



Mighty Ama Dabla dominates the Khumbu Landscape

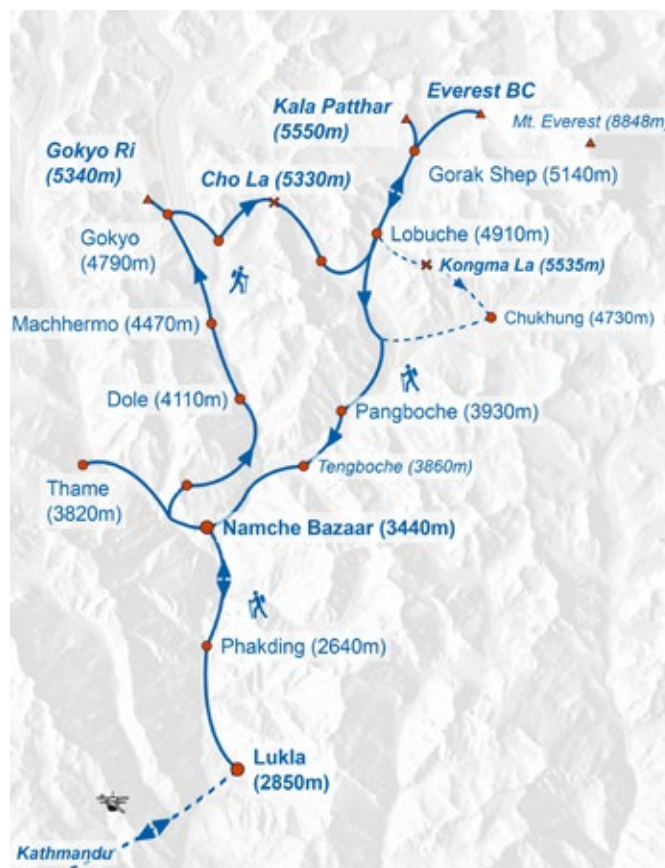
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Highlights of the trip

- Experience the highlights of the Solu-Khumbu, the land of the Sherpas, in an exciting 16-day lodge trek.
- Climb the most rewarding viewpoint peaks of the Everest region: Gokyo Ri and Kala Patthar after crossing Cho-La Pass.
- Enjoy fantastic views of Mount Everest, Lhotse, Cho Oyu, Ama Dablam and other iconic mountains of the Khumbu Himal.
- Visit Everest base camp at the foot of the mighty Khumbu Icefall.
- Optimum altitude acclimatisation: slow ascent with reasonable stages and rest days.
- Visit the monasteries of Tengboche, Pangboche and Thame and explore the most beautiful villages of the Khumbu.
- Enjoy extensive tours of the UNESCO world cultural heritage sites in Kathmandu and Bakhtapur at the beginning and end of the trip.

DAY	PROGRAMME
1	Individual arrival in Kathmandu
2	Sightseeing in Kathmandu and drive to Ramechhap
3	Flight to Lukla and start of the trekking tour
4	Ascent to Namche Bazaar
5	Sherpa villages above Namche - h.a. acclimatisation
6	Trek to Thame - high altitude acclimatisation
7	Trek to Khunde - high altitude acclimatisation
8	Via Mong-La Pass to Dole
9	Short stage to Machhermo
10	Ascent to Gokyo
11	Breathtaking view from Gokyo Ri (5360 m)
12	Crossing Cho La (pass, 5330 m)
13	Short walk to Lobuche
14	Everest view from Kala Patthar (5750 m)
15	Everest Base Camp
16	Descent to Pangboche
17	Tengboche monastery and back to Namche Bazaar
18	End of Trek Lukla
19	Return flight to Ramechhap and drive to Kathmandu
20	UNESCO world heritage of Kathmandu and Bhaktapur
21	Flight home or onward travel



Dates and prices

DATE	PRICE
24.03. - 12.04.2019	€ 1.910,-
31.03. - 20.04.2019	€ 1.990,-

The prices are valid from/to Kathmandu (excl. international flight).

Single room supplement: € 120,- (Kathmandu only)

Early bird discount: 3% of price per person for bookings 6 months or more prior to departure.

What's worth knowing

- Best season: February to May / October to December
- Group size: The trip is guaranteed to run starting from 8 to a maximum of 12 travellers.
- The trek is guided by a Nepalese, English speaking mountain guide - trained and educated by Travel to Mountains.
- 16-day lodge trekking tour with overnight stays in typical Nepalese lodges with full board
- Three nights in Kathmandu in our hotel of many years
- International flight not included

Tour guide and local team of porters

- English speaking Nepalese mountain guide from/to Kathmandu. Our mountain guides of many years are trained and educated by Travel to Mountains every year.
- Local porter crew: 1 porter carries the trek bags of 2 trekkers - approx. 12 kg baggage allowance per participant.
- *Our teams are paid fair wages, are well-equipped and insured. We attach great importance to the welfare of our teams.*

Board and lodging

- Quiet and clean 2-3* hotel (local rating) on the outskirts of Thamel, Kathmandu, twin-share with en-suite bathroom including breakfast.
- Additional meals in Kathmandu according to the detailed itinerary. Please note that the welcome dinner and the farewell dinner in Kathmandu are included.
- During the trek overnight stays in typical lodges (twin-share rooms) incl. full board.

Transports and Transfers

- Domestic flights Ramechhap - Lukla - Ramechhap
- All ground transports and transfers in Nepal according to the itinerary, including individual airport transfers on arrival and departure.

Permits and fees

- All necessary National Park fees and Trekking Permit (TIMS) according to itinerary.
- Entrance fees for Bhaktapur, Pashupati Nath, Bouddha Nath, Swayambu Nath and Kathmandu Durbar Square according to itinerary.



Above Namche in view of the Ama Dablam



Monastery in Tengboche

What's not included

- International flight to Nepal
- Visa fees: approx. € 50,-
Available upon arrival at Kathmandu Int. Airport or at your local Nepalese embassy/consulate. Please contact your local Nepalese embassy/consulate for further information.
- Travel insurance
You can take out travel insurance and/or trip cancellation/interruption insurance through Travel to Mountains. Please also check your existing insurance coverage.
- Drinks and beverages
- Personal equipment
- Personal expenses
- Tips and gratuities
- Costs incurred for programme changes due to clients actions/decisions.
- Surcharge for single room occupancy in Kathmandu: € 120,-
Solo travellers: If available, a room can be shared with another solo traveller of the same sex - in this case, the single room supplement is not applicable. Please request this at the time of booking.
Please note: We cannot guarantee single rooms in the lodges while on the trek. If necessary, our guides will try to provide single rooms in the lodges.
- All other costs not listed under "What's included".



Crossing Hillary Bridge



Gokyo and the third lake

TECHNICAL DIFFICULTY: easy to moderate



No alpine difficulties, good sure-footedness is required. Most of our trek follows good, wide and easy hiking trails without technical difficulties. Some passages on narrow and steep gravel trails need to be negotiated, e.g. crossing Cho La Pass en route to Everest Base Camp and climbing Gokyo Ri. The descent of Cho La pass is glaciated but not difficult, using traction devices (spikes or light crampons) can be useful.

FITNESS and STAMINA: moderate to demanding



The most demanding stages will involve daily ascents of up to approx. 1200 m in altitude difference and/or daily descents of up to approx. 1200 m in altitude difference. Most stages will be less. Walking times can add up to 8 hours a day, but most stages of the tour are shorter. You do need a good level of fitness - it is truly a must.

Since we attach great importance to good and sustained altitude acclimatisation, our itinerary includes important acclimatisation days and acclimatisation stages (e.g. Namche Bazaar, side trip to Thame, etc.) but also some shorter stages while hiking up to Gokyo, reaching heights of 4500 m and above for the first time on this trek. Appropriate altitude acclimatisation is a prerequisite for climbing the rewarding peaks and reaching the highlights of our trip - Gokyo Ri (5350 m), Cho La Pass (5330 m), Kala Patthar (5750 m), Everest Base Camp (5300 m) - and enjoying the entire trek at the same time.



View from Gokyo Ri at dusk



Ama Dablam

Altitude acclimatisation

In the course of this trek we'll spend a number of days at altitudes above 4500 m.a.s.l. and reach altitudes of up to 5750 m.a.s.l. Our greatest sleeping height will be in Gorak Shep at 5140 m.a.s.l. In order to minimise the risk of altitude sickness, our program is designed for a slow and well-tolerated altitude acclimatisation, which has proved successful for many years. Especially the days around Namche Bazaar and the slow ascent to Gokyo will give your body the opportunity to adapt to the high altitude.

Please help your body in this important process by:

- starting the journey in good health and well-rested,
- avoiding any unnecessary efforts during the first days of the trek,
- walking relatively slowly, especially when ascending,
- drinking lots of liquids (water),
- trusting and following the instructions and advice of your guide!



Stupa in Khumjung

Requirements and preparation

This trip is ideal for mountain hikers with a good level of fitness, accustomed to day hikes of 1000 to 1200 cumulated meters of ascent/descent in the Alps or other local mountain ranges and who do not shy away from longer tours of 1500 meters of ascent/descent either. As a participant, you are used to a regular exercise regime of (endurance) sports, may already have trekking experience, but little or possibly no experience of altitudes around and above 5000 m.a.s.l. Endurance training is the best way to prepare yourself: Regular running (jogging), cycling as well as long mountain hikes carrying an average daypack (approx. 6 to 10 kg) are best for developing cardiovascular fitness and stamina.

Culture Shock Nepal

Please note that Nepal is one of the poorest countries in the world! The country's infrastructure cannot be compared with Europe. There are also pronounced cultural differences, which can be quite surprising or challenging when travelling to Nepal for the first time. We expect openness and tolerance towards the foreign culture and religions of Nepal as well as the appropriate calm if circumstances and procedures (timing) do not always correspond to European ideas or are difficult to comprehend.



Tengboche



In **Kathmandu**, we'll sleep in a quiet, clean and conveniently located **hotel** (Nepalese category 2-3*) in the lively old town district of Thamel. Countless restaurants, bars and many shops can be found within walking distance.

All rooms are en-suite (bathrooms with toilet and shower/bathtub attached). Due to the unsteady power supply in Kathmandu, there can be periodic power interruptions. Our hotel has an emergency generator. Breakfast is served at the hotel; the other meals in Kathmandu will be taken in selected restaurants.

While on **trekking tour**, you will spend the nights in typical **Nepalese lodges**.

The lodges offer simple, unheated twin rooms. A suitable sleeping bag (see equipment list) is required. Most lodges offer warm showers for a small fee (€ 2 - to € 3,-). Toilets (squat toilets) and washing facilities (outdoors fountain or water hose) usually do not meet western standards.

Generally, the higher we'll get, the more basic the facilities in the lodges (e.g. Gokyo, Lobuche, Gorak Shep) are. They do not have the same standard as the lodges at lower altitudes e.g. in Namche Bazaar.

Single rooms cannot be guaranteed during the trekking tour, but if requested, our guides will try to provide single rooms in the lodges. In many lodges, it is possible to charge electronic devices (camera, mobile phone, etc.) for a small fee (€ 2 to € 3,-). However, we recommend that you take additional batteries with you.

Lunch is eaten in lodges or tea houses along the route. The menu is mainly a variety of vegetarian **dishes** based on rice, pasta or potatoes. The food is adapted to the western palate and mostly tasty, filling and hygienically prepared. Since there is no continuous cooling chain, eating meat can be problematic and we therefore advise against it!

At certain stages (e.g. pass crossings) a simple packed lunch is provided and eaten along the route.

Snacks, chocolate, bars, etc., are not included - bring them with you! They can also be bought in some of the lodges along the way.



Namche Bazaar



Mount Everest at Dusk

A typical trekking day in the Solu-Khumbu

We'll get up around 6:30 and pack our bags. The trek bags, which are carried by our porters, need to be ready before breakfast, which is served around 7 am. This helps our small porter team - usually one porter carries 2 bags of up to 12 kg each - get an early start, which is especially important on the longer stages.

After breakfast, we start walking at around 8 am. In the mornings, we plan for 3 to 4 hours of walking, regularly interrupted by short breaks for hydrating, taking pictures and enjoying the breathtaking landscape. When visiting monasteries or climbing summits, there will be enough time - time to relax included!

For lunch, we'll mostly stop at some small lodge or teahouse along the way. Depending on the lodge, lunch may take an hour or a little longer. In the afternoon, we'll walk for 2 to 3 hours until reaching our next lodge.

Our trek bags will already be waiting at the lodge, the rooms will be assigned and the rest of the afternoon is at your free disposal.

In the evening, around 7 pm, we will have dinner and spend time together in the simple but comfortable dining room-cum-lounge before retiring to our rooms and sleeping bags.

Depending on the stage and circumstances, this schedule may vary.



Descending from Cho La



Mani Stones close to Phakding

Day 1: Individual arrival in Kathmandu

Arrival at Kathmandu International Airport. After immigration procedures (the visa can be obtained upon arrival) and collecting your luggage, one of our guides will accompany you to our comfortable and quiet hotel (2-3* local rating) on the edge of the lively old town district of Thamel.

In late afternoon, you'll be met by your mountain guide for a pre-trip briefing and dinner. On this occasion you'll get last-minute information concerning the trekking and also meet and get to know your fellow trekkers.

🏠	ACCOMMODATION	Kathmandu (1400 m) - HOTEL
🍴	MEALS	D
B: Breakfast L: Lunch D: Dinner		

Day 2: Sightseeing in Kathmandu and drive to Ramechhap

Your time in Nepal starts off with a good dose of the diverse culture Nepal has to offer: you'll get to visit several UNESCO World Cultural Heritage sites! In the morning, grab the chance to pay your respects at the great stupa of Buddha Nath in the north of Kathmandu, the center of Lamaism in Nepal. Every morning and evening, countless believers and pilgrims walk around the stupa in a meditative mood ("kora"). You can even climb the huge monument! During the last decades, a number of Buddhist monasteries have been built around the impressive stupa.

The next stop is the small town of Bhaktapur, the most ancient of the three former royal cities in the Kathmandu valley. An extensive walking tour will take you through the lively city and to the large temple precinct of Durbar Square. Despite the damage caused by the devastating earthquake of 2015, Bhaktapur and its medieval flair is architecturally unique and a cultural highlight of any trip to Nepal.

In the afternoon, start of the long drive towards the small airport Ramechhap, east of Kathmandu, from where tomorrow's flight to Lukla will take off. Overnight in a simple hotel or lodge since tourist infrastructure is still quite basic around the airport.

🚗	DRIVE	130 KM - 5 hrs
🏠	ACCOMMODATION	Ramechhap (475 m) - LODGE
🍴	MEALS	B D

Tag 3: Flight to Lukla and start of the trekking tour

In the early morning hours, you'll be driven the last few kilometers to the small domestic airport of Ramechhap. You'll start the trekking tour with the short (approx. 20-minute), but spectacular flight to Lukla (2850 m), the small airfield in the Solu-Khumbu and starting point of our trek. In Lukla, you'll meet the porter crew. After getting to know each other and distributing the load, you're off, leisurely trekking to Phakdingma (2640 m).

INFO: The official weight limit for domestic flights to Lukla is 10 kg cargo luggage + 5 kg carry-on luggage per person. In case of excess baggage, there may be an excess baggage fee (approx. € 1,- per kg) at check-in, but this rarely occurs.

↑	ASCENT	200 m
↓	DESCENT	400 m
🕒	WALKING TIME	2 - 3 hrs
🏠	ACCOMMODATION	Phakding (2640 m) - LODGE
🍴	MEALS	B L D

Day 4: Ascent to Namche Bazaar

Today, you'll step into Sagarmatha National Park and hike to Namche Bazaar (3440 m), the famous capital of the Sherpas. You'll spend two nights there.

Shortly after entering the Sagarmatha Nationalpark at Monjo, you'll cross Dudh Koshi stream on the new, impressively high and airy Hillary bridge. Following the suspension bridge, you'll climb up to Namche Bazaar through a steep pine forest, breaking a sweat for the first time on this trek. Don't forget to make a rest near the site of a ramshackle teahouse - you can expect the first view of Mt. Everest from there, perfect weather provided.

↑	ASCENT	1100 m
↓	DESCENT	300 m
🕒	WALKING TIME	6 hrs
🏠	ACCOMMODATION	Namche (3440 m) - LODGE
🍴	MEALS	B L D

Day 5: Sherpa villages above Namche - high altitude acclimatisation

Today is dedicated to Namche Bazaar and the surrounding area. You'll walk up to the beautiful and wealthy village of Khumjung, above Namche. You'll enjoy your first unobstructed views along the Dudh Koshi Valley to Mt. Everest and its satellites, enjoying a drink at the famous Everest View Hotel. From up here Ama Dablam, the iconic mountain of the Khumbu region, presents itself in all its might.

↑	ASCENT	500 m
↓	DESCENT	500 m
🕒	WALKING TIME	5 hrs
🏠	ACCOMMODATION	Namche (3440 m) - LODGE
🍴	MEALS	B L D

Day 6: Trek to Thame - high altitude acclimatisation

From Namche Bazaar you'll hike on a good and scenic path to the genuine and beautifully located Sherpa village of Thame (3820 m) in the remote valley of Bhote Koshi.

A visit to the beautiful monastery of Thame, one of the oldest and most important monasteries in the Khumbu, breathtakingly located under the rocky slopes of Sumdur Ri, is also part of today's programme.

↑	ASCENT	600 m
↓	DESCENT	200 m
🕒	WALKING TIME	5 hrs
🏠	ACCOMMODATION	Thame (3820 m) - LODGE
🍴	MEALS	B L D

Day 7: Trek to Khunde - high altitude acclimatisation

Retracing your steps down the Bhote Koshi valley, you'll ascent towards Syangboche and finally reach the village of Khunde (3840 m) at the foot of Khumbila (5761 m), the most sacred mountain of the Sherpas. The famous Hillary Hospital is located in Khunde.

↑	ASCENT	400 m
↓	DESCENT	400 m
🕒	WALKING TIME	4 hrs
🏠	ACCOMMODATION	Khunde (3840 m) - LODGE
🍴	MEALS	B L D

Day 8: Ascent to Dole

Accompanied by fantastic views of the peaks of Taboche, Cholatse, Ama Dablam, Thamserku and Kantega, you'll walk along a scenic path up to the small pass Mong La (3950 m). From the pass, you'll enjoy great views of Phortse village and Tengboche Monastery way down below.

Upon reaching the small settlement of Phortse Thenga (3680 m), you'll enter the valley of Gokyo and finally reach the small alp of Dole (4110 m), today's destination.

↑	ASCENT	700 m
↓	DESCENT	500 m
🕒	WALKING TIME	5 hrs
🏠	ACCOMMODATION	Dole (4110 m) - LODGE
🍴	MEALS	B L D

Day 9: Short stage to Machhermo

A short stage along Bhote Koshi River will get you to the small lodge settlement of Machhermo (4470 m). Close to the end of today's stage, you'll have your first unobstructed view of the imposing south face of Cho Oyu (8201 m).

In the afternoon, there will be time for an acclimatisation hike above Machhermo.

↑	ASCENT	350 m
🕒	WALKING TIME	3 hrs
🏠	ACCOMMODATION	Machhermo (4470 m) - LODGE
🍴	MEALS	B L D

Day 10: Ascent to Gokyo

Higher up in the valley and past the first two small lakes, you'll reach the settlement of Gokyo (4790 m), situated on the shores of the large, beautiful third lake, one of the biggest of the six sacred lakes of Gokyo.

While hiking along the vast scree-covered Ngozumpa glacier, you'll enjoy breathtaking views of Cho Oyu, 8201 meters and the sixth highest summit in the world.

↑	ASCENT	500 m
↓	DESCENT	200 m
🕒	WALKING TIME	4 hrs
🏠	ACCOMMODATION	Gokyo (4790 m) - LODGE
🍴	MEALS	B L D

Day 11: Breathtaking view from Gokyo Ri (5360 m)

Today, treat yourself to one of the highlights of this trip: ascending the straightforward but rewarding Gokyo Ri (5360 m). The summit high above Gokyo is marked with countless prayer flags and offers one of the absolutely best views in the Everest region!

The fantastic panorama stretches from Cho Oyu (8201 m) in the west to Makalu (8481 m) in the east, taking in Mt. Everest (8848 m) and Lhotse (8516 m). After a long summit rest you'll return down to Gokyo where a well-deserved lunch will be waiting for you.

In the afternoon, you'll hike to Dragnag (4700 m), located on the eastern shore of the mighty Ngozumpa Glacier. Dragnag is our "base camp" before crossing the Cho La, our next pass.

↑	ASCENT	700 m
↓	DESCENT	850 m
🕒	WALKING TIME	6 hrs
🏠	ACCOMMODATION	Dragnag (4700 m) - LODGE
🍴	MEALS	B L D

Day 12: Crossing Cho La (pass, 5330 m)

A long leg is awaiting today, so plan for an early start as the length of the stage should not be underestimated. The steep ascent in scree is demanding, despite the last few day's optimal altitude acclimatisation. Also, the usually straightforward ice and snow field on the eastern slopes of the pass can be quite challenging in bad weather.

Reaching the height of Cho La Pass (5330 m) at last, you'll be proud of yourself, happy and content. There will be packed lunch on or near the pass before the long descent.

After passing the remains of what used to be a sizeable glacier, the path will get steeper again. You will descend to the high alp of Dzonglha (4830 m) and its few lodges.

↑	ASCENT	800 m
↓	DESCENT	650 m
🕒	WALKING TIME	7 - 9 hrs
🏠	ACCOMMODATION	Dzonglha (4830 m) - LODGE
🍴	MEALS	B L D

Day 13: Short walk to Lobuche

Today's short stage of about 2,5 hours will take you along a panoramic high route above the beautiful Chola Tsho (a moraine-dammed lake) to the lodges at Lobuche (4910 m).

↑	ASCENT	250 m
↓	DESCENT	150 m
🕒	WALKING TIME	2 - 3 Std
🏠	ACCOMMODATION	Lobuche (4910 m) - LODGE
🍴	MEALS	B L D

Day 14: Everest view from Kala Patthar (5750 m)

The mighty Khumbu glacier draws us ever closer to Gorak Shep (5140 m), situated at the foot of Kala Patthar (5750 m). "The black stone" is today's peak and the second summit of your trek. Again, a very early start is necessary because the stage is a long one. But, upon reaching the top, the mighty Mt. Everest is right in front of your nose, rewarding all your efforts.

You'll have time to enjoy this great view in the afternoon, as today's stage ends in Gorak Shep at the foot of Kala Patthar.

↑	ASCENT	1000 m
↓	DESCENT	600 m
🕒	WALKING TIME	7 - 8 hrs
🏠	ACCOMMODATION	Gorak Shep (5140 m) - LODGE
🍴	MEALS	B L D

Day 15: Everest Base Camp

From Gorak Shep, you'll walk along the Khumbu Glacier a little further to Everest Base Camp (5360 m). The massive Khumbu Icefall will make a lasting impression on you - this is where the busy main route leads up to the summit of Mt. Everest (8850 m).

In the afternoon, retrace your steps back down along Khumbu glacier to Lobuche.

↑	ASCENT	400 m
↓	DESCENT	600 m
🕒	WALKING TIME	6 - 7 hrs
🏠	ACCOMMODATION	Lobuche (4910 m) - LODGE
🍴	MEALS	B L D

Day 16: Descent to Pangboche

Via the sizeable village of Pheriche (4240 m), one of the highest permanent settlements in the Khumbu, you'll reach Pangboche (3930 m) at the foot of mighty and beautiful Ama Dablam. The air is getting more humid and the temperatures warmer.

In the afternoon, you can visit the small local gumpa. Over 600 years old, it is Khumbu's oldest monastery and is a great excuse for a nice stroll through the old part of the beautiful village.

↑	ASCENT	100 m
↓	METERS OF DESCENT	1100 m
🕒	WALKING TIME	6 hrs
🏠	ACCOMMODATION	Pangboche (3930 m) - LODGE
🍴	MEALS	B L D

Day 17: The Tengboche monastery and back to Namche Bazaar

A leisurely hike through fairy tale rhododendron forests will take you to Tengboche monastery, the largest in the Khumbu. Although it is not as old as other monasteries in the region, it is located in a very sacred and spiritual place and is therefore regarded as the most important monastery by the Sherpas. Taking in the breathtaking views of Kangtega high above the monastery and the surrounding mountains, one can readily understand why.

Following the interesting visit, you'll continue on your way to Namche Bazaar. After the steep descent to Phunke Tenga, where you'll cross Dudh Koshi, a short but nevertheless exhausting climb up to the teahouses at Sanasa awaits you. After a well-deserved rest, reach the lively town of Namche Bazaar in the afternoon.

↑	ASCENT	550 m
↓	METERS OF DESCENT	850 m
🕒	WALKING TIME	5 - 6 hrs
🏠	ACCOMMODATION	Namche (3440m) - LODGE
🍴	MEALS	B L D

Day 18: End of the trek in Lukla

Retracing your steps takes you down towards Bhote Koshi river where you'll cross Hilary bridge again, finally leaving the land of the Sherpa behind. In nearby Monjo, you'll leave Sagarmath Nationalpark.

The scenic path takes you through many small villages and settlements and is quite enjoyable, although there are surprisingly many ups and downs... After a long stage and a final climb up to Lukla, you'll reach the big village that has developed around the airstrip. You'll spend the last night of the trek in Lukla.

In the evening, you will celebrate the succesful trek with the whole crew, singing and dancing included!

↑	ASCENT	700 m
↓	METERS OF DESCENT	1200 m
🕒	WALKING TIME	6 - 8 hrs
🏠	ACCOMMODATION	Lukla (2840 m) - LODGE
🍴	MEALS	B L D

Day 19: Return flight to Ramechap and drive to Kathmandu

In the morning, weather permitting, 20-minute flight back to the small airport of Ramechap. A minibus will be waiting to take you back to Kathmandu, a 5 to 6 hour drive on narrow roads through the lush Nepalese countryside to your hotel in Kathmandu. The evening is at your disposal.

🚗	DRIVE	130 KM - 5 - 6 hrs
🏠	ACCOMMODATION	Kathmandu - HOTEL
🍴	MEALS	F

Day 20: UNESCO world heritage of Kathmandu

Today is another day dedicated to the former royal city of Kathmandu and its cultural highlights. Early in the morning, visit the important Hindu temple Pashupati Nath. The Shiva sanctuary, part of UNESCO World Cultural Heritage, is still used for cremation rituals by practicing Hindus. Non-Hindus are not allowed to enter the inner temples, but the atmosphere in the vast complex is nevertheless impressive.

Afterwards, drive to the Stupa of Swayabu Nath, beautifully situated on a wooded hill in the west of the city. It is also called "monkey temple" because of the many wild monkey that live in and around it. The collection of Buddhist and Hindu buildings and shrines is captivating because of its outstanding location and atmosphere. The view over the sprawling city of Kathmandu from the stupa is impressive. The last stop of the sightseeing tour is Durbar Square of Kathmandu in the early afternoon. The large ensemble is made up of former Hindu temples and royal palaces as well as the temple of Kumari. The Newari, inhabitants of Kathmandu valley, worship her as a living goddess.

The rest of the afternoon is free. During a last shared dinner you can reminisce about the highlights of the past days together with your fellow trekkers.

If you do not wish to join the sightseeing tour but prefer to explore the city on your own, you are welcome to do so!

🏠	ACCOMMODATION	Kathmandu - HOTEL
🍴	MEALS	B D

Day 21: Flight home or onward travel

Depending on your flight connection, transfer to Kathmandu airport and journey home or onward journey.

🍴	MEALS	B
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! Please note!

Our treks in the Everest region start and end with a domestic flight to/from the small airport of Lukla. Due to weather conditions, flights may be delayed or cancelled. This is beyond our control. However, TraveltoMountains is available to you via email or telephone in such situations and will endeavour to find and organise the best solution for you. Any additional costs incurred or costs for changing international flights shall be borne by the traveller; these costs shall be kept as low as possible by Travel to Mountains.

Sleeping bag/luggage

- Sleeping bag comfort rated -8°C to -12°C
- Daypack (volume: 30 - 40 litres)
- Duffle bag or backpack for personal equipment (carried by porters)
- Small travel bag (For luggage deposit in Kathmandu)
- Hiking poles (telescopic)

Footwear

- Sturdy hiking boots (ankle-high, cleated soles)
- Footwear traction (mini-spikes or light crampons, useful for crossing high passes)
- Trainers / casual shoes or sandals

Trekking clothes

- Rain- and windproof jacket (Goretex)
- Rain gear: backpack cover, umbrella, optional: rain poncho or rainproof trousers
- Warm clothing (e.g. fleece jacket or jumper), optional: light down or PrimaLoft jacket
- Functional hiking and mountain clothing (e.g. long trousers)
- Thermal baselayer (Merino wool)
- Hat, gloves
- Scarf or multifunctional headwear ("Buff") as a face mask against dust and cold air

Please note!

The porter team will carry approx. 12 to 15 kg per participant.

Experience has shown that many participants bring too much equipment! Please reduce your equipment to the necessary minimum.

Personal hygiene / medication

- Personal medication and first aid kit
- Check vaccinations status (refer to "Health" section below)
- Washbag, toiletries and towel
- Toilet paper (1 roll)
- Hand disinfectant (optional)
- Wet wipes
- Water purification tablets (e.g. Micropur, Aqua Mira, or similar)

Miscellaneous

- Sunscreen (e.g. SPF +30)
- Sunglasses, sunhat
- Torch or head torch with spare batteries
- Pocket knife (in checked luggage, not in carry-on)
- Camera
- Memory cards for camera, spare batteries
- Battery charger - batteries can be recharged for a small fee in many lodges
- Altimeter, compass (optional)
- 1 or 2 drinking bottles (1 litre each), optionally thermos flask
- Bars, nuts or other high-energy snacks

A few tips

- **Luggage deposit in Kathmandu**
While you are on the trekking tour, you can leave spare luggage in the storage room of our hotel in Kathmandu. Bring a fold-away bag.
- **Fruit, herb or green tea**
As a welcome change to the teas on offer in the lodges (black tea, lemon tea, mint tea) - bring your own!
- **Cough drops**
With increasing altitude the air becomes very dry and your throat may become sore. Cough drops are a relief.
- **Begging children**
We do not want to encourage local children to beg, therefore we ask you to refrain from distributing sweets, pens, etc. to the children along the trek!

Geography/Landscape

Nepal is a young republic at the foot of the vast Himalayas. Wedged between the two Asian giants of India and China, Nepal forms the heart of the over 2500 km long mountain range of the Himalayas and calls eight of the fourteen eight-thousand-metre peaks, including the 8850-metre-high Mount Everest, its own.

Nepal is a country of extremes: from the ice-covered peaks via countless altitudinal and vegetational zones down to the tropical lowlands of the Terai (approx. 70 m.a.s.l.). Nepal does not only have the highest difference in altitude in one single country but it is also rated as the highest country in the world.

Although the gigantic mountains of the Himalayas in the north of the country are undoubtedly the most impressive part of Nepal, they only have a relatively small share of about 17% in terms of surface area. To the south, the middle mountain range of the Himalayan foothills - covering approx. 66% of Nepal's total surface - stretches all the way to the lowlands of the Terai at the Indian border. The Terai - covering approx. 17% of Nepal - is the fertile and lush jungle belt bordering on India.

Taking Nepal's geography into consideration, it is easy to guess the wide variety of vegetation zones. They range from tropical rainforests, subtropical coniferous forests and temperate zones with acacia and maple forests to pines, oaks and rhododendron forests in the lower mountain areas. Almost every trekking tour in Nepal takes you through different vegetation zones and offers incomparable landscapes: from humid, lush valleys and their characteristically terraced rice, wheat and barley fields through alpine pastures with bright flower meadows to the high alpine mountain regions dominated by rock and ice.

Numerous rivers run south from the heavily glaciated mountain ranges at the Tibetan border towards India to the south of Nepal and onwards into the Ganges, the Hindus' holy river. Nepal's most important rivers are the Karnali in the west, the Kali Gandaki in the central region, whose glacier-fed waters have dug the deepest gorge in the world between Dhaulagiri (8167m) and Annapurna (8091m), and the Sun Koshi in the east of the country.

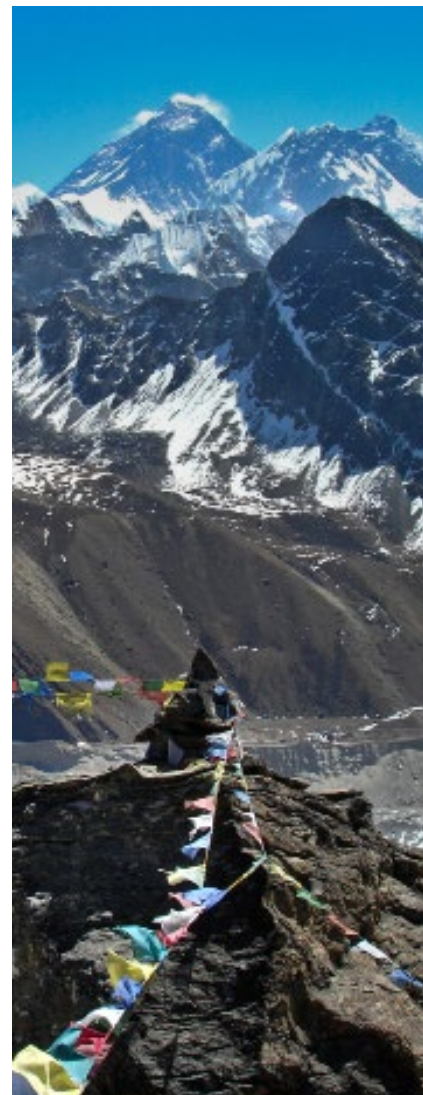
Climate/Trekking weather

Due to its geographic location and the resulting weather, Nepal has two main trekking and mountaineering seasons. The most popular trekking season for the Nepalese Himalayas is the dry autumn from the beginning of October to the middle of December. By the end of September, the monsoon has mostly cleared and dried the air and left exceptional visibility and very stable weather conditions behind.

In the low valleys around 1000 m, hikers can expect subtropical, humid and warm conditions. In higher altitudes of around 3000 to 4000 m, the day temperatures are downright ideal for trekking and mountaineering. As soon as the sun disappears, however, it quickly becomes cold. Night temperatures around or below freezing are not unusual at altitudes of around 3000 to 3500 m.

Winter starts in mid-December, and although Nepal's mountain regions do not get a lot of snow it gets cold. Trekking tours in low or sheltered regions are possible and even worthwhile due to the clear air, stable visibility and the few other tourists and trekkers. Spring season in Nepal begins in March. Spring is the second most popular travel season for Nepal: Warm temperatures and blooming vegetation attract many trekkers and mountaineers.

Anyone who has ever experienced the indescribably luxuriant splendour of colours and blossoms in spring is more than happy to accept the sometimes slightly poorer visibility due to the hazy air. The high passes can usually be crossed at that time of year, but snowfall cannot be completely ruled out and can make the crossings more difficult.



The view of Mt. Everest from Gokyo Ri



Approaching Kala Patthar, in the back Pumo Ri



Nepalese scripts

Climate/Trekking weather (cont.)

At the beginning of June the Indian monsoon sets in. This is Nepal’s genuine second season and it becomes humid. Especially the southern edge of the Himalayas gets intense rainfall during the summer months, lasting until the end of September. During monsoon, trekking is only worthwhile in mountain valleys which lie in the rain shadow of the main chain, e.g. Mustang. In Kathmandu, you can expect sunny and warm temperatures of 20 to 25°C. While trekking in the mountains, you’ll reach altitudes above 5000 m. Even if temperatures during the day are usually pleasant for hiking, it can be frosty on the higher passes and peaks. After sunset and in the early morning it can also be quite chilly. Therefore, when packing, also think of warm clothes (gloves, hat, warm jacket) and do bring your rain gear.

Our equipment list provides further useful information for packing.

Climate table Kathmandu (1400 m)

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
MAX. TEMPERATURE (°C)	16,5	19,0	23,7	26,8	27,7	27,5	27,0	27,2	26,0	24,6	21,3	18,3
MIN. TEMPERATURE (°C)	2,2	3,3	7,5	11,6	15,5	19,0	19,8	19,6	18,0	13,4	6,9	2,1
HOURS OF SUNSHINE PER DAY	6,6	7,6	7,9	7,1	7,7	5,9	3,9	4,5	5,4	6,3	7,9	6,2
HOURS OF RAIN PER DAY	2	2	3	6	10	16	22	20	14	5	1	1
RAINFALL (MM)	14	17	33	48	97	227	383	295	196	88	6	12



Prayer wheels

Health / Vaccinations

Vaccinations are currently not required for Nepal but, as with most long-distance trips, vaccinations against tetanus, diphtheria, typhoid fever, polio and hepatitis A and B are recommended. Malaria prophylaxis is recommended for stays in the south of the country. i.e. Terai and Chitwan National Park (protect yourself against bugs, cover your entire body, impregnate clothing with insect repellent). The Kathmandu valley and the northern, higher trekking areas are considered malaria-free.

Your personal medication and first-aid kit should contain diarrhoea treatment, antibiotics, insect repellent, and a good sunscreen suitable for higher altitudes (SPF 30+). Please also think of dressing materials (bandaids etc). Please note that medical care in Nepal is poor and take this into account when taking out insurance for your trip.

Please consult your doctor in any case.

Drinking water

Drink only boiled/filtered/disinfected water (or bottled water). Never drink water from the tap without first disinfecting (e.g. Micropur) or filtering (e.g. Katadyn) it. Brushing teeth with untreated water is usually not a problem. If you should decide to buy bottled water, make sure the seal is intact.

We kindly ask our participants to refrain from buying bottled water on the trek! In order to counteract the increasing waste problem in the mountain regions of Nepal and the global problem of plastic waste, we recommend that our customers refrain from buying water in plastic bottles but instead disinfect (e.g. Micropur) or filter (e.g. Katadyn) water taken from streams or wells. Thank you for your contribution!

Language

Nepal’s official language is Nepali. In addition, more than 21 other languages are spoken. They, in turn, are subdivided into countless dialects. English, however, is understood almost everywhere. Especially in Kathmandu, communication in English is not a problem.

Time difference

The time difference between Nepali time and CET is + 4h45’. There is no daylight saving time in Nepal.



The monastery Tengboche



Rock painting close to Thame

Currency

The official currency in Nepal is the Nepalese rupee, the current exchange rate being approx. 1 € = 128 NPR (Feb. 2020).

Money

Since credit cards or traveller's cheques are not widely accepted, carry your travel money in US dollars or euro and exchange it on the spot. Both currencies are equally accepted and exchanged. Please note that your euro or US dollar banknotes should have no markings or tears, or they may not be accepted.

It is best to change money in Kathmandu at authorised institutions (banks and exchange offices), the exchange rate being better than at the airport. While trekking, money can be exchanged only rarely and if at all, at unfavourable rates. Credit cards are only accepted in larger hotels and shops in Kathmandu.

You can use your credit card or Maestro cash card to withdraw money in Kathmandu but be warned: there have been problems, e.g. amounts that were requested but not dispensed were still debited from the account... We therefore advise you to take cash with you. If you wish to withdraw money abroad, please contact your bank and have your cash card activated (Geo-Control protection program). On the trekking tour, you will only need cash. Take a small rupee notes with you (NPR 50,-/100,-).

Tipping

Our teams are paid fair wages typical for the country. However, the teams are always happy to get additional recognition for their performance. This is usually reflected in tips. It is best to pool all the participants' tips and distribute the money at the end of the trekking tour. Gratuity should ideally be paid in local currency but can also be paid in US dollar or euro (please give only notes, no coins!).



Everest Base Camp in Spring

Visa

The best way to apply for a Nepalese visa is at the respective consulate before leaving. The cost for a 30 day visa is currently € 50,- Please note that your passport must be valid for at least 6 months after your return date. Please contact your local nepalese embassy/consulate for further information.

The visa can also be applied for upon arrival at Kathmandu airport. There are a few automatic visa counters available but expect a wait. Have the amount in Euro or US dollars ready.

Booking and payment methods

Booking the trip

To book this trip, please fill in the respective form on our website. You will receive a booking confirmation as soon as possible, as well as the invoice for the deposit (20%). The deposit is to be paid immediately as well as any travel insurance that you may take out with Travel to Mountains. The balance payment is due within the 20 days before departure. We will send you an invoice along with your joining instructions at that time.

Payment

Bank transfer free of charge: Bank transfer free of charge: You will receive our account details with the invoice and can transfer the payment free of charge.

Credit cards: We accept VISA and MASTERCARD.



Near Gorak Shep...