



Everest Base Camp Trek

15 days, Kathmandu to Kathmandu

Trip code ANEA

What's included

- Your Welcome Moment: Meet Your CEO and Group
- English-speaking local guide and assistants for the trek

- Porters included on the trek
- Internal flights
- Trekking to Everest Base Camp
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2015 - December 31st, 2016

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Kathmandu

Arrive at any time.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Catch the mountain flight to Lukla, enjoying stunning views of the Himalayas. Meet the Sherpas and begin the trek to Phakding.

The mountain flight into Lukla is spectacular and the landing an exciting beginning to the trek – one end of the runway is 60m (197ft) higher than the other. The flight is on a small Dornier / Twin Otter flight and flight duration is generally around 25 – 30 minutes.

Once in Lukla, head through pine and cedar woods along the Dudh Kosi to Phakding. Spend the next three nights trekking in the area and acclimatizing in preparation for heading to base camp. This is a challenging trip and involves difficult trekking at high altitudes but the whole experience is simply awe-inspiring!

Details of the trip are subject to change due to weather conditions or any other factors outside the control of G Adventures or its agents.



Today's Activities

Plane

Kathmandu - Lukla

45m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Everest Base Camp Trek Lukla to Phakding

Lukla - Phakding

3h-4h

8km

In Lukla, meet up with the porters before heading off on the trek towards Phakding. Follow the Dudh Kosi, the river that flows down from the Himalayas, crossing hanging bridges along the way. Pass camps and keep an eye out for the mani stones, boulders carved with Buddhist inscriptions. The hike is approximately 4 hours, descending gradually to Thado Koshi for around 2 hours. Then the group will begin the first ascent of the trek which is gradually uphill to Phakding (2610m). This portion will take another 2 hours.

Walking distance - 8kms. Time 3-4 hours. Elevation loss - 250m

Terrain: mostly rocky and uneven with some parts being quite steep and narrow. It's a gradual descent with some uphill sections.

Day 3

Phakding/Namche Bazaar

Spend two nights in Namche acclimatising for the trek.

An acclimatisation day allows for an excursion to Thame and Khumjung, the green village.



Today's Activities

Everest Base Camp Trek Phakding to Namche Bazaar

Namche Bazaar

7h-8h

12km

Trek from Phakding to Namche Bazaar (3440m). The terrain of today's hike is mostly uphill with several steep sections and a few narrow suspension bridges over Dudh Koshi River. The trail will pass through pine forests and offer occasional views of the snow capped peaks in the distance.

Spend the remainder of the day in Namche Bazaar acclimatising to the altitude. There are also treks to the surrounding villages of Thame and Khumjung; these short day walks are designed to give us time to get used to high-altitude trekking. Keep your eyes open -- this is the first opportunity to catch a glimpse of the peak of awesome Mt. Everest, the highest mountain in the world.

Walking distance - 12kms. Time 7-8 hours. Elevation gain - 830m

Terrain: mostly uphill, with several steep sections, pine forests, and suspension bridges

Day 4

Namche Bazaar

An acclimatisation day allows for an excursion to Thame and Khumjung, the green village.



Today's Activities

Everest Base Camp Trek Phakding to Namche Bazaar

Namche Bazaar

7h-8h

12km

Hike up to Syangboche at 3860m. Weather permitting, you will be able to spend some time here and enjoy tea or coffee while viewing the mighty Himalayas. These short day walks are designed to give us time to get used to high-altitude trekking.

Total time spent hiking today will be around 3-4 hours.

Day 5

Namche Bazaar/Thyāngboche

Set out on a 6-7 hr trek through woods and rhododendron forests before arriving in Tengboche.



Today's Activities

Everest Base Camp Trek Namche Bazaar to Thyāngboche

Namche Bazaar - Thyāngboche

6h-7h

9km

The route from Namche to Tengboche (3860m) is unbelievably beautiful – the Dudh Kosi is far below and Thamserku, Kantega, Ama Dablam, Lhotse, and Everest rise in front. Woods, pine and rhododendron forests, mani walls, chorten (stupas), and suspension bridges across the river make this a lovely walk.

Walking distance - 9.5-10kms. Time: 6-7 hours. Elevation gain - 420m

Terrain: Steep ascents and descents, passing through forest of rhododendron, pine and fir trees.

Trek to Dingboche where we have time to acclimatize.



Today's Activities

Everest Base Camp Trek Tengboche to Dingboche

Thyāngboche - Dingboche

6h-7h

10km

Follow stone steps that lead down through rhododendrons, birches, and conifers. Due to the hunting ban, almost tame pheasants are regularly seen in this area. At the bottom of the steps lies the small village of Deboche and its nunnery. Rising above the tree line, the trail enters alpine meadows of scrub juniper and, in summer, a profusion of wild flowers. Once the group reaches Dingboche (4410m) they will be treated with outstanding mountain views. This is also the only place in the region where barely is grown.

Walking distance - 10kms. Time: 6-7 hours. Elevation gain - 550m

Terrain: Trail is predominantly uphill with some flat sections and occasional flats. As the group approaches Dingboche, the terrain becomes more rugged and rocky. The vegetation becomes sparse and landscape becomes more rugged and barren the higher the trek goes.

Day 7

Dingboche

This is an acclimatisation day. Opt to hike to Chhukung or Nagarzhang Peak.

An acclimatization day here can be used to hike up the Imja Khola to Chhukung or Nagarzhang Peak, a small summer settlement from where stunning views of Island Peak, Lhotse, Ama Dablam, and the fluted ice walls flanking the Amphu Lapcha pass can be seen. These views are one of the highlights of the entire trek.



Today's Activities

Dingboche Acclimatization Day

Dingboche

3h-3h30m

3km

Enjoy some time away from the trek to adjust to the higher altitude. Take it easy, enjoy the scenery, drink plenty of fluids, and prepare for the next day's hiking. Take a short hike to Nagarjuna Peak (Nangkartshang Peak) at 4850m.

Walking distance - 3 kms. Time: 3-4 hours. Elevation gain - 440m



Optional Activities - Day 7

Chhukung Hike

Chukung

Enjoy an optional trek to Chhukung and take in the wonderful scenery as you hike.

Hike along the Khumbu Glacier to reach Lobuche, which has spectacular views of Nuptse.



Today's Activities

Everest Base Camp Trek Dingboche to Lobuche

Dingboche - Lobuche

6h

9km

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. At the moraine, there are stone monuments to six sherpas who died in avalanches, as well as monuments to other climbers. From here, it is a steep, tough climb towards Thukla Pass. The group will continue on towards Lobuche (4930m), where the view is straight towards Nuptse and the sunset will likely be magnificent.

Walking distance - 9kms. Time: 6-7 hours. Elevation gain - 520m

Terrain: Gradual uphill following glacial river upstream and passing through small settlements. Mostly rocky and rugged.

Today includes a challenging climb past the Khumbu Glacier, arriving in Nuptse. We'll cross the Changri Glacier to Gorakshep, and then enjoy the highlight of reaching Everest Base Camp.



Today's Activities

Everest Base Camp Trek Lobuche to Gorak Shep

Lobuche - Gorak Shep

3h

5km

The higher altitude makes this day's trekking quite challenging. The Changri Glacier looms ahead as the trek heads for Gorakshep (5164m). The group will reach Gorak Shep by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp.

Walking distance - 5kms. Time: 3 hours. Elevation gain to Gorak Shep - 234m

Terrain: Mostly rocky and barren with scattered shrubs and vegetation.

Everest Base Camp Trek

Gorak Shep - Everest Base Camp

4h-5h

9km

After lunch, trek to Everest Base Camp (5364m). The route follows the Khumbu Glacier with its intriguing 15m (49ft)-high seracs of ice, a feature unique to Himalayan glaciers. The group will then return to Gorakshep for an overnight stay.

Walking distance - 9kms. Time: 4-5 hours. Elevation gain to Everest Base Camp - 200m

Terrain: Mostly rocky, barren with scattered boulders and glacial moraines. It involves crossing the Khumbu Glacier.

Enjoy an early morning trek to Kala Pattar for sunrise views of Everest. Descend to Pheriche.



Today's Activities

Everest Base Camp Trek Gorak Shep to Kala Pattar

Gorak Shep - Kala Pattar

3h

3km

Try to see a different view of Everest today, with a trek up to Kala Pattar (5644m). Known to have the best views of Everest, this is a challenging trek, but worth it on a clear day.

Walking distance - 3kms. Time: 3 hours. Elevation gain - 480m. Terrain: steep with rocky boulders.

Everest Base Camp Trek Gorak Shep to Pheriche

Gorak Shep - Pheriche

6h

13km

Begin the descent from Gorak Shep, heading for Pheriche (4371m). This is not the most challenging of hikes, but the altitude can make the uphill sections below Gorak Shep seem tough. Stop to look around; the views are quite spectacular.

Walking distance - 13kms. Time: 6 hours. Elevation loss - 793m. Terrain: Mostly downhill with rocky boulders.

Day 11

Pheriche/Thyāngboche

Descend through Pangboche, with its great gompa, to Tengboche.



Today's Activities

Everest Base Camp Trek Pheriche to Kenjuma

Pheriche – Kyangjuma

7h

16km

Descend the Imja Khola past Pangboche, the highest permanent settlement in the region. Its gompa, the oldest in Khumbu, is built over the hermitage of Khumbu's saint, Lama Sanga Dorje. The juniper trees on either side are said to have sprung from hair cut from his head, and a rock-like projection is said to be a piece of mountainside he pulled out for protection one day. Finish today's trek in Kenjuma (3840m).

Walking distance - 16.5kms. Time: 7 hours. Elevation loss - 531m. Terrain: Major downhill on this day returning back to Kenjuma.

Day 12

Thyāngboche/Monjo

Continue our descent, staying in the small village of Monjo for the evening.



Today's Activities

Everest Base Camp Trek Kenjuma to Monjo

Kyangjuma – Monjo

5h

9km

Continue the downhill descent from Kenjuma, heading for Monjo (2835m). Follow the ascents and descents on the path and enjoy the views.

Walking distance - 9kms. Time 5 hours. Elevation loss - 1005m

Terrain: Steep, mostly downhill with a few waterfalls.

Day 13

Monjo/Lukla

The final day of our trek takes us back to Lukla, where we have a chance to relax after the rigorous adventure we just undertook.



Today's Activities

Everest Base Camp Trek Monjo to Lukla

Monjo - Lukla

5h-6h

12km

The final day of our trek returns back to Lukla (2860m). where the group can finally relax after the rigorous adventure and reflect on the challenges just undertaken.

Walking distance - 12-13 kms. Time 5-6 hours. Elevation gain: 25m

Terrain: mostly gradual uphill terrain with mixed forested areas.

Day 14

Lukla/Kathmandu

Fly to Kathmandu.

We take the short flight back to Kathmandu, where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafés.



Today's Activities

Plane

Lukla - Kathmandu

45m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Kathmandu

Take the short flight back to Kathmandu where the rest of the day is free for shopping, sightseeing or relaxing in one of the many rooftop cafés.

Depart at any time.



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- English-speaking local guide and assistants for the trek
- Porters included on the trek
- Trekking to Everest Base Camp
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Trek to Everest Base Camp, conquer high passes and glaciers, experience Sherpa villages and panoramic views, meet locals during tea house stays.

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Trek to Everest Base Camp, conquer high passes and glaciers, experience Sherpa villages and panoramic views, meet locals during tea house stays.

Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

1. Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of this trip notes. 2. While our itineraries are designed to allow for adequate acclimatization you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower altitude.

2. In the Himalayas weather can cancel or delay the scheduled flight(s) to/from Lukla airport. To be sure that you make your trek, or return from it, it may be necessary to make this flight by a chartered helicopter. Helicopters can operate in some weather that aircraft cannot. Should a helicopter be needed, it will be at the expense of the travellers, and not something covered by G Adventures. Please keep approximately USD 500 (one way) accessible in case this situation presents itself. This suggested amount is in addition to the emergency fund suggested in the tour details and can be paid in cash or with a card (with a 4-5% fee).

Hopefully weather delays will not occur, or if they do it will be for a limited time. Should the delays stretch into days and neither helicopter nor flight are a viable option, a collective decision will be made by the group on how to proceed. This is especially true if the delays are prior to the trek, as the original trek may no longer be feasible. Your CEO will be there to help with this process.

3. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 15, Avg 10

What meals are included in this trip?

No meals included

What are the meals like on this trip?

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. If breakfasts are included, they will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, unless otherwise specified on the Overview page. For meal budget refer to the Overview page.

What are the modes of transportation on my trip?

Plane, bus, walking.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels/guesthouses (2 nts), teahouse lodges (12 nts).

What kind of accommodation can I expect on this trip?

A tea house is the combination of guest house, restaurant, and social hang out. Twin-share rooms are available in most tea houses, except for high altitudes ones where it will be just dormitories. The lodges are fairly basic. The rooms are sparse with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type or western style. Most tea houses have running water. The majority of tea houses only have cold showers, a few may have hot water available at an additional cost. However, we discourage our groups from using water heated by wood, as lack of firewood in villages is a big environmental concern in Nepal.

There is a large dining room-cum-lounge, warmed by the bukhara stove (an iron cylinder, fitted with a chimney duct, in which a log fire is lighted). There is normally no electric lighting in the rooms unless the village has hydroelectric power. The dining room usually has solar lighting. Some tea houses now also have electricity for charging small appliances - mobile phones and cameras - and there may be a small charge for this.

During a tea house trek you will usually have breakfast and dinner at the tea house, lunch will be eaten at one of the trail side restaurants. Every tea house serves the traditional Nepali meal Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some have Nepali versions of western food such as pizza, pasta and french fries. Soft drinks, snacks and beer are available in most of the tea houses and trail side restaurants. And, of course, Nepali milk tea is served everywhere.

All tea houses have boiled water for trekkers. We discourage the purchase of bottled water while on the trail. The plastic bottles are difficult to dispose off and have become an environmental problem.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your trip CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Ms. Binita Gurung - (Primary Contact)

From outside of Nepal: +977 98 0191 1000

From within Nepal: 98 0191 1000

Mr. Rajju Maskey - (Secondary Contact)

From outside of Nepal: +977 98 0201 4444

From within Nepal: 98 0201 4444

EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Sorab Jassawalla (Delhi, India)

From outside of India: +91 88 5180 6614

From within India: 88 5180 6614

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

Are there any additional packing suggestions I should consider?

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. We provide one porter for every two travellers; your trekking gear will be carried by the porter in a water-proof duffel that we will provide. The maximum the porters are allowed to carry is 10 Kg/22lbs per passenger. The flight from Kathmandu to Lukla only allows for a weight limit of 10 Kg/22lbs for luggage, and 5 Kg/11lbs for hand luggage. Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee), but you will need to take all your trekking gear with you.

Important to note:

- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

What should be on my packing list?

Available for Rent:

- Sleeping bag (100 - 200 NPR per day)
- Trekking poles

Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Please be aware that for this trip 3 passport sized photo's are required for the permits needed. You will also need to have,

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Required visas or vaccination certificates (required) (With photocopies)
- Vouchers and pre-departure information (required)

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

NEPAL:

Nepal is now offering e-Visas for some nationalities. please visit this [link](#) for further information, and to check if your nationality is eligible for an e-Visa. You can apply for the visa [here](#).

We strongly suggest travellers eligible for an e-Visa complete the form online and print their receipt before arrival to Nepal to ease your entry and avoid queuing. Visas are available upon arrival at the airport and land crossings for those who are unable to receive their e-Visa beforehand.

Where can I read detailed notes about this trip?

Trekking has been long established in Nepal, providing stunning views in a natural landscape. Trekking can be difficult in parts, with a lot of uphill and downhill climbing, but within the capabilities of any healthy person with an established level of walking fitness. Often stubbornness (endurance) helps. Walk at your OWN pace – slow and steady is the way to go – being fit or unfit is not the primary control here, it is how you deal with altitude. DO NOT RUSH! The only reward for trying to prove something by being first is nausea, vomiting and a splitting headache! GO SLOWLY – plod on at a steady pace, pause, standing to rest – don't sit too often – it is harder to get going again. Don't care about whether others are ahead! The path is clear, your guides keep track of where you are. There is plenty of time so walk at YOUR pace regardless of how far behind you may think you are. Remember the sun is intense – wear sunscreen and sunglasses It is colder than you think, especially in the wind – if you take off layers whilst walking make sure to put them on again as soon as you stop or are in the shade – don't wait to get cold.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. There are many ATM machines that accept both Visa and Mastercard but these are limited to Kathmandu and Namche Bazaar. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) cash as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This does not include the USD \$500 cash emergency helicopter funds that are mentioned in the Important Notes, which can be paid by card with a 4-5% transaction fee.

Do I need to pay a departure tax?

All departure taxes should be included in your international flight ticket.

Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$4-5 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs (\$4-7 USD) per day; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$8-10 USD per person, per day can be used.

What activities are optional on this trip?

Chukhung

- Chhukung Hike

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites. While visiting monasteries, please make sure you wear long trousers and open your shoes and stay quiet before entering the monasteries.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.