

Everest Base Camp & Gokyo Lakes

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Overview & Itinerary

Start

Kathmandu, Nepal

Finish

Kathmandu, Nepal

Country

[Nepal](#)

Style

Original

Theme

Walking & Trekking

Code

HNXL

Travellers rating

4.96

Ages


Min 18

Group size

Min 1, Max 12

Validity

01 Jan 2018 to 31 Dec 2018



NEPAL

Kathmandu

Is this trip right for you?

- This is a strenuous trip with 16 days of treks that reach altitudes above 5,500m. Please ensure you understand the fitness requirements for this high altitude trek. You should be in good health and able to trek between 4 and 8 hours a day. Physical preparation before your trek will be a definite advantage.
- Please carefully read all trip information to gauge your fitness and suitability for this trip.
- In case of weather conditions leading to cancellations or delays in flights, this trip will operate on an alternate itinerary. Please see Day 1 of the itinerary for more details.

Physical rating

Acclimatisation to high altitudes (generally for trips over 3500 metres): We take this very seriously, which is why we have one of the best safety records in the Himalaya. We have over 30 years of experience in the region and our success rates on high altitude treks are very high. Our itineraries allow for a safe approach to high altitudes, following the guidelines set out by the Himalayan Rescue Association.

Our leaders are highly experienced mountain guides. Please follow their instructions very carefully as you ascend to high altitudes: walking slowly rather than hurrying, wearing sunglasses during the day, maintaining a high level of (non-alcoholic!) fluid consumption, not sleeping during the day, wearing adequate warm clothing are all factors of importance. Your leader will brief you fully on these considerations prior to the start of your trek. We carry the required high altitude safety equipment (Oxygen, stretcher and first aid kit) as well as Portable Altitude Chambers (PAC) for your safety and peace of mind on all treks proceeding above 4000 meters.

In addition, if you are taking any medications with you which may have been suggested as an aid to acclimatisation - Diamox is quite commonly suggested - it is vital that you advise your leader in Kathmandu before you leave for the start of the trek. Your trek leader will then discuss with you the advantages and disadvantages of taking this medication, and in particular when you should consider starting it and the duration for which it should be taken. Be aware that many trekkers have no need for such medication.

Lodge-based Trekking

Our lodge-based treks travel into the popular Everest and Annapurna regions where you will not get completely off the beaten track. Good campsites in the villages are now harder to find as bigger and better lodge accommodation is being constructed. We do not think it justifiable and sensible to operate these itineraries as camping tours. You will generally sleep in twin-share rooms, on beds, which have comfortable foam mattresses and pillows. Many trekkers like to use their sleeping bags for warmth, comfort and hygiene. Many lodges have electricity, although the supply can be intermittent. Very occasionally lodges with dormitory-style accommodation have to be used at higher altitudes. Some lodges may have rather basic hot showers available (through solar heating) for a fee, but we cannot give any guarantees. In the colder months, especially at higher altitudes, we find that few people are predisposed to take showers. The cost of hot showers (usually about 200 rupees) is not included in your trip costs and is payable to the lodge operator. It is also important that you are aware that toilet facilities in our standard lodges are sometimes basic, consisting of Asian-style "squat" loos rather than Western-style sit-down flush toilets.

The Trekking Day & the Trekking Team

The Group Leader (Trek Leader)

A group leader will accompany every trek. The trek leader's main function is to look after the welfare of group members. Our leaders are all experienced trekkers chosen not only for their knowledge of the Himalaya, but perhaps more importantly, for their "people skills". They are there to ensure you have a safe, informed and enjoyable trek. They are English-speaking and all our current leaders hold internationally recognised first-aid certificates.

Trekking Guides (Sherpas)

The trekking guides accompany the group during the day to ensure you are following the right path and to assist you where required. The guide ratio is usually one to every three trekkers. Do not feel obliged to keep in a group all the time. You may wish to linger through a particularly beautiful rhododendron forest, visit a village school or move off the trail to bird-watch; please do so. We wish you to have as much freedom and flexibility as possible, but please do advise the guides of your whereabouts. Our guides have a basic knowledge of the English language - and will be happy to try to teach you a few words of the local one.

The Nike and Porters/Yaks or Ponies

The Nike is the foreman of the porter group. Our porters have enjoyed many years working with our groups. Locally based near the starting point of our treks, they are responsible for the carrying of the equipment and food. A tough job but one always done with a smile. All our porters are supplied with additional equipment and clothing by us to ensure they are adequately protected on our treks. On some treks we use yaks or ponies to transport equipment instead of porters.

The Trekking Group

Our trekking groups are truly international. You can expect people from Australia, New Zealand, America, U.K., Canada and Europe to be in your group. Ours are small group tours with an average of 10 members per group, with a usual maximum of 14 or 15 members (12 on climbing expeditions). Group members may vary considerably in age, profession and background.

The Trekking Day

The day usually begins between 6.30 am and 7.30 am. After you have packed all your gear into your kitbag, breakfast will be ready. While you are eating, the crew members will make up the loads for the porters. You will often be on the trail by 7.30 am, though at higher altitudes the start is usually later, as we wait for the sun to warm the air a little.

There is plenty of interest along the trail and there is no need to rush. Become aware of all that is around you, and become involved. The day has been planned so that you have plenty of time. The porters will not be in a hurry with their loads, and theirs is a good pace to judge yours by. Faster walkers keep an eye on the guides so that you do not overshoot lunch and overnight stops!

At a suitable spot, about 11.30 am, we stop for lunch for a couple of hours. This is a good time to relax and rest - or even wash some socks, etc., so that they can dry during the afternoon walk (relatively easy at lower altitudes, progressively harder higher up). Sterilised water is provided for washing your hands prior to all meals.

The afternoon walk follows a similar pattern to the morning; it is often shorter and your lodge is usually reached between 3 pm and 4 pm. There is plenty of time to relax or explore the surrounding area until the evening meal is served about 6.30 pm. After dinner there is time to chat, read or perhaps enjoy a game of cards with our crew. Most members are asleep by 9 pm. This comfortable living pattern is amazingly refreshing, and there are those who class trekking as a therapeutic experience!

The Trekking Menu

While in lodges, menus are a mixture of local, Asian and western cuisine. There is a wide range of food available, and consequently, we do not include meals while trekking. 'Set meals' have limited range and

we prefer to give you the choice. The emphasis is on a healthy variety, with many meals given a local touch. Breakfast options consist of porridge or muesli, with local-style breads, then eggs, jam, peanut butter, tea, coffee, and hot chocolate. For lunch, most prefer a lighter meal, maybe a fresh salad with tinned fish and cheese, followed by fresh or tinned fruit with cordial juice and tea. For dinner, if you're hungry a three-course meal with soup, a main course of rice, dhal, vegetables, a mild curry, followed by chocolate cake, tea, coffee or hot chocolate will round off a great day. All meals are cooked on kerosene stoves and are prepared to strict hygienic standards.

Will I Walk In Snow?

This question is frequently asked. Snow levels will vary, largely with the time of the year and with individual weather conditions, and to some extent the terrain. It is unlikely - but we cannot guarantee it! - that lower altitude treks (to 3000 metres/10,000 feet) will encounter snow, even in the winter months. Other treks above that altitude may at any time of the year, although the likelihood is less during the warmer months, whilst higher altitude treks (above 4000 metres/15,000 feet) quite likely will encounter some, and climbing trips definitely will. If walking in or near snow it is especially important that you have good sunglasses and gaiters. It does not snow in Kathmandu or Delhi.

Joining point

Holy Himalaya Hotel
Brahmakumari Marg Jyatha Road
Thamel
Kathmandu
+977 1 4263172
NEPAL

Joining point description

Hotel Holy Himalaya has 55 rooms and is centrally located in Thamel. The facilities in the rooms include air conditioner and ensuite bathrooms. It also has a rooftop garden with mountain views.
www.holyhimalaya.com

Joining point instructions

There are two pre-paid taxi booths inside the terminal, one on each side as you exit the baggage claim area. They have fixed rates of NPR800 to anywhere in the Thamel area from 6am-8pm and NPR1000 from 8pm-6am. Otherwise you will need to bargain hard from the taxi rank outside of the airport - aim for NPR600. The drive into Thamel takes 30 to 40mins dependent on the traffic.

Please be aware that there may be porters outside the terminal offering their services for a fee. If you do not wish to use their services, be ready to kindly but firmly let them know.

Alternatively Intrepid offer a pre-arranged transfer service option.

Inquire with your agent and advise your flight arrival details at least 14 days prior to your trip departure. If you have purchased an arrival transfer you will be met after exiting customs outside. Look for our representative holding a sign with your name on it. If you have any trouble locating your transfer rep, or if your flight is going to be delayed, please call the following number:

+977 980 112 3617

Normal check in time at the hotel is after 12:00.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at www.intrepidtravel.com/contact-us

In case of a genuine crisis or emergency, you can reach our local operator on the number below.

Nepal Emergency contact:: +977 980 112 3617

Itinerary

Expand All Collapse All

Day 1: Kathmandu (1360m)

Namaste! Welcome to Nepal. Please arrive by 2pm on Day 1 as we will have an important group briefing. Your leader will leave a note at reception telling you where and when this important meeting will take place. Please ask a member of reception for this information. If you touch down early then there's much to do in Kathmandu, a city of ancient architecture and modern development, whose rich artistic and cultural heritage means it remains the legendary destination it has been for decades. Maybe head out in to the streets of Pashupatinath (home to markets, bazaars, holy men, monks, bicycles, and sacred cows), climb to Kathmandu's most important Buddhist shrine Swayambhunath or the 'monkey temple', or feel out the atmosphere in Durbar Square. After the meeting the evening is free, but you'll usually head out to one of Kathmandu's fine restaurants.

ALTERNATIVE ITINERARY DUE TO FLIGHT CANCELLATIONS:

Weather conditions in the Himalayas can change rapidly, which frequently results in the need for changes to be made to our intended itineraries. Flights throughout Nepal, particularly in high mountain areas, can be delayed or cancelled due to poor weather conditions. Flights between Kathmandu and Lukla are particularly prone to these delays which has the potential to vary the itinerary of all departures in the Everest region. Our contingency plans in case of bad weather preventing the fixed wing aircraft flight from Kathmandu to Lukla are as follows:

Day 2 - We will attempt to board our booked fixed wing flight as per the itinerary. If this flight is cancelled we will return to our hotel in Kathmandu for an additional night.

Day 3 - We will again attempt to board our booked fixed wing flight. If this flight is cancelled but helicopters are available and permitted to fly to Lukla we will use our best endeavours to charter a

helicopter to transport the group. Travellers will need to use their emergency fund to cover the cost of this chartered helicopter. The exact cost will depend on how many travellers are in your group and could be up to US\$500. If we reach Lukla on Day 3 by either fixed wing aircraft or helicopter we will then follow the same itinerary to Everest Base Camp, but descend over one less day in order to take our return flight from Lukla on Day 14.

Day 4 - If no flights (either plane or helicopter) are possible on the morning of Day 3, then on Day 4 we will travel by road to Phaplu (approximately 9 hours drive by private vehicle) and then trek to Tengboche on the Everest Base Camp route, via Lukla. While we will not be able to reach Gokyo Lakes on this altered itinerary, we should still have enough time to reach Everest Base Camp at a safe rate of ascent.

We also advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.

Optional Activities

- Kathmandu - Rickshaw Night Explorer Urban Adventure - USD68
- Kathmandu - Kathmandu by Bike Urban Adventure - USD100
- Kathmandu - In Focus: Cook in Kathmandu Urban Adventure - USD93
- Kathmandu - Kathmandu Living Urban Adventure - USD66

Meals Included

There are no meals included on this day.

Day 2: Phakding (2652m)

Early this morning you'll board a plane for a quick journey from Kathmandu to Lukla (2827m) (approximately 45 minutes). This is no regular flight – you'll be flying parallel to the giants of the Himalayas and, if the weather's good, make sure to secure a seat on the left for amazing views of the mountains bordering Nepal and China. You'll touch down on an airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s. Then it's time to meet your porters and take some time to warm up with an exploration of the village of Lukla. After a quick safety talk, gear up and begin your trek to Phakding. You'll descend towards the milky white waters of the Dudh Kosi River, where you will join the main trail to Namche Bazaar, located just above Chaunrikharka (2713m). The walk is easy and after passing through the small village of Ghat (2550m), it's only a short walk to Phakding.

Notes: Total trekking time approximately 3 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 3: Namche Bazaar (3446m)

Today you'll trek around 7 hours to Namche Bazaar, where you'll spend a couple of days acclimatising

to the altitude. You'll also get your first look at Everest itself. From Phakding you'll cross the river and head up the valley, following in the footsteps of the porters loaded with supplies for Namche Bazaar. The trail, lined with blue pine forest, follows the river valley and is especially spectacular in spring when the rhododendron flowers are bright in bloom. Cross the Dudh Kosi River at Benkar, and look way up above 6,000 metres to see the peaks of snow-capped Kusum Kanguru (6369m) and Thamserku (6623m). Press on to Monjo (2835m), a good place to break for lunch. From here the walk starts to get a little tougher, with a steep ascent to Namche Bazaar. Enter into the national park, cross the river through the village of Jorsale (2805m) and then continue upstream. Cross another spectacular suspension bridge and begin the ascent to Namche Bazaar. Get your camera out as now there will be your first glimpse of the peaks of Everest, Lhotse, Nuptse and Taweche. Namche will be your last chance to check your equipment and hire any additional gear for the high altitudes from Dingboche onwards. Namche Bazaar is also the last chance to enjoy the local nightlife or take to the pool hall and video parlours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 4: Namche Bazaar (3446m)

You'll stay at Namche Bazaar for another night so that you can properly acclimatise to the altitude. One of the best ways to do this is to take strenuous walk up to a high altitude then come back down to sleep – so there's an optional walk above the Bhote Khola River Valley towards Thami (3810m). Taking a walk to see both the sunrise and sunset views from the national park headquarters above the village is also a great option. This stunning vista includes a super panorama of the Khumbu peaks and great views of Everest. The national park headquarters are home to interesting displays about Sherpa lifestyle and culture, and the local flora and fauna. Namche gained its importance during the period when Tibetan salt was traded for the lowland grains of Nepal. Rugs, clothing, salt and dried meat still all do a roaring trade in the village centre, so haggle for any extra supplies you might need.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 5: Mongla (3970m)

From Namche, you will ascend to the airstrip at Shyanboche, and then to a lunch spot in Khumjung, the largest village in the region. Here you can fill up on dhal bhat, noodles, and more. Towering above Khumjung is the sacred rocky peak of Khumbilya (5761m). It's the home of the guardian goddess of the region, often depicted in religious paintings (or thangkas) as a white-faced figure on a white horse. The trail winds around Khumbilya's lower slopes, passing through beautiful birch forest and then climbing from treeless, grassy slopes to a stupa on top of a rocky ridge (3992m). Once again the views of the surrounding mountains are magnificent. Phortse can be seen across the valley – a picturesque village set in a patchwork of stone walled fields. You will stay overnight at the cluster of lodges on the

saddle, known as Mongla.

Notes: Total trekking time approximately 4 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 6: Dole (4038m)

Acclimatisation is tough, so be sure to take it easy over the next three days and don't push yourself too hard. From Mongla, descend 300 metres on a series of switchback trails to the Dudh Kosi River at Phortse Bridge. The trail to Gokyo can be deceptive and some can ascend too quickly, but you will take your time. Leaving Phortse Bridge, you'll ascend steeply at first and then contour high above the valley, enjoying excellent views (truly, every view is beyond excellent) of Kantega, Thamserku and Ama Dablam (6856m). About an hour's walk from Phortse Bridge, you'll get your first views of the mammoth peak of Cho Oyo (8153m) at the head of the valley. Trek beyond the tree line and pass some imposing waterfalls en route to the yak herding settlements of Tongba (4015m) and Gyele (4050m). From here it's a short distance to Dole, where you'll spend the night. You'll also explore the upper Dole Valley while you're here, returning via a high ridge above the lodge to take some incredible photos of Cho Oyo and Gyachung Kang (7922m) to the north, and Taweche (6542m) and Cholatse (6440m) across the valley to the east.

Notes: Total trekking time approximately 4 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 7: Machhermo (4465m)

You might come to appreciate the term 'short walking day'. Today will be just that, with a climb out of the small Dole Valley before a gradual ascent up the Dudh Kosi Valley, high above the river. Though the walk is quite easy you'll definitely start to feel the effects of altitude on even the smallest hill. The barren alpine scenery, with only small clusters of scrub juniper, is a stark contrast to the snowy white peaks and deep blue skies. After a couple of hours you'll arrive at Luza (4360m), then soon enough you'll reach the lodge at Machhermo – tonight's accommodation. If you're still feeling energetic, then after lunch there's the option to take an excursion across rocky rubble to the base of Kyajo Ri (6168m) and Machhermo Peak (6073m). Watch out for a yeti though – it was spotted here in 1974 when three yaks were killed and a Sherpa girl was injured when trying to fight off a hairy, ape-like intruder!

Notes: Total trekking time today approximately 3 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 8: Gokyo (4720m)

Today you'll need a new word to describe the colour blue after seeing the Gokyo Lakes. A short, steep climb leads from the Machhermo Valley on to the steep grassy slopes of the Dudh Kosi Valley. Keep an eye open for the colourful Tibetan snow cocks, often found in this area. The valley widens as you pass through Pangka (4390m) and on to the jumbled moraines (glacier debris) of Ngozumpa Glacier, the largest in Nepal and the source of the Dudh Kosi River. Climbing steeply over a rocky trail you'll keep to the western side of the glacier to reach a small lake at the head of a wide valley and then pass a larger lake at Longpongav (4690m), before following the lateral moraines to the third lake at Gokyo (4750m). Gokyo has a number of stone dwellings surrounded by stone walled yak pastures. Today's lodge is located close to the lake and, if there are no clouds around, the sunroom will be lovely and warm in the afternoon. For those feeling energetic, it's worth ascending to the ridge at the back of Gokyo for views down to the mighty Ngozumpa Glacier.

Notes: Total trekking time approximately 3.5 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 9: Machhermo (4465m)

Get up early for a couple of hours climb up Gokyo Peak, which has one of the best panoramas in the Khumbu region. It's a straightforward but steep climb, and it can be tiring due to the altitude. View four 8,000 metre-plus peaks – Everest (8848m), Cho-Oyo (8153m), Lhotse (8511m) and Makalu (8481m) – and spot countless other towering peaks including Gyachung Kang (7922m) to the east of Cho-Oyo, Cholatse (6440m), Taweche (6542m) and Kangchung (6103m). There's also a bird's eye view of the Gokyo lakes and the huge creaking Ngozumpa Glacier, now cutting halfway across the world and snaking its way down the valley far beneath. You'll descend back to Gokyo for a late breakfast and then retrace your steps back to the snout of the glacier and continue down the valley back to Machhermo. You might be surprised easily and quickly you'll cover the return route – that's acclimatisation!

Notes: Total trekking time approximately 4 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 10: Phortse (3840m)

Today we've got something special to share with you. Not many groups stop in Phortse, a traditional Sherpa village that offers an insight into their life and culture (so let's keep it our little secret). Here you'll be almost completely above the tree-line, so the sunsets make for perfect pictures. A leisurely start to the day will wind you down the valley to Dole, where you'll enter the forest to continue the descent to Phortse Bridge. Keep an eye open for musk deer, which are often seen on this section of the trail. Here you'll stop for lunch and then branch off the main trail to Namche, crossing the Dudh Kosi and ascending to the village of Phortse, where few trekkers pass on their Everest trek. The dramatic mountain views, peace and quiet of this village make this one of the highlights of the trek.

Notes: Total trekking approximately 5 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 11: Dingboche (4360m)

This morning's walk will take you across a ridge before descending on an exposed trail to the Imja Khola. Keep an eye open for Himalayan tahr, often seen perched precariously on the crags high above the trail. Join the trail coming from Thyangboche via the suspension bridge, then gradually climb to the village of Pangboche, where the peak of Ama Dablam dominates the skyline. Have lunch here and then take the opportunity to see the beautiful monastery that once housed (what was claimed as) the hand and scalp of a yeti. After lunch, follow the trail high above the Imja Khola, passing the tea houses at Orsho, before again crossing the Imja Khola and old glacial moraines to a lodge Dingboche. Here you'll find a beautiful patchwork of small fields enclosed by stone walls. These walls protect crops of barley and potatoes from the cold winds. The scenery is once again spectacular and although Everest will be hidden behind the Lhotse-Nuptse Ridge, the huge peaks that tower above the eastern end of the valley are more than worthy. If the weather's right, then there will be gorgeous sunsets illuminating the peaks – Ama Dablam, the south face of Lhotse to the north, and also Island Peak in the centre of the valley.

Notes: Total trekking time approximately 6 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 12: Lobuje (4930m)

From Dingboche, ascend the small ridge behind the village above the Pheriche valley. From the stupa at the top, Taweche and Cholatse (6440m) make for a pretty striking scene; they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La

are the kings of the skyline. The walking will now be fairly flat on wide-open fields, but remember that there's no rush – take your time and ensure you're well hydrated. Late in the morning you will cross the Khumbu Khola at Dughla and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest. In the afternoon, there will be a solid and quite steep climb on a rocky trail to the top of the moraines. On the crest of the ridge, you'll pass a line of memorial cairns (stacks of stones), built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last fifty or so years. From here the view is downright spectacular once again, with Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m), surrounding you. Then follow the valley stream to the lodge at Lobuje, arriving early afternoon. No doubt you'll be tired today, but remember tomorrow's plan – Everest Base Camp.

Notes: Total trekking time approximately 6 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 13: Gorak Shep - Everest Base Camp (5160m)

This is the big one, the day of Everest Base Camp. Enjoy a leisurely breakfast as the trek to Gorak Shep is relatively short. From Lobuje, follow the broad valley that runs parallel to Khumbu Glacier, with a gradual ascent enabling you to build the slow, steady rhythm required when walking at high altitude. When you reach the moraines of Changri Nup Glacier, you will make a series of small ascents and descents over a rocky trail lined with cairns that eventually leads to the surprising glacial sands of Gorak Shep (5160m) – reached after about three hours of walking. Now's the time to grab a quick bite, gear up appropriately, and then head off towards Everest Base Camp. The trek to the base camp can be achieved in around three hours, and if trekking in the popular climbing period of March to May, you will almost certainly encounter yaks and porters supplying food and equipment to expeditions here. From Everest Base Camp you will not get views of Mount Everest, but you are able to see glorious glaciers, lakes, caves, and the notorious Everest Ice Fall that flows from the Western Cwm. It's regarded as technically the hardest and most dangerous section of the mountain. The return journey from the Base Camp to Gorak Shep takes the same amount of time. You will have an early dinner so that you are able to get up early the next day for awe-inspiring views of the Himalayan giants from Kala Patar.

Notes: Trekking time approximately 3 hours to Gorak Shep and approximately 5 hours round trip to Everest Base Camp.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 14: Kala Patar - Pheriche (4270m)

You'll wake early today for the trek to Kala Patar (5545m), where you'll experience sensational sunrise views from this amazing vantage point. Don't be surprised if you get a little tear in your eye when you soak up the views of Everest. Embrace that emotion and spend as long as you like here to savour this extra special moment. To get there from the lodge the ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It's a tough walk because of the altitude, but the view from the top will surpass your wildest imagination. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints can provide views that are almost as good. Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest – they're all here. About three kilometres away and some 200 metres below, the area of the Everest Base Camp can be seen in a bowl at the bottom of the Khumbu Ice Fall. Then it's all downhill from here – the descent to Gorak Shep is easy and when you arrive back at the lodge you will have a quick drink and head off to the rooms to pack your kit bags while breakfast is being prepared. After breakfast you will set off to Lobuche and Thugla, where you will stop for lunch. Then you'll cross the Khumbu Khola and head down the valley below Cholatse to Pheriche, where you will stop for the night.

Notes: Total trekking time approximately 8 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 15: Namche Bazaar (3346m)

From Pheriche, cross the Khumbu Khola River and ascend a short steep trail to the top of a small ridge for great views of Imja Valley, Ama Dablam and Kantega. Descend through the small settlements at Orsho and Shomare before passing through Lower Pangboche. Here you'll reach the suspension bridge over the Imja Khola River, then ascend back to Thyangboche to visit the monastery. According to legend, Lama Sange Dorjee, who came from Tibet's Rongphu Monastery, founded Thyangboche Monastery in the 17th century. Thyangboche was destroyed by an earthquake in 1933, rebuilt and again badly damaged by a fire in 1989. Construction of the present monastery was completed in 1992. Spend a bit of time visiting the monastery and the nearby museum. In the afternoon, descend steeply through beautiful forest of juniper, rhododendron and fir to Phunkitenga. After a welcome break and perhaps a cup of tea, you will cross the Dudh Kosi River and ascend to Trashinga. From here the trail contours high above the valley through Shanasa and on to Namche Bazaar, where you'll spend the night.

Notes: Total trekking time approximately 7 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 16: Phakding (2652m)

Take some time to enjoy your final opportunity to visit the shops in Namche Bazaar, before descending steeply down to the large suspension bridge over the Dudh Kosi River. You'll follow the trail through Jorsale and back to Monjo, where you'll stop for lunch. In the afternoon it's only a short walk via Benkar through blue pine and rhododendron forest, with great views of Kusum Kangaru, back to the lodge in Phakding.

Notes: Total trekking time approximately 4 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 17: Lukla (2800m)

You've done it, your last day of trekking! It's only a short walk in the valley before making the final climb up to the airstrip at Lukla, where you'll say goodbye to your Sherpa crew. When you're back in Lukla, celebrate with a hot shower, a sleep, or with a few drinks with your group. You earned it – you conquered the Himalayas!

Notes: Total trekking time approximately 3.5 hours.

Accommodation

- Teahouse (1 night)

Meals Included

There are no meals included on this day.

Day 18: Kathmandu

Take the short flight from Lukla to Kathmandu this morning (approximately 45 minutes). Return to your accommodation and then enjoy some free time during the afternoon for further sightseeing or shopping. Located in the south of the city, Patan is also worth a visit with its own Durbar Square full of historic structures and statues of past kings. This evening it's time to celebrate with a tongba (hot millet beer) and a plate of ziva (pastry fingers filled with cheese), while you relax your weary legs with your travelling companions and newfound friends.

Accommodation

- Hotel (1 night)

Meals Included

There are no meals included on this day.

Day 19: Kathmandu

The trip ends this morning, but there's plenty more to see in Kathmandu for those who wish to stay on.

Optional Activities

- Kathmandu - Path to a Hidden Monastery Urban Adventure - USD57
- Kathmandu - Spiritual Nepal Urban Adventure - USD80
- Kathmandu - Exploring Patan & Bhaktapur Urban Adventure - USD97
- Kathmandu - In Focus: Handmade Kathmandu - USD93

Meals Included

There are no meals included on this day.

Finishing point

Holy Himalaya Hotel
Brahmakumari Marg Jyatha Road
Thamel
Kathmandu
+977 1 4263172
NEPAL

Finishing point description

Hotel Holy Himalaya has 55 rooms and is centrally located in Thamel. The facilities in the rooms include air conditioner and ensuite bathrooms. It also has a rooftop garden with mountain views.
www.holyhimalaya.com

Finishing point instructions

A taxi to the airport will cost about NPR800 from 06.00-20.00 and NPR1000 from 20.00-06.00. Hotel reception or your leader can help you organise a taxi.

Normal check out time is 12 noon. If you are departing later in the day or evening, you can arrange luggage storage at the hotel.

Itinerary disclaimer

Occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. The information given in this itinerary may be slightly different to that in the brochure. It's very important that you print and review a final copy of this Essential Trip Information a couple of days prior to travel, in case there have been changes that affect your plans. If you have any queries, please contact your Travel Consultant. We are here to help you!

Please note that while we operate successful trips in this region throughout the year, some changes may occur in our itineraries due to inclement weather and common seasonal changes to timetables and transport routes. This can happen with little notice so please be prepared for modifications to the route. The order and timing of included activities in each location may also vary from time to time.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers. Below link will take you to the feedback site:

<http://www.intrepidtravel.com/feedback/>

Essential Trip Information

Important notes

1. This trip starts in Kathmandu on Day 1 at 2pm. This allows time after the joining meeting to explore Kathmandu.
2. Due to the demands of travelling at high altitudes a Passenger Self Assessment Form is required for this trip. You will be trekking on hilly terrain, generally on well-defined paths, walking anywhere between 2-7 hours per day, on average about 5 hours a day. Altitude may exceed 5545 metres.
3. A single supplement is available on this trip and is applicable only to nights spent in Kathmandu.
4. Please bring 2 passport sized photos to your joining meeting for your trekking permits.
5. In case of weather conditions leading to cancellations or delays in flights, this trip will operate on an alternate itinerary. Please see Day 1 of the itinerary for more details.
6. You must bring an emergency fund of 500 USD in cash with you on this trip, which you may need to use in case of delayed or cancelled flights.
7. We advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.

Passport and visas

NEPAL

All foreign nationals (except Indian nationals) require a visa to enter Nepal. Visas are obtainable from embassies abroad, or on arrival at Tribhuvan International Airport and at some land borders (including borders with India and Tibet).

Getting a visa at the airport can sometimes take time due to long queues. There have been instances when passengers were asked to show return flight tickets. You may also need to provide two passport photos (there is a photo booth in the arrivals hall, but delays are common) and the following fees in US dollars cash. Other currencies are also accepted although rates may differ. The following costs were correct at time of writing:

- Multi entry visa valid for 15 days - US\$25
- Multi entry visa valid for 30 days - US\$40
- Multi entry visa valid for 90 days - US\$100

Please note if you are staying in Nepal for less than 24 hours while in transit a transit visa can be issued on presentation of your international flight ticket, there is a nominal charge of US\$5 and one photo is required.

Your visa application form may require you to state the dates on which you enter and exit that country. Please note we suggest you list your date of entry a few days before, and date of exit a few days after, your intended dates in case you encounter any delays or problems en route. To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful.

Medical and health information

VACCINATIONS:

Vaccinations may be required or recommended for this trip so you should consult with your travel doctor to obtain the latest up-to-date information. It is your responsibility to ensure that you obtain any vaccinations or preventative medicines for the countries you are visiting – or any which may be required by your home country upon your return. Some vaccines require more than one dose, so arrange for your visit at least 4-6 weeks before you travel.

For travellers from Australia and New Zealand, we recommend the Travel Doctor-TMVC clinics (see <http://www.traveldoctor.com.au> or phone 1300 658 844 for an appointment in Australia). Travellers from countries other than Australia and New Zealand should contact similar organisations or their travel doctor for advice.

General health and vaccination information is available to all travellers at www.traveldoctor.com.au.

Food and dietary requirements

Generally you can eat very cheaply in Nepal. There is a great choice of restaurants and street stalls serving traditional and local food. In bigger restaurants in areas frequented by more tourists there is a choice between Nepalese, Indian, Chinese and Western style food.

Nepal caters very well towards vegetarians and vegans with almost all restaurants having a veg section of the menu. If in doubt please check with your tour leader.

Your tour leader will be able to direct you towards restaurants that are known to have better hygiene, especially in tourist areas where they are travelling with our groups regularly

Some tips that will help you stay well when eating in Nepal include.

- Stick to restaurants and street stalls busy with locals - local families eating there are a good bet.
- Wash your hands before eating (most restaurants will have a hand basin or bathroom) or use a sanitising hand gel
- give yourself a few days to get used to local food, especially spicy food.
- if in doubt, stick to the veg meal
- avoid salads and peel fruit to avoid eating skin that may be washed in local water
- steer clear of ice unless in higher end restaurants
- drink more chai, eat more mo-mo's

We do not include food on trek allowing you to choose what you want to eat and when. The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie.

Vegetarians are well catered for in Nepal

Meals on Trek: Allow approximately US\$50-US\$60 per day for meals, snacks and drinks in the lodges.

As a guideline the average prices for items are listed below. Remember the higher you go the higher the price!

Mineral water US\$1.50 to US\$3.50

Soft drinks US\$2.50 to US\$3.50

Beer – can US\$3.00 to US\$4.50

Beer - bottle US\$4.00 to US\$6.50

Snickers chocolate bar US\$1.50 to US\$3.50

Biscuits US\$1.00 to US\$2.50

There are many fine restaurants in Kathmandu and you should allow approx US\$10 for lunch and US\$15 for dinner. Drinks extra.

Accommodation

Teahouse/Trekking Lodge (16 nights), Hotel (2 nights)

Accommodation at local lodges - better known as teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, passengers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, passengers may have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but in most of the places, a hot shower means a bucket of hot water, enough to wash your body.

Transport

Plane, Private vehicle

Roads in Nepal are usually very busy with an assortment of vehicles from the biggest trucks (who always have right of way) down to bikes (and chickens).

Overtaking on blind corners at speed is common as is the total use of the horn as a form of communication. Our leaders have complete authority to remove groups from local public transport if the driver is not driving safely. Drivers of our private vehicles are experienced well trained. If you are uncomfortable with your driver, please always let your tour leader know in the first instance. Please always wear your seatbelt

There are some long travel days in Nepal, the trip between Kathmandu and Pokhara is approx 200km's and takes approx 6 hours.

Flights between Kathmandu and Pokhara are approx 35 mins.

Flights between Kathmandu and Lukla are often delayed due to poor weather and there have been occasions when groups have had to have their treks rescheduled. Your local leader will give you the most up to date information regarding delays to flights.

Please note that domestic flights in Nepal have very strict weight limits.

For all flights to/from Lukla a maximum of 10kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket. Excess baggage (up to 5kg per person only) will be charged at your own expense.

Money matters

Although the culture of tipping may not be part of your own culture, it is nonetheless part of the culture in this area of the world and it is often the way some people supplement their earnings. Tipping has become an accepted part of tourism in Asia. On our trips your tour leader can advise you on this matter; however, as a guideline we would recommend a tip of 5-10% in restaurants. The bellboys at hotels will appreciate a small tip for carrying your bags. Taxi and rickshaw drivers do not expect a tip. If you are unhappy with a service, of course, you are under no obligation to leave a tip. However, if the service has been satisfactory, a tip is always appreciated....with a smile!

While on trek, we suggest a group tip of US\$4 per person per day for your trekking crew. At the end of the trek, your trek leader will collect and distribute the group tip to all members of the trekking crew including additional guides, cooks and porters. Please note that this group tip is not designed to provide a tip for your trek leader. At the same time if you have any items of clothing, pens, etc. that you do not wish to take home with you, some members of your trekking crew will be very happy to receive these things.

Your tour leader (or trek leader) works hard to ensure you have a great trip, so please don't hold back if you would like to reward them for their services. You can tip them individually or make a group presentation at the end of the tour. The suggested amount is US\$3-US\$4 per person, per day.

The official currency of Nepal is the Nepali rupee (NPR). Its symbol is often displayed as Rs.

ATMs can only be found in Kathmandu, Pokhara, and Bhaktapur. Money exchange facilities are available in Kathmandu, Namche, Pokhara, Chitwan (only outside the park) and Bhaktapur.

The Government of Nepal has banned the import, export and use of 500 and 1000 Indian rupee notes in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined.

Please note that most establishments in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

The official currency of Nepal is the Nepali rupee (NPR). Its symbol is often displayed as Rs.

Most international departure taxes should be included in your flight ticket - your leader can advise you on the current situation. If in doubt please speak to your travel agent or airline.

Budget for meals not included: USD600

Packing

PACKING, PACK WEIGHT, DAY PACK & PORTERS

Intrepid provide a duffel bag to carry your trekking gear.

The weight limit per person is 10kg each. This includes your sleeping bag, down jacket and other warm clothing you pack.

Our team of experienced porters are limited to carrying 25kg max on trek. Each porter will carry two travellers packs as well as a small backpack for themselves.

Please keep the weight and bulk of your trek bag to a minimum by bringing clothes made from lightweight material. Don't pack too much clothing; one or two changes will be all you need. However, as the weather conditions in the Himalayas are often unpredictable, be prepared for all eventualities, be it rain, unseasonable cold or heat. For the trek all of your gear should be packed into plastic bags to protect it from the weather - dry clothes are essential for your comfort. Your trek leader will assist you if you are unsure.

A medium size, comfortable day-pack is required for you to carry personal personal items such as camera, water bottle, valuables, sunscreen, hat etc...

You only need to carry your day pack.

TREKKING EQUIPMENT

Trekking Boots (broken in)

Gaiters (for winter departures - can be hired in Kathmandu)
Waterproof 3/4 season jacket and trousers (can be hired/purchased in Kathmandu)
Camp Footwear (ie sneakers or booties)
Several pairs of good quality socks
T-Shirts - Highly recommended are synthetic t-shirt styles that wick away moisture
Thermal Underwear / layers
Down jacket (can be hired/purchased in Kathmandu)
Warm mid layers (fleece/micro fibre)
Trousers - Lightweight, loose fitting, trekking trousers.
Shorts or skirt for summer
Tracksuit or fleece pants for evenings.
Sleeveless fleece and extra layers for winter departures (Dec-Feb)
Warm Hat and sun Hat
Scarf/neck warmer
Gloves and Mitts - waterproof and warm.
Sunglasses with UV protection
Head Torch (spare batteries)
Sunscreen and Lip Balm
Light weight towel
Sarong
Personal First Aid Kit
Biodegradable wet wipes / toilet paper
Hand sanitizer gel
Trail mix / nuts/ muesli bars
Hot water bottle (winter months)

Daypack - The daypack you select must have the capacity for the items you may be carrying on a day's walk: rain jacket, trousers, warm clothing, water bottle, camera equipment, washing items and other personal effects. A hip/waist strap provides additional comfort. You should consider day packs of at least a 30 to 40 litre capacity.

SLEEPING BAG & INNER SHEET

A good quality, warm sleeping bag is essential while trekking as only blankets are provided at tea houses. Please note that sleeping bags, are readily available to buy or hire in both Kathmandu at very reasonable rates.

Your group leader can assist you in hiring gear after your joining meeting.

If you plan to hire a sleeping bag we recommend that you bring an inner sleep sheet, which adds another layer of warmth. In winter a thermal inner sleep sheet is warmer.

If you bring your own sleeping bag, please think about the time of year of your trek. We recommend a four season bag with a rating to around -10c. In Winter (Dec-Feb) a five seasons bag is recommended.

WATER BOTTLE

Consider bringing your own water bottle to refill along the way. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion ends up in limited landfill or discarded in waterways and natural environments. Although it can be difficult to avoid bottled water when travelling, please consider water purification techniques such as iodine or micropur and use the water dispensers which are provided at some of our accommodation. When unable to avoid bottled water it is better to buy the largest available and distribute into your smaller bottle for the day.

While trekking, boiled or safe water is available for drinking. However, you should also carry a water purification method. Options include:

- purification tablets available from camping stores or pharmacies eg. Micropur.
- 2% tincture of iodine, available from pharmacies, used at 4 drops per litre of water and left for at least 20 minutes - longer in very cold weather.

LEFT LUGGAGE AT HOTEL:

Please note you do not need to take all your gear with you while trekking - luggage can be safely stored at the joining hotel in Kathmandu and collected at the end of your trek.

If you are continuing on with your travels and would like some further tips on what to pack, please see our Ultimate packing list.

<https://www.intrepidtravel.com/packing-list>

CASH:

Before departing on your trek, make sure you have enough Nepalese currency to purchase meals and drinks during the trek - in the smaller denominations where possible, there are no ATM's and it can be harder to change a NPR1000 note.

Climate and seasonal information

Nepal

June to September

The monsoon rains (mostly at night) bring landslides in regional areas. Cloud cover often obscures mountain views with rain, mud and leeches deterring most trekkers at this time of year.

Treks running in September can be hot and very humid at lower altitudes

March to April

Spring brings warm weather and spectacular rhododendron blooms. A popular time to visit and one of the peak times to trek.

October - November

Clear skies and warm days make autumn the peak season.

December - Feb

Winter brings cold temperatures and snow to the mountains. Good trekking, but remember to rug up.

ALTERNATIVE ITINERARY DUE TO FLIGHT CANCELLATIONS:

Weather conditions in the Himalayas can change rapidly, which frequently results in the need for changes to be made to our intended itineraries. Flights throughout Nepal, particularly in high mountain areas, can be delayed or cancelled due to poor weather conditions. Flights between Kathmandu and Lukla are particularly prone to these delays which has the potential to vary the itinerary of all departures in the Everest region. Our contingency plans in case of bad weather preventing the fixed wing aircraft flight from Kathmandu to Lukla are as follows:

Day 2 - We will attempt to board our booked fixed wing flight as per the itinerary. If this flight is cancelled we will return to our hotel in Kathmandu for an additional night.

Day 3 - We will again attempt to board our booked fixed wing flight. If this flight is cancelled but helicopters are available and permitted to fly to Lukla we will use our best endeavours to charter a helicopter to transport the group. Travellers will need to use their emergency fund to cover the cost of this chartered helicopter. The exact cost will depend on how many travellers are in your group and could be up to US\$500. If we reach Lukla on Day 3 by either fixed wing aircraft or helicopter we will

then follow the same itinerary to Everest Base Camp, but descend over one less day in order to take our return flight from Lukla on Day 14.

Day 4 - If no flights (either plane or helicopter) are possible on the morning of Day 3, then on Day 4 we will travel by road to Phaplu (approximately 9 hours drive by private vehicle) and then trek to Tengboche on the Everest Base Camp route, via Lukla. While we will not be able to reach Base Camp itself on this altered itinerary our travellers have still found it a highly enjoyable trek with superb views of the Everest ranges including Everest itself.

We also advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.

MONSOON SEASON:

Monsoon in Nepal is from June - September. This can be a hazardous time to travel with rains frequently causing flooding or landslides that can cut off regions for days at a time. Travellers joining trips during monsoon need to be prepared for all weather conditions and that changes in planned itineraries may be necessary.

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader 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 places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

High Altitudes:

High altitudes will be experienced during this trip. Please refer to our http://www.peregrineadventures.com/sites/default/files/peregrine_altitud... for more info.

Parts of your trip go above 2800 metres / 9200 feet where it is common for travellers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. It even happened to Sir Edmund Hillary!

Before your trip: Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude. Please discuss these options with your doctor.

http://www.intrepidtravel.com/pdf/trips/Altitude_Sickness_Information.pdf

A couple of rules

Illegal drugs will not be tolerated on our 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 our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader or local representative has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of sexual harassment, either between passengers or involving our leaders or local operators. Sexual relationships (consensual or otherwise) between a leader and a passenger are unacceptable. If you ever feel another person is behaving inappropriately please inform us immediately by contacting the emergency contact number detailed in these trip notes.

Travelling on a group trip

GROUP TRAVEL

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SINGLE TRAVELLERS:

Our group trips are designed for shared accommodation and don't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. Some of our itineraries have accommodation booked on a mixed gender share basis and where applicable this will be specified in our Trip Notes. On a selection of our trips, you have the option to pay a single supplement to ensure that you have your own accommodation (where available). Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

Travel Insurance

Please ensure that your policy does cover you up to the maximum altitude on this trip, and includes helicopter evacuation. Proof of this must be taken with you on the trip, as you will need to show it to the leader.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

Travelling responsibly is all about making good choices. It's about ensuring you have an incredible trip while also having a positive impact on the local environment, community and economy you're

travelling in. How can you be a Responsible Traveller? See our tips below:

- Choose to travel with a responsible travel company like us! We've already offset the main carbon emissions of your trip, so your footprint is already lighter.
- Consider offsetting your flights when you book your trip/flights with us or your travel agent.
- Bring a refillable water bottle and some water purification tablets (or a Steripen) to cut down on plastic bottle waste.
- Be an animal-friendly traveller. Only go to venues that respect animals by allowing them to live normally in their natural environment. Steer clear of venues that use animals for entertainment or abnormal activities and/or keep animals in poor and unnatural conditions.
- Eat at local restaurants, buy from regional artists and support social enterprises so you can contribute directly to locals and their economy.
- Always be respectful of local customs and ask permission if you want to take a photo of someone.
- Learn a few words of the local language and engage with the people around you.
- Carry a cloth or re-usable bag so you can avoid plastic bags.
- Give back by making a donation to a local project via The Intrepid Foundation.

Share your thoughts with us by completing your feedback form after your trip. This helps us to continue to improve our commitment to responsible travel.

The Intrepid Foundation

The Intrepid Foundation is a not-for-profit foundation set up to enable our travellers to help make a difference by supporting local communities, projects and non-government organisations in the places we travel. The smallest contribution can make an enormous difference and all donations to The Intrepid Foundation are matched dollar for dollar (yes, we'll double your donation!). We support a range of initiatives – from wildlife protection and environmental conservation to supporting vocational training for underprivileged individuals – all with the aim of helping to improve lives and empower communities across the world to make meaningful change. All administration costs are covered by us so you can be assured 100 per cent of your donation will reach your chosen project. To learn more about the projects we support, ask your trip leader for more information about projects in the region you are travelling in or visit www.theintrepidfoundation.org

Organisations and projects currently supported by The Intrepid Foundation in Nepal include:

***Forget Me Not**

Forget Me Not rescue and reintegrate 'paper orphans' to be thriving, vibrant and connected to family, community and opportunity. In Nepal, there are currently 16,886 children in orphanages and up to 80% could be raised by at least one of their parents if given support. Many of the children have been taken from their families, trafficked into orphanages and used to generate funds. Last year Forget Me Not received 27% of all children rescued from orphanages in Nepal. Rescued children are given complete medical care including psychological, physical and overall wellbeing assessments. Individual case plans are developed and missions determined to trace each child's family and work towards reunification and reintegration.

<https://www.theintrepidfoundation.org/projects/forget-me-not/>

***Seven Women** works to economically and socially empower marginalised women in Nepal through literacy programs, skills training and income generation.

www.theintrepidfoundation.org/projects/seven-women/

For more information on our projects in Nepal, or to make a donation, visit:

<http://www.theintrepidfoundation.org/projects/?projectcountry=nepal>

