the surreal beauty of the Himalayas and Everest in particular while also enjoying an easy trek.

## TRIP ITINERARY

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

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

Included meals: 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), Swoyambhunath—a

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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:** Fly to Lukla, trek to Phakding (2,651m/8,700ft): 3 – 4 hours trek

During the 40-minute flight from Kathmandu to Lukla (9,186ft), we enjoy one of the most beautiful air routes in the world culminating on a hillside surrounded by high mountainous peaks. At Lukla, a gateway destination from where our trek begins, we meet our other crew members and begin packing and arranging with them. From Lukla, we start trekking. At one hour's gradual descent, we will be at a Cheplung village from where we have a glimpse of Mt. Khumbila (18900 ft), a sacred mountain which has never been climbed. From Cheplung, we then gradually descend until we reach Phakding and spend the night.

Meals included: Breakfast, Lunch & Dinner

**Day 04:** Phakding to Namche Bazaar (3,438m/11,280 ft): 5 – 6 hours

Walking through a beautiful pine forest, we follow the trail north up the valley of Benkar. We then cross Dudh Koshi River and go on passing Chumoa to Monjo, the entrance to Everest National Park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. A steep ascent brings us to the prime heartland of Sherpa village – Namche Bazaar. At one hour's distance to reaching Namche Bazaar, if the weather permits, we can view the sights of Mt. Everest and Mt. Lhotse. Overnight in Namche Bazaar.

Meals included: Breakfast, Lunch & Dinner

**Day 05:** Acclimatization Day – Namche Bazaar: (3,440m/11,284ft)

There are plenty of things to do around Namche Bazaar, and we

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can spend a day here acclimatizing. Namche Bazaar is the main centre of the Khumbu region and has government offices, ATMs, Internet cafes, shops, restaurants, and a colorful market. Our guides can take us to explore the real charm of Namche Bazaar. Hiking to Sagarmatha National Park rewards trekkers with a sunrise view and the views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. If we are interested in a day hike, we trek to Khumjung village (12401 ft)-a beautiful village with a Sherpa settlement. In exploring Namche Bazar, we observe traditional Sherpa life, Khumjung Hillary School, and enjoy flora and fauna found at such a high altitude. Overnight in Namche Bazaar.

Meals included: Breakfast, Lunch & Dinner

**Day 06:** Namche Bazaar to Khumjung (3,810 m/12500 ft): 4 hours

Today's journey starts with a climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel from where we can enjoy an up-close view of the mighty Everest. We continue trekking to Khumjung village which is surrounded by Kondge, Thamserku and the sacred Khumbila mountains. While here, we visit the Edmund Hillary School and Khumjung Monastery (a monastery famous for housing the head of the Yeti!). Overnight in Khumjung.

Meals included: Breakfast, Lunch & Dinner

**Day 07:** Khumjung to Tengboche (3,870m/12694ft): 4 – 5 hours

We descend to Dudhkoshi River and pass through beautiful villages on the way. We walk on a forest trail which will take us to a riverbed. Next, we ascend for around two more hours through pine and fir forests to reach a small village of Tengboche. The village is also home to the famous Tengboche Gumba which is situated at 3,867 m and is the largest monastery in the Khumbu region of Nepal. We tour the Gumba and enjoy a panoramic view of the Himalayas, including Tawache, Nuptse, Lhotse, Ama Dablam, Thamserku and Everest. Overnight in Tengboche.

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**Day 08:** Tengboche to Kyangjuma (3,570m/11,710ft): 4 – 5 hours

From Tengboche, a steep descent of about 1500ft/500m will take us through rhododendron bushes and fir trees to the Dudh Koshi River. We continue on our trail and pass Tashinga and Sansa villages before reaching Kyangjuma. While here, we get to appreciate spectacular views of Ama-dablam, Thamserku, Nuptse, Lhotse and Everest. Overnight in Kyangjuma.

Meals included: Breakfast, Lunch & Dinner

**Day 09:** Kyangjuma to Monjo (2,840m/9,315ft): 4 – 5 hours

We have to reach Namche Bazaar first then continue to Monjo. The trail clings to the steep wooded slope beyond Kyangjuma, winding through several bends. We keep an eye for wildlife such as mountain goats, snow leopards, colorful pheasants, etc. when passing through a forest trail. A steep descent takes us to a bridge over the Dudh Koshi River. We cross the river twice at separate locations before reaching Monjo.

Meals included: Breakfast, Lunch & Dinner

**Day 10:** Monjo to Lukla: 5- 6 hours

Retracing our steps along the valley, we pass through a variety of settlements and forests before an undulating climb to Lukla. We savour our final mountain sunset of the trek as we complete this exhilarating journey. Our last evening of the trek is a good time to have a small party for all the team, especially the porters who will return to their villages from here. There is usually lots of music, dancing and singing and if we are lucky, one of the superb cakes that our Nepali chefs are renowned for. Overnight in Lukla.

Meals included: Breakfast, Lunch & Dinner

**Day 11:** Fly to Kathmandu

We take an early morning flight to Kathmandu. Our trip leader will drop us off at our hotel and we have the rest of the day off.

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We can stroll around the streets in Thamel, a popular Tourist hub in Kathmandu for some souvenir shopping. You may also visit popular tourist attractions nearby. Either way, there will be a farewell dinner to celebrate the successful completion of our journey. Overnight in Kathmandu.

Meal included: Breakfast

### **Day 12: Farewell 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.

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

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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 8 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 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



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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.

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

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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 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

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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".

## **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

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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 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

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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
- 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:

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- 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
- 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

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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/>