

NEPAL – Everest View



TREK OVERVIEW

This journey, the shortest of our Everest treks, provides an opportunity for those with limited time or for those who wish to have a relaxed week of trekking to experience the delightful views of Everest without going all the way up to Base Camp. The trek takes you through the lush vegetation of Sagarmatha National Park, with pine forests, rhododendron flowers and an abundance of wildlife to Thyangboche, the home of the highest Buddhist monastery in the world (4100m), and classic, some say the best, viewpoints for Everest and Ama Dablam. Suitable for the average walker, this trek offers an excellent introduction to the delights of trekking in the Himalaya, the colourful and vibrant city of Kathmandu and friendly interaction with the legendary Sherpa people.

Participation Statement

AdventurePeaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

PREVIOUS EXPERIENCE/FITNESS

This is the least demanding of our Nepal treks. If you are used to regular hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days involve 4 - 6 hours walking plus plenty of rest stops.



GROUP AND LEADERS

A fully qualified UK leader will accompany all groups of six or more passengers. He/she will be assisted by an experienced Nepali leader. Smaller or private groups will be led by an English speaking Nepali guide. This trip is exclusive to AdventurePeaks.

WEATHER

The weather should be pleasant during the day with cooler evenings and nights. Nepal is mostly dry from late September to May (the trekking season) and is coldest from December to February. The higher you are the cooler it will be. In spring afternoon cloud tends to build up in the afternoon and can obscure the views. Walkers should realize however that weather in the high mountains is unpredictable and should be prepared for this

WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS

In the morning you can enjoy an early hearty breakfast of cereal, porridge, eggs and toast so you are fuelled up and ready to leave the teahouse whilst it's still fairly cool. Lunch is usually in a teahouse by the side of the trail or a picnic if there are no suitable places to eat. On arriving at your overnight teahouse you will be ready for a well earned cup of tea and biscuits - this leaves an hour or so to either rest or explore before a fine three course evening meal. Please remember that as the lodges like to source most of their supplies locally, the evening menus may appear repetitive. For pure good, hearty energy giving food you cannot beat the Nepalese staple, Dal Bhat, but most establishments will also offer choices of westernised food. There are plenty of opportunities to supplement your diet by buying snacks and drinks from the shops you pass along the way.

ACCOMMODATION

In Kathmandu you will stay in a 3* hotel in rooms with private facilities. Twin, double or single rooms are available. On trek we utilise Nepalese trekking lodges (teahouses) which are locally owned and run fairly basic establishments providing good food, accommodation with 3-4 beds arranged in dormitories (doubles sometimes available, please request). You will need a sleeping mat and sleeping bag. There is a central dining/sitting room where food and drinks are served. Toilet facilities are usually outside. Despite the basic facilities, it is a great experience to share the company of local families who will often entertain with local songs and dance!

LANGUAGE AND TIME

Language: Nepali is the official language but English is the commercial language and is widely spoken.

Time: GMT+5hr45min (CET). No daylight saving time at present.

HEALTH

All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. Contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the [National Travel Health Network and Centre](#), and useful information about healthcare abroad, including a country-by-country guide of reciprocal health care agreements with the UK, is available from [NHS Choices](#). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. You should note there are no official mountain rescue services in Nepal and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

ALTITUDE

If you are new to altitude you may have concerns about the effects. Don't worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a three to four season sleeping bag which can be hired from us. For equipment purchases

AdventurePeaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes). 15kg is also the most you are allowed in total (10kg hold, 5kg hand luggage) on the flight to Lukla. Some items can be left at the hotel in Kathmandu for your return.



VISAS AND PERMITS

UK citizens and most EU nationals can purchase Visas on arrival. You will need the payment of US\$40 ready in cash and two passport sized photographs. All other countries should check with their local embassy. Passports must be valid for at least six months after the end date of the trip.

LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes and personal spending.

CURRENCY

The currency in Nepal is the Rupee (NPR) but you cannot get rupees outside of Nepal - therefore take UK sterling or US\$ and exchange on arrival in Kathmandu. Don't try and change money in the street in Nepal as it is illegal. ATMs and change bureaux are available in the arrivals hall at the airport and in Kathmandu. It is best to change all the money you need in Kathmandu. There are facilities in Lukla and Namche Bazaar, but these should not be relied on.

EXTENSIONS

- **Everest Panoramic Flight** (from Kathmandu).
- **Chitwan Safari** (+ 4 or 5 days)
- **Expedition Approach**- you could also fly out 6 days earlier and follow the classic route from Jiri to Lukla, and even return the same way if you choose.

FOR PRICES AND MORE DETAILS PLEASE SEE OUR WEBSITE OR CONTACT OUR OFFICE

TIPPING

Tipping is an accepted part of life in Nepal. We generally tip our local staff as a whole and would recommend around US\$90 per person. Tipping at meals and in hotels is normal practice.

ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS

Within the published price of your trip is an element we have allowed to cover the cost of flights, which is the difference between the Land Only and the flights prices. This element is for a changeable, economy ticket on flights between LONDON and the destination city, using an airline that, in our experience, offers the best combination of cost, routing, flexibility and baggage allowance. It is stated in good faith and is based on research and costs in previous years, but is subject to change.

All clients will be met on arrival and transferred to the first hotel. If you have booked your own flights you need to make your way to the rendezvous shown below. If your arrival time is close to the group flights, then we will be happy for you to share our transport.

The rendezvous for this trip is the ARRIVALS HALL AT KATHMANDU AIRPORT when your flight comes in on Day 2.

PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.

DELAYS – LUKLA FLIGHTS

We allow extra time in the itinerary for bad weather causing delays at Lukla. If you are delayed longer our agent will try to secure alternative seats or obtain options on helicopters which can fly in less good weather. If the flights are delayed over night, accommodation can be provided on a B+B basis at an extra cost. If helicopter flights are utilised you will need to cover this cost inclusive of your leader's portion (variable cost depending on group size but approx: \$400 p/p in total each way). Where required we can re-book/change your International flights but additional costs may/will be incurred. All additional payments would need to be paid for in Kathmandu (card payments accepted). If you are unable to accept this, you may want to consider an alternative trip less dependent on weather e.g. The Annapurna Region.

EVEREST VIEW ITINERARY

No	Day	Today we...	We stay at...	Accommodation...	Meals...
1	Sat	Depart UK	Plane	Plane	
2	Sun	Arrive Kathmandu	Kathmandu	Hotel	
3	Mon	Fly to Lukla	Phakding(2610m)	Teahouse	BLD
4	Tue	Trek 2	Namche Bazaar(3440m)	Teahouse	BLD
5	Wed	Trek 3	Namche Bazaar(3440m)	Teahouse	BLD
6	Thu	Trek 4	Thyangboche(3870m)	Teahouse	BLD
7	Fri	Trek 5	Monjo(2835m)	Teahouse	BLD
8	Sat	Trek 6	Lukla(2860m)	Lodge	BLD
9	Sun	Fly to Kathmandu	Kathmandu	Hotel	B
10	Mon	Sightseeing	Kathmandu	Hotel	B
11	Tue	Depart Kathmandu	Plane	Plane	B
12	Wed	Arrive home	Home	Own bed!	

Day 1 Depart UK

Day 2 Arrive Kathmandu (usually early evening). Transfer to hotel close to the famous, bustling Thamel district of Kathmandu and within easy walking of the monkey temple, a lovely place to relax.

Day 3 Early in the morning we transfer to the airport for a spectacular and breathtaking flight to the Sherpa village of Lukla (2800m). After lunch we can do the short walk along the typically stony path that descends from the forested terraces of Lukla. This takes us right into the DudhKosi ('river of milk') valley and the brightly painted lodges of Phakding (2610m). From here there are stunning views of KusumKanguru's North Face (6367m). Along the trail are mani stone walls, brightly decorated with coloured paints. Buddhists hold these sacred and you must, as a sign of respect, pass these in a clockwise direction. *2 hours waking*

If the flight is delayed due to poor weather this will become the sightseeing day scheduled for the end of the trip.

Day 4 We trek into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with local protocol for passing chortens, mani stones, yaks, spinning prayer wheels etc and enjoying the hustle and bustle of trekking and everyday life that exists on the 'Everest Trail'. At Monjo we enter Sagarmartha National Park and can visit the small visitor centre there. Here the track starts to rise up the famous Namche Hill, the first big ascent and time to drop down a gear and take a slow and steady pace. *4 to 5 hours walking.*

Day 5 Acclimatisation day in Namche Bazaar. It is important to have a couple of nights and a rest day in Namche before proceeding any higher. You can spend the day taking short walks up to Thami or Khumjung, visiting the Everest, AmaDablam and Pumori viewpoints or just

relaxing and exploring the narrow streets of this busy Sherpa capital.

Day 6 A steep ascent above Namche up to a ridge that affords majestic Himalayan views and back down to Namche and the valley below. You pass the Sherpa village of Kumjung and follow the level and then descending trail from which you can enjoy great views to Ama Dablam and Kangtaiga. After crossing the river at PhunkiTenga, a climb up through rhododendrons takes you up to the meadows beside the impressive Thyangboche monastery, the highpoint of your trek and the best viewpoint for Everest. *5 to 6 hours walking.*

Day 7 We retrace our steps to Namche and continue down to the National Park entrance at Monjo. *5 to 6 hours walking*

Day 8 Trek back to Lukla and celebrate the end of the trek. The Alpine mountain hut atmosphere of Paradise Lodge in Lukla is the ideal place to relax and celebrate your journey's end. *4 hours walking.*

Day 9 Fly Lukla to Kathmandu. Back to the comforts of our hotel in Thamel and the enjoyable hustle and bustle. This is a good time to buy souvenirs and try your hand at haggling with the local shopkeepers. Time to celebrate!

Day 10/11 Spare day in case of bad weather and time for sightseeing in Kathmandu. Sightseeing tours can be arranged and would include visiting the temples of Bodnath, Swayambhunath (The Monkey Temple), Pashupatinath and Durbar Square. Simply wandering around the huge array of shops, markets, cafes, bars and restaurants in Thamel is a fascinating experience. Depart Kathmandu in the evening of Day 11

Day 12 Arrive back in the UK.

