

Everest Base Camp

15 days | Starts/Ends: Kathmandu



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

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Trek to Everest Base Camp - Discover 8000 metre peaks, rhododendron forests, mountain villages and glaciers in the Everest region
- Namche Bazaar - Gateway for all Himalayan expeditions
- Chukkung Valley - See the beautiful great fluted walls of the Amphu Lapsa Pass
- Stay in the traditional Sherpa village of Phortse and meet local people
- Spectacular views of Everest from Kala Patter
- Kathmandu and the Kathmandu Valley - Enjoy two free days to spend at leisure exploring, shopping or simply relaxing after your trek

What's Included

- 14 breakfasts, 11 lunches, 11 dinners

- 3 nights - 4 star hotels with private ensuite, 11 nights simple tea houses (shared bathroom facilities)
- Airport arrival and departure transfers any day, any time
- Return flight from Kathmandu to Lukla
- Escorted by licensed English-speaking local guides
- Trek to Everest base camp with licensed trekking guide and porters
- Everest National park fees
- All relevant transfers and transportation in private air conditioned vehicles
- Personal insurance for trekking guide & porters during the trip
- Trekkers' Information Management Systems (TIMS) Card

What's Not Included

- Entrance Fees: USD\$30-40pp, paid in local currency
- International flights and visa
- Tipping - refer the 'Tipping' paragraph in the trip notes for a recommended guideline.

DETAILED ITINERARY

Day 1 : Kathmandu

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**

Day 2 : Lukla



Kathmandu – Lukla – Phakding. This morning we take a scenic flight to Lukla, gateway to the Everest region flying over the 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 ascent to Phakding where we spend the night.

Time: 3 hrs

Distance: 11.4kms

Ascent: 140m

Overnight - Phakding (lodge) (B, L, D)

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Day 3 : Namche Bazaar



Phakding – Namche. Crossing the river on a large suspension bridge we head over to Jorsale and continue trekking along the river today. The trail climbs out of the valley to Monjo where we enter the Everest National Park. Continuing, we make a steep ascent to reach Namche Bazaar, our resting place for the night. Namche Bazaar is the gateway to the Himalayas and a famous trading place.

Time: 5-6 hrs
Distance: 11kms
Ascent: 750m

Overnight - Namche Bazaar (lodge) (B, L, D)

Day 4 : Khumjung



Namche Bazaar – Khumjung. Today we set off on a steep climb to the Shyangboche airstrip which services 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!

Time: 3-4 hrs
Distance: 7.5kms
Ascent: 335m

Overnight - Khumjung (lodge) (B, L, D)

Day 5 : Phortse



Khumjung – Phortse. A steep walk takes us to the Mong La pass today with spectacular views of Ama Dablam and Khumbila mountains. Our camp for the night is in the very traditional Sherpa village of Phortse, where we may spot mountain goats or danphe, the national bird of Nepal.

Time: 4-5 hrs
Distance: 9kms
Ascent: 30m

Overnight - Phortse (lodge) (B, L, D)

Day 6 : Dingboche

Phortse - Dingboche. Enjoy wonderful views of Tengboche and Ama Dablam mountain during this morning's ridge climb up the Imja Khola Valley to the village of Upper Pangboche with its ancient monastery. After lunch, we continue up the glacial valley to Dingboche, passing some of Khumbu's beautifully carved prayer stones.

Time: 6-7 hrs
Distance: 10kms
Ascent: 540m

Overnight - Dingboche (lodge) (B, L, D)

Day 7 : The Chukkung Valley

Dingboche - Chukkung Valley - Dingboche. Today we'll experience one of the highlights of the trek with an excursion to the incredible Chukkung Valley, flanked by Lhotse Mountain to the north, Ama Dablam to the south and the great fluted ice walls of the Amphu Lapsa Pass. We trek back to Dingboche where there is the option to spend a second night or trek on to Duglha if we're not too tired.

Time: 3 hrs
Distance: 5kms
Ascent: Acclimatization Day

Overnight - Dingboche (lodge) (B, L, D)

Day 8 : Lobuche



Dingboche - Lobuche. Continuing our journey, the trail gradually climbs to the tiny settlement of Duglha, nestled below the terminal moraine of the humbu Glacier. From here there's the option to take a side trip to a breathtaking viewpoint overlooking Tshola Tsho glacial lake with a dramatic backdrop of rugged peaks including Cholatse, Taboche and the mountains at the head of the Khumbu Valley. Back on the trail it's a steep climb up to Lobuche, where we can watch the sun set over Nuptse Mountain.

Time: 5-6 hrs
Distance: 8kms
Ascent: 550m

Overnight - Lobuche (lodge) (B, L, D)

Days 9-10 : Everest Base Camp

Lobuche – Gorakshep – Everest Base Camp - Gorakshep - Pheriche. Continuing along the main trail to Everest, we hike to Gorakshep. This is a short distance but somewhat challenging at the present altitude. From here we can follow in the footsteps of the late, great Sir Edmund 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 10 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. We descend back to Gorkashep for a rest before continuing our journey to Pheriche for the night.

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Day 9

Time: 8.5 -9.5 hrs

Distance: 12kms

Ascent: 246m

Day 10

Time: 7.5-8.5 hrs

Distance: 15 kms

Descent: 940m

Overnight - Gorkashep (1), Pheriche (lodges) (1) (B:2, L:2, D:2)

Day 11 : Namche Bazaar



Pheriche – Namche Bazaar. Our route today starts back through the long walled paths of the Pheriche Village and a gradual ascent along the flanks of the hills below the village before a drop to the Duh Koshi. A little further the route joins the main trail coming from Pheriche. We pass through the village of Pangbouche and stop for lunch in Thyangbouche. After lunch, we descend steeply to Phunki Tanga. After a short break, we start the uphill climb to Shanasa where they'll be the opportunity to purchase traditional souvenirs from Tibetan traders. From Shanasa we take an easy trail to reach Namche Bazaar.

Time: 7.5 hrs

Distance: 14kms

Descent: 805m

Overnight - Namche Bazaar (lodge) (B, L, D)

Day 12 : The Final Descent!

Namche Bazaar – Lukla. This morning, we retrace our steps down hill through the beautiful forest landscapes, continuing back to Jorsale where we leave the national park before stopping for a rest in Monjo. We further re-trace our steps along the Dudh Kosi, crossing to the western bank at Benkar. Lunch will be taken at Phakding and in the afternoon, we ascend out of the river valley back to

the airstrip and our lodge accommodation at Lukla.

Time: 7.5 hrs

Distance: 18kms

Descent: 645m

Overnight - Lukla (lodges) (B, L, D)

Days 13-14 : Kathmandu



Lukla – Kathmandu. We fly back to Kathmandu to spend our final days at leisure. Sightsee, shop or simply relax after our exhausting but momentous adventure – the choice is yours!

Overnight - Kathmandu (B:2)

Day 15 : Kathmandu

Hotel check-out and included transfer to airport for your onward travel. **Overnight - Kathmandu** (B)

HOTELS

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard.

Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.

Vivanta Kathmandu

This stylish 4 star hotel offers an oasis of modern comforts in the bustling city of Kathmandu. Conveniently located in the vibrant Patan District, just 1.1km from Patan Durbar Square, Vivanta Kathmandu offers spacious en suite guest rooms, equipped with a desk, flat screen tv, mini bar and free WiFi. After a busy day of sightseeing, head to the rooftop to relax in the heated infinity pool, enjoy a drink at the Koko Bar and watch the sunset, taking in the wonderful panoramic views of the Kathmandu Valley. For those that like to work up a sweat there's

a state-of-the art fitness centre and a spa complete with a steam room and sauna to rejuvenate. The hotel has a choice of two restaurants, offering authentic local dishes in addition to international cuisine, and the kitchen is open 24/7, so you can enjoy delicious food at any time of the day or night.



Trek Information

- Area covered: Everest Region and Base Camp
- Grade: Strenuous
- Daily walking duration: 4 - 7 hours
- Altitude: Max. 5545 m
- Average group size: 2-8

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 drivers, porters and local guides - approximately: USD\$135-145

Local drivers for arrival/departure transfers - approx USD\$2

Porter for the duration of the trek - approx USD \$40-45

Trekking guide for the duration of the trek - approx USD\$90-95

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

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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.

Everest Base Camp and Everest & Gokyo Lakes are challenging treks, 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 - While you are trekking the porters will carry your bag and all the heavy gear, you'll just need to carry a small day pack for your water, camera and essentials.

Trekking Tea Houses

Whilst trekking, we use simple family-run tea houses, with a large sociable central dining area and a cosy wood burning fire. Rooms are on a twin share basis and you will need to bring your own sleeping bag. Most lodges have shared bathroom facilities in the Everest Region and you won't always have access to a shower. When there isn't a shower you will be given a bucket of hot water to wash yourself. The lodges usually charge for this service though we offer it complimentary on all our treks (1 bucket per person per day).

If you need to charge the battery of your camera or mobile phone etc, the lodges charge a small fee. On our treks we provide one complimentary hour of electricity to charge one piece of equipment, per person per day.

It is important to understand that when you are trekking you will be away from civilisation 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.

Meals & Water

All of your meals are included whilst you're trekking. Meals at the lodges are normally vegetarian and staple foods include rice, vegetable curry, dal soup, noodles, pasta, dumplings, fries and stew. Desert is not provided, although it's usually possible to purchase chocolate bars, biscuits and sweets at the lodges. At each meal you'll be given a cup of tea or coffee and you can purchase additional drinks from the lodges of porters.

During the trek mineral water is readily available to purchase and the cost ranges from Rs.50-350 per litre depending on the altitude (the higher you are, the more things cost). Alternatively you can refill a bottle at lodges and water stations by paying a nominal fee of Rs.20-50 and use purification tablets to make it safe for consumption. We recommend that you do this to help protect the environment by reducing the use of plastic bottles and it is also more cost effective.

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 in Kathmandu, so there is no need to worry about not packing enough! This equipment check list below suggests several items you might bring on a trek. Do not carry all of them as you will overload your backpack.

Please note that porters on the trek will carry bags up to a maximum of 15kgs.

- 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

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.

KNOW BEFORE YOU GO

COVID-19 Vaccination Requirements

As of 01 November 2021 it is a condition of travel, as detailed in our Terms & Conditions

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that all travellers over 18 years provide proof of COVID-19 vaccination.

We recognise any vaccine that has been authorised for use in the country where the vaccine was administered. This includes vaccines such as AstraZeneca, Covaxin, Johnson & Johnson, Moderna, Pfizer-BioNtech, Sinopharm, Sinovac and Sputnik.

In all instances, you must be fully immunised. This means you must receive the full dosage of the COVID-19 vaccine and allow a minimum of 14 days before travelling in order for immunity to take effect. Each COVID-19 vaccine has different dosages and timeframes for immunisation, so please check the related medical advice associated with your vaccine. Children under 18 years are not required to provide evidence of vaccination to travel at this time.

If you are unable to be vaccinated due to medical reasons, you may apply for an exemption. Exemptions will be assessed on a case-by-case basis. To apply, you must provide supporting documentation from a medical professional.

Proof of COVID-19 immunisation must be provided to us **no less than 4 weeks prior to travel**. We accept COVID-19 digital certificates, NHS Covid Pass or Vaccination Record Cards e-mailed to info@onthegotours.com or you can upload your vaccination history yourself via our traveller login. <https://www.onthegotours.com/Login>

The information you will need to upload includes: Administering national authority or government, document No, name of Vaccine, date/s of vaccination.

Nepal Country Guide

Nepal Visa Requirements

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours. Please check with your local embassy before travelling and also ensure that your passport is valid for at least 6 months

from your planned date of departure from Nepal.

All nationalities must obtain a visa for Nepal. On our multi-country tours you will need a visa for each country included within the holiday.

It is possible for UK, EEC, Australian, New Zealand, Canadian, South African and USA passport holders to obtain a visa upon arrival. However in the event of visa refusal at port of entry On The Go will not be held responsible.

In order to avoid long queues and unnecessary problems at Kathmandu airport, it is now possible to complete an Online Visa Application form within 15 days of travel. The application is only valid for 15 days so do not complete the form any earlier than this.

For further information and to complete your application please visit... <http://online.nepalimmigration.gov.np/tourist-visa>

Please note that we require a scanned colour copy of your passport to apply for trekking permits (if applicable).

Currency in Nepal

The currency of Nepal is the Nepalese Rupee.

Pound Sterling, US Dollars or other major currencies can be exchanged at the airport and there are plenty of places to exchange money in Kathmandu. There are also ATMs at the banks in Kathmandu and Pokhara, although as these are sometimes out of order and banks are not always open, we advise that you bring some cash with you, preferably US dollars. It's advisable to request bank notes in smaller denominations, as it can sometimes be hard to get change from large notes and smaller notes are handy for smaller purchases and gratuities. Traveller's Cheques are not recommended as they're often difficult to exchange and incur high fees.

Time & Voltage in Nepal

Kathmandu (Nepal) is 5 hours 45 mins ahead of GMT and does not observe daylight savings time.

Standard voltage in Nepal is 220 volts. Primary sockets generally require Indian round 3 pin plugs that are similar but not

identical to European plugs, however you will also find those which require the European variety. We recommend that you pack a universal travel adaptor. You will need a voltage converter, and plug adaptor in order to use U.S. appliances.

Health Requirements

You should seek medical advice before travelling to Nepal from your local health practitioner and ensure that you receive all of the appropriate vaccinations. As a guide Diphtheria, Tetanus, Typhoid, Hepatitis A and Polio are strongly recommended. You may also be advised to take anti-Malarial medication.

DENGUE FEVER

Nepal recently confirmed cases of Dengue Fever. Risk is typically present throughout the country, with peak transmission from August to November. Travellers should take meticulous measures to prevent mosquito bites during the daytime. Use a repellent containing 20%-30% DEET. Re-apply regularly according to manufacturer's directions. Wear neutral-coloured (beige, light grey) clothing. If possible, wear long-sleeved, breathable garments. Apply sunscreen first followed by the repellent (preferably 20 minutes later).

WATER

As tap water is not safe to drink in Nepal, only drink bottled mineral water which is readily available in hotels, shops and restaurants. You should also avoid salads which may be washed in unhygienic water.

Altitude Sickness

An altitude of over 3,000 meters is defined as high altitude and given 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 over exert yourself if travelling to altitude and drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please

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report any symptoms of Altitude Sickness immediately to your tour leader.

Food in Nepal

The national dish of Nepal is Daal Bhaat Takaari (lentils, rice and vegetable curry) which can be found in a range of flavours and is often served as a main course for lunch and dinner. For many people in Nepal this is the only dish they eat. It often varies in quality, being excellent in one restaurant and bland in another. Nepali food has Tibetan influences especially in the mountains where a traditional diet consists of soups, potatoes, pasta and toasted flour. You will also find Indian food in Nepal, such as Roti (bread) tandoori meats, masaala and kofti. Kathmandu is renowned as the budget eating capital of Asia with tourist restaurants selling a wide variety of Western style fast food including chips, steaks and pizza. Noodles are available everywhere and ideal for a quick snack, the Nepali name for them is chao-chao.

Entrance Fees

On our group tours in Nepal, entrance fees are not included must be budgeted for by you. The total cost of the entrance fees which need to be paid locally, as noted under 'Exclusions' on the first page of these Trip Notes. Entrance fee amounts can change and as such upon arrival, your tour leader will highlight the exact total entrance fee cost for your tour. Entrance fees are to be paid in Nepalese Rupees and they will be collected on day 2 of your tour.

Tipping in Nepal

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 Nepal, tipping is an important part of local incomes and it's handy to always keep a supply of small notes for tipping.

In Nepal, as a guide, we recommend you allocate the following amount for the duration of your tour to cover tips for drivers, porters and local guides - approximately: USD\$40-50 in local currency.

Local drivers for arrival/departure transfers - approx USD\$3

Local guide for a full day of touring - approx USD\$5-10

Naturalists / Safari guides in Chitwan – USD 5 Per Activity

Local driver for a full day - approx USD\$3-5

Style of Trip

Local guides provide sightseeing and assistance at each port of call, the tours are not escorted throughout by a tour leader. On 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. Transportation is a combination of internal flights and private air conditioned vehicles.

Group size

The number of travelers participating our Himalayan tours and treks varies from week to week. Our maximum group size in Nepal is 15, with an average of 2 - 6 travelers on each departure.

Single Rooms

If you have opted for a single room on any of our trips, we are always able to guarantee single rooms for all hotel stays. If your tour involves trekking where accommodation is offered in tea houses single rooms are not always available and you maybe required to share with someone of the same sex on your tour. We will contact you prior to departure if shared accommodation is required at any time on your tour, though this does not negate the minute chance that a change maybe required locally.

What to Expect

Nepal is a developing nation with limited infrastructure. Coupled with this and ever changing weather conditions and its no surprise that at times there can be delays or cancellation of services. This may take the form of flight delays due to low cloud in the mountains or foggy conditions in Kathmandu. 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!

Insurance

We will make every effort to ensure that your tour runs as smoothly as possible. However, we shall not be responsible for any changes and alterations in the itinerary due to unavoidable circumstances such as landslide, road blockage, flood, snow, political unrest, cancellation of flight, delayed arrival, sickness or accidents. Any extra cost incurring there of, shall be borne by yourself/upon consultation. It is therefore essential that you have comprehensive insurance to cover you for medical, personal accidents, cancellation.

Climate in Nepal

In Nepal, June to September is monsoon season and 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, and at this time of year conditions are ideal for trekking. The winter months from December to February tend 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.

The best time to trek in Nepal is during the spring (March - May) and autumn (October - November).

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

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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.

Shopping in Nepal

The Kathmandu Valley is heavenly for shoppers, with a host of craft outlets selling locally made handicrafts, stone idols and statues of Buddhist and Hindu deities. There are also beautifully designed brass pots and vessels available. Jewellery shops sell gold, silver, white metal and semi precious stones, as well maala (the traditional necklace worn by women in the Himalayas, which is made of gold with strings of glass beads) at very reasonable prices. If you are more interested in clothing there are delicately embroidered Kaftans, Pashminas made of goats wool, Kashmiri Shawls and Tibetan robes. You can also pick up inexpensive leather jackets.

Whilst trekking there are traders dotted along the trails selling everything from down jackets, waterproofs, jumpers, hats and socks at very reasonable prices, so there is no need to panic if you haven't packed enough! It is advisable to pack light and simply buy extra clothing en route if needed.

You are expected to barter for your goods in Nepal and the process is always very lighthearted. Most traders will speak English in tourist areas but if you can learn a few words in Nepali you may get a better deal.

In the tourism industry it's common practice for commission to be offered in exchange for recommending particular shops or suppliers. This can become an issue when clients feel obliged to purchase. We do our best to avoid this by monitoring all shopping experiences offered.

All shopping experiences on your tour have been noted in the itinerary and they have been carefully selected based upon positive feedback from On The Go travellers. You are under no obligation to partake in a listed shopping experience and you are

most welcome to wait inside or outside the premises.

Although we only visit reputable retailers, please note that we cannot explicitly guarantee the quality of their products. All purchases made whilst on holiday with us are at your own discretion. Please make sure that you are completely happy with your purchase. On The Go cannot be held responsible for any items that you buy if they fail to meet expectation, or any shipping arrangements. Proceed with caution.

Everest Base Camp - 15 days

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This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.