

# Everest Base Camp - 20 days

# go guide

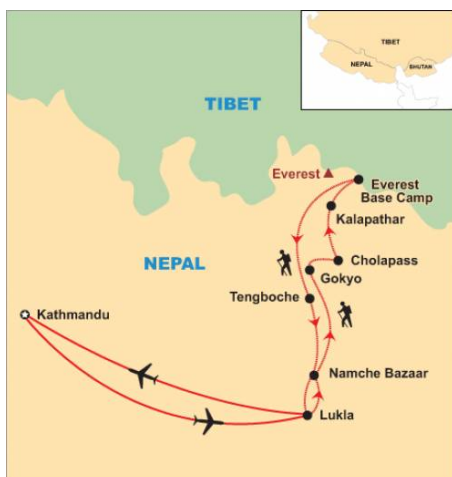
don't leave home without it



A World Of Discovery



Rise to the challenge & follow in the footsteps of Sir Edmund Hillary with this adventurous trek to Everest Base Camp & the spectacular Gokyo Lakes. Take in Sherpa villages, monasteries, magnificent glaciers & the world's most majestic mountains.



## HIGHLIGHTS AND INCLUSIONS

### Trip Highlights

- Kathmandu and the Kathmandu Valley - Patan Durbar Square, Swayambhunath Pagoda, Bodhnath Buddhist stupa and various other temples and shrines
- Namcho Bazaar, gateway to all Himalayan expeditions
- Everest Region - Ngozumpa glacier, rhododendron forests, mountain villages
- Gokyo Ri - panoramic views of all of the regions 8000m peaks including Everest, Lhoste, Makalu and Cho Oyu
- Gokyo Lakes
- Everest Base Camp

- Spectacular views of Everest from Kala Patter

### What's Included

- 19 breakfasts, 15 lunches, 16 dinners including dinner at a Nepali cultural evening.
- 4 nights - basic 3 hotels, 15 nights basic mountain lodges (2-4 passengers per room and shared facilities)
- Arrival and departure airport transfer day 1 and day 20
- Return flight - Kathmandu to Lukla
- Touring of Kathmandu, Kathmandu Valley
- Everest Region trek with porter and guide
- Everest National park fees and entrance fees
- Services of local English speaking guide for Kathmandu sightseeing
- All relevant transfers and transportation

### What's Not Included

- International flights, departure tax and visas
- Tipping - an entirely personal gesture

## DETAILED ITINERARY

### Day 1 : Kathmandu

Monday. Welcome to Nepal and the start of your Everest adventure! Arrive Kathmandu and included transfer to your hotel. This evening have a welcome drink and attend a briefing about your trek. **Overnight - Kathmandu (B)**

### Day 2 : Kathmandu Valley



Kathmandu is Nepal's biggest and most cosmopolitan city and a very important point on the caravan routes between Tibet and India. Today we explore this amazing city and the surrounding area.

We also visit Swayambhunath Pagoda and the ancient 5th century Bodhnath (Boudha), one of the world's largest stupas and the most important Buddhist monument outside Tibet. It's a beautiful live worship site where the spinning of prayer wheels, prostrating pilgrims and collective chants are just some of the practises that can be witnessed. Our last port of call is Patan Durbar Square, which is home to more than 50 stunning temples and shrines and although it is smaller than Durbar Square in the centre of Kathmandu it is architecturally, more refined and less commercialised. This evening we enjoy dinner whilst watching a traditional Nepali dance performance. **Overnight - Kathmandu (B, D)**

### Day 3 : Lukla

Kathmandu – Lukla – Phakdingma. This morning take a scenic flight to Lukla, gateway to the Everest region. Flying over the beautiful Langtang and Jugal ranges that surround the Kathmandu basin and the Rolwaling Himal. After lunch at the riverside village of Ghat, we begin our expedition with a series of short trekking days to ensure we acclimatise. Following the banks of the Dudh Koshi river we begin our gradual ascent to Phakdingma where we spend the night. **Overnight - Phakdingma (Lodge) (B, L, D)**

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## Day 4 : Namche Bazaar



Phakdingma – Namche. Crossing the river on a large suspension bridge we head over to Jorsale and continue trekking along the river today. The trail passes over streams with wooden bridges and climbs out of the valley to Monjo where we enter the Everest National Park. Continuing on, we make a final steep ascent over 1000ft to reach Namche Bazaar; our resting place for the night. Namche Bazaar is the gateway to the Himalayas and a famous trading place for Tibetans. **Overnight - Namche Bazaar (B, L, D)**

## Day 5 : Khumjung

Namche Bazaar – Khumjung. Today we set off on a steep one-hour climb to the Shyangboche airstrip which serves the famous Hotel Everest View, before following the trail down to the Khumjung Village at the foot of the Sacred Mountain Khumbila. The panoramic mountain views en route today are superb! Sir Edmond Hillary founded the Khumjung School in 1960, which provides excellent primary education for the children in the area. **Overnight - Khumjung (Lodge) (B, L, D)**

## Days 6-7 : Dole village



Khumjung – Dole - Macherma. Over the next two days we continue our ascent, stopping at small villages along the trail, passing through a beautiful rhododendrum forest and large herds of grazing yak, to reach Dole Village for our first nights rest. On day 7 the trail climbs up through the villages of Lhabarma and Luza to Macherma where you can rest your weary feet! **Overnight - Day 6 - Dole Village (Lodge) Day 7 - Macherma (Lodge) (B:2, L:2, D:2)**

## Day 8 : Gokyo lakes

Macherma – Gokyo Village. Our journey today is guaranteed to be memorable, with spectacular views down the valley to Kantega and up toward

Cho Oyu, passing the Ngozumpa Glacier and taking a steep narrow staircase trail to the simply stunning, turquoise Gokyo Lakes. We spend the night at Gokyo; a picturesque village on the shores of the largest lake known as Dudh Pokhari **Overnight - Gokyo (Lodge) (B, L, D)**

## Day 9 : Gokyo Ri



Gokyo – Gokyo Ri – Tagnag. It's an early start as we climb to the summit of Gokyo Ri (5483m) to watch the sunrise over a stunning vista of the regions 8000m peaks including the mighty Everest. Later we continue our journey, crossing a glacier to reach Tagnag, our overnight resting place. **Overnight - Tagnag (Lodge) (B, L, D)**

## Days 10-11 : Cho Laa pass

Tagnag - Cho Laa pass – Dzongla – Lobuche. It's another early start on day 10 as we begin the most challenging part of the trek, crossing the steep Cho La pass to reach Dzongla where we stay in one of the three available lodges. On day 11 we continue our journey to Lobuche, where we spend the night in a very basic lodge in Lobuche. **Overnight - Day 10 - Dzongla (Lodge) Day 11 - Lobuche (Lodge) (B:2, L:2, D:2)**

## Days 12-13 : Everest Base Camp



Lobuche – Gorakshep – Everest Base Camp - Gorakshep - Kala Pattar – Lobuche. Continuing along the main trail to Everest, with lovely views of Kala Pattar en-route, we hike to Gorakshep. This is a short distance but somewhat challenging at the present altitude. For those with enough energy, it is possible to follow in the footsteps of the late, great Edmond Hillary and trek up to Everest Base Camp, where he and Tenzig Norgay began their immense, record breaking, expedition to reach the highest peak on Earth! Take in the atmosphere and witness the 'expedition life' of those present

day mountaineers attempting to reach the summit. Return to Gorakshep where we spend the night. On day 13 we climb Kala Pattar for arguably the most magnificent mountain vista in the world; the west and south face of Everest, so close you can even see the incredible climbing route from base to summit. **Overnight - Day 12 - Gorakshep (Lodge), Day 13 - Lobuche (Lodge) (B:2, L:2, D:2)**

## Days 14-15 : Pheriche

Lobuche – Pheriche – Tengboche – breakfast. It's all downhill from now on, as we begin our descent! Spending a night at Pheriche and stopping at the Deuce nunnery for some light refreshments and a chat with the local nuns. We reach Tyangboche on day 15 and visit the beautiful Thyangboche monastery. **Overnight - Day 14 - Pheriche (Lodge), Day 15 - Tyangboche (Lodge) (B:2, L:2, D:2)**

## Days 16-17 : The final descent!



Tyangboche – Namche – Lukla – breakfast. Trekking back down to the busy town of Namche on day 16, where you can spend the evening relaxing or perhaps sampling the local nightlife and enjoying a well deserved drink or two! Returning to Lukla on day 17, we visit a local Sherpa family, where we have the opportunity to sample regional dishes and hear all about the history of the region. In the evening it's time to celebrate our success, and bid farewell to our fabulous trekking staff! **Overnight - Day 16 - Namache (Lodge), Day 17 - Lukla (Lodge) (B:2, L:2, D:2)**

## Days 18-19 : Kathmandu

Lukla – Kathmandu. Fly back to Kathmandu on day 18 and spend your final days at leisure; sightsee, shop or simply relax after your exhausting but momentous adventure – the choice is yours! **Overnight - Kathmandu (B:2)**

## Day 20 : Kathmandu

Saturday. Hotel check-out and included onward transfer to airport.(B)

## Visas

### Visa requirements - Nepal

All nationalities must obtain a visa for Nepal. On the Highlights of Lhasa, Nepal to Tibet and Nepal & Bhutan tours you will need a multiple entry visa. It is possible for UK, EEC, Australia, Canada and USA passport holders to obtain a visa upon arrival.

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However in the event of visa refusal at port of entry on the go will not be held responsible.

- To obtain your visa upon arrival will need a passport with at least 6 months validity,
- 2 passport photos
- Visa fee of approx USD \$25 - \$100 in CASH (dependent on length of stay)

Please refer the the Royal Nepalese Embassy website for the current exact Nepal visa costs.

Please note there is a departure tax from Nepal Kathmandu airport of approx USD\$22 (payable by you in Nepal Rupees).

Please note that some tours eg Highlights of Lhasa, leave Nepal on two occasions so the total to pay will be approx USD\$44.

NOTE: Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller.

Please complete and return your booking form as soon as possible after booking, as we will need passport numbers, date of birth etc for permits and internal flights.

## Health & Fitness

Nepal offers some of the best trekking in the world, with stunning scenery and magnificent mountain ranges. You don't need to be an athlete to undertake either of our Himalayan treks; you simply require a good level of fitness, gained from regular exercise and a sense of adventure! Greater fitness will allow you to adjust with ease, leaving you to enjoy yourself and your surroundings. We suggest you begin a fitness program at least 3 months before departure. Take part in regular activities such as cycling, swimming, jogging, tennis, walking and bush walking.

The Annapurna Panorama is a perfect introduction to trekking, reaching a maximum height of 2830m, trekking at a relatively easy pace, with plenty of sightseeing and lodge accommodation. You'll be trekking on average for 4 – 6 hours a day. Everest Base Camp is a more challenging trek, reaching heights of 5400m, and trekking for up to 7 hours a day. Everyone can walk at a steady pace and there is plenty of time during the day to cover the distances and the physical exertion, though strenuous, is not sustained. There will be plenty of time to rest.

Altitude Sickness - Our treks are designed to ensure there is plenty of time for adequate acclimatisation and cases of mountain sickness are rare. Altitude sickness is not related to your level of fitness; it occurs as a result of failure to adapt to high altitudes (usually over 2000 metres) and can affect anyone. The common symptoms are headaches, nausea, irregular breathing, insomnia and the swelling of fingers and glands. Treatment is to descend to a lower altitude as quickly as possible which normally results in rapid improvement and recovery. A helping hand - Whilst you are trekking the porters will carry your baggage and all the heavy gear, you'll just need to carry a small day

pack for your water, camera and essentials. We also take care of all your meals whilst you're trekking and you'll be fed 3 varied and healthy meals a day.

## Trekking Accommodation

Whilst trekking, accommodation options are limited so please do not expect the Ritz! We use simple family run lodges, with a large sociable central dining area and a cosy wood burning fire. Rooms are on a twin share basis and we recommend you use your own sleeping bag. Lodges tend to have shared bathroom facilities and you will not always have access to a shower. It is important to understand that when you are trekking you will be away from "civilization" and the comforts of home. Trekking is adventure travel! Despite the lack of facilities, these lodges certainly have a rustic charm. Most are blessed with spectacular views and being family run operations, offer a great insight into the daily life of the Himalayan people.

## What to Pack

It is best to pack light and to bring clothes that can be layered for warmth. There are plenty of traders selling clothes and trekking equipment at very cheap prices en route, so there is no need to worry about not packing enough! This equipment check list suggests several items you might bring on a trek. Do not carry all of them as you will overload your backpack, try minimize to 12-14 kgs for porters.

- Holdall/kitbag, max size 100litre with a separate day pack (definitely no suitcases!)
- A high quality sleeping bag - (lodges do not always provide adequate bedding)
- First aid kit - remember plasters for damaged feet!
- Water purification tablets, iodine and water bottle
- Torch, batteries and pocket knife
- Sewing kit
- Laundry soap
- Compass and guidebook
- A towel
- Toiletries, sunscreen and lip balm (SPF +15)
- Wet wipes are very handy a quick freshen up.
- Camera and charger/batteries
- Insect repellent
- A padlock
- Binoculars
- Small duffel bag or suitcase (to leave behind in Kathmandu)
- Stuff bags and plastic bags

### footwear

- Mountain trekking boots
- Camp shoes
- Socks (wool to wear with boots)
- Socks (cotton to wear under wool socks)
- Down booties (optional)

### clothing

- A down or fibre filled jacket
- Waterproof, Nylon windbreaker
- Nylon wind trousers

- Insulated trousers
- Long thermal underwear
- Thick woollen jumper/sweater
- T-shirts
- Sun hat and sun glasses
- Woollen hat (or balaclava)
- Gloves
- Gaiters
- Plus all of the usual essentials

## Group Size

The number of passengers joining our Himalayan tours and treks varies from week to week. On average our groups are small, typically between 1 - 8 travellers.

## Tipping

Tipping is not a natural part of many Western cultures and many of us feel uncomfortable or unsure about when and how much to tip. However in the Himalayas, tipping is an important part of local incomes and it's handy to always keep a supply of small notes for tipping.

As a guide we recommend you allocate the following amount for the duration of your tour to cover tips for luggage handlers, drivers, porters and local guides - approximately: USD\$100-120 in local currency.

Local drivers for arrival/departure transfers - approx USD\$2.00

Local sightseeing guide for a full day of touring - approx USD\$5.00

Local driver for a full day of touring - approx USD \$5.00

Porter for the duration of the trek - approx USD \$35-40

Trekking guide for the duration of the trek - approx USD\$45-50

## Trek Information

- Area covered: Everest Region and Base Camp
- Grade: Strenuous
- Daily walking duration: 4 - 7 hours
- Altitude: Max. 5545 m
- Average group size: 1-8

## Insurance

Most travel insurance does not cover for trekking above 2000m as standard and you may have to pay a premium to cover yourself up to 5545m. You MUST ensure that you get the correct level of cover.

## A Helping Hand

Whilst you are trekking the porters will carry your baggage and all the heavy gear, you'll just need to carry a small day pack for your water, camera and essentials. We also take care of all your meals whilst you're trekking and you'll be fed three varied and healthy meals a day.

### sherpas

Sherpas are Nepal's most famous ethnic group and have been employed on mountaineering and trekking expeditions in Nepal since the 1920's when the Everest reconnaissance team first hired them.

## Everest Base Camp - 20 days



When Sir Edmund Hillary reached the summit in 1953, he was accompanied by Sherpa, Tenzing Norgay. Today, most expeditions still rely on Sherpa knowledge and their selfless devotion and endurance. There is no group in the world as well adapted to high altitude conditions as the Sherpa. The role of the Sherpa on expeditions, is many and varied, they are the trekking guides, porters and cooks.

Our Nepal and Tibet tours are operated in conjunction with a family run company called Sherpa Society. Sherpa Society Trekking & Mountaineering is one of the foremost trekking expedition operators in Nepal, who have been running expeditions since 1973, giving them depth, extensive experience, and knowledge in this area.

## Upon Arrival

In order for us to obtain your trekking permit, you will need to provide our representatives in Nepal with the following, upon arrival:

- A copy of your passport with the endorsed Nepal visa (stamped at Nepal/Kathmandu airport upon arrival).
- Your insurance details, including insurers name, policy number and emergency telephone number.
- 3 passport size photos for the Everest Base Camp Trek
- Full details of your international flight for reconfirmation

## KNOW BEFORE YOU GO

### Style of Trip

Our Nepal and Tibet trips are semi independent in style. Local guides provide sightseeing and assistance at each port of call, the tours are not escorted throughout by a tour leader. On bus journeys and flights you will therefore travel without a guide and will be met upon arrival at your destination and transferred to your hotel. In Chitwan National Park guiding will be provided by the lodges own expert jungle guides. The number of passengers joining our Himalayan tours and treks varies from week to week. On average our groups are small, typically between 1 - 6 travellers. Transportation is a combination of public tourist buses, internal flights and private vehicles.

### What to Expect

Please note that Nepal and Tibet are still poor, underdeveloped regions and their infrastructure and weather patterns can sometimes lead to delays or cancellations. This may take the form of flight delays due to low cloud in the mountains or foggy conditions in Kathmandu and Lhasa. The road network is quite congested in the cities and suffers from poor maintenance on some routes again causing delays and a rough ride from time to time.

Whilst Kathmandu has a good choice of high quality hotels, in other areas hotels and facilities are not as high as Western standards. Power shortages, water supply issues and fuel scarcity

are common problems throughout Nepal. We will always try to offset any unforeseen problems but patience and understanding should be included when packing. Bear in mind that tourism is still relatively new to these beautiful Himalayan regions, things do not always run smoothly and a sense of adventure is a must!

## Health Requirements

It is recommended that you be vaccinated for Tetanus and Polio, if you haven't had a booster in the last ten years. Food and waterborne diseases are more common, so we recommend vaccinations for Typhoid (valid 3 years) and Hepatitis A (validity varies). You are also advised to take anti-Malarial medication. This information is intended as a guide only as recommendations can change, so please contact your local healthcare provider, several weeks before travel.

## Climate

### Nepal

June to September is monsoon season, during these months it is very hot and rains almost every day. October to November is much drier with pleasant temperatures in the daytime and good visibility - perfect for trekking. Winter - December to February tends to be mild in the daytime but can become very cold at night especially in the mountains. January is the coldest month of the year. March to May is very warm, with occasional showers. The annual temperatures peak in May just before the monsoons begin.

### Tibet

Weather conditions vary greatly in different regions of Tibet. Central Tibet is generally mild from April to November, making it the best time to visit. Due to the high altitude it is rarely scorching, but the sun rays are very strong. From December to February/March it becomes very cold and temperatures regularly drop below freezing, travel during these months is not advisable. Tibet does not have a typical monsoon season, but May to September are the months with the highest rainfall (which mostly occurs in the evenings).

## Time

- Kathmandu (Nepal) is 5 hours 45 mins ahead of GMT and does not observe daylight savings time.
- Lhasa (Tibet) is 8 hours ahead of GMT and does not observe daylight savings time.
- Thimphu (Bhutan) is 6 hours ahead of GMT and does not observe daylight savings time.

## Currency

Nepal: GBP £1.00 = NPR 107 USD \$1.00 = NPR 75  
Tibet: GBP £1.00 = CNY 10 USD \$1.00 = CNY 7  
Exchange rates are subject to fluctuation. There are plenty of money exchanges in Kathmandu. However in case of problems with ATMs and banks, as sometimes occurs, we recommend you bring a reserve fund, preferably in US dollars. In Tibet, money can be exchanged at the Bank of China in Zhangmu, Shigatse and Lhasa. The hotels also

have exchange facilities. Credit cards may be accepted in some places.

## Essential Packing

Bring all the film, medicine, cosmetics, feminine hygiene products and toiletries, etc. that you will need from home as these are difficult, if not impossible to obtain in Tibet.

- Food – Snacks along the way
- Water bottle (use iodised or boiled water)
- Personal medical kit
- Sunglasses
- Sun screen lotion
- Toilet paper
- Flash light batteries
- Day pack
- Camera Bandanna / Scarf or mask – to protect your lungs from dust
- A guide book on Nepal and Tibet

## Altitude Sickness

An altitude of over 3,000 meters is defined as high altitude and seeing as most of Tibet and parts of Nepal are higher than this level, it is possible to experience differing degrees of symptoms which include headaches, nausea, dizziness, fatigue and shortness of breath. These symptoms will usually decrease in severity during acclimatization and mild cases of altitude sickness should not interfere with light activity. It is important not to over exert yourself if travelling to altitude and drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please report any symptoms of Altitude Sickness immediately to your tour leader.

## Voltage

Standard voltage is 220V. Pack a worldwide/international travel adaptor to cover all destinations, that will allow you to use a hairdryer, electric shaver, charge a mobile phone or Ipod etc in Nepal, Tibet and Bhutan.

## Temple Etiquette

Please take particular care when visiting religious places, such as temples and monasteries. Dress and behave appropriately - don't wear shorts or sleeveless tops and do not smoke or hold hands. Shoes and hats should be removed. Within temples no carvings, statues or deities should be touched. Photography is prohibited in certain sections of most sacred sites and please do not attempt to be photographed with Buddhist monks. If in doubt ask your local guide for further information.

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