

# Everest Panorama Trek | 11 Days



This easy trek in the foothills of Mount Everest region starts with a short 35 minute flight from Kathmandu to Lukla, a tiny airstrip nestled between mountains. Here, the adventure really begins. From Lukla trail follows to Namche Bazar (3,441 m), the biggest village in the area. Although, it is a short trek it never fails to give you a superb view of the world's highest peaks, including Mt. Everest, Mt. Lhotse, Mt. Thamserku, and Mt. Amadablam. Visiting Sherpa villages, surrounded by fluttering prayer flags and glistening snow-capped peaks, the popular myth of 'Shangri La' will seem all-too-real. This trek definitely gives a great introduction to Sherpa lifestyle, country culture along with fine mountain views. This slow trek reveals wild rushing waters underneath the Imja Khol (river) suspension bridge and a stunning rhododendron forest (during Spring). For the first time trekkers to Nepal this is a popular destination. Suited for families, teens and for those who haven't had enough time for a longer trek into the high mountains.

### Trip Highlights

- Katmandu Valley: Unveil the spiritual mysteries of age-old cities of Katmandu Valley
- On Trek: Enjoy the view of Mt. Everest and other mighty mountains at close proximity
- Namche Bazaar: Experience Sherpa culture and life style of mountain people in the heart of Himalaya

- Thame Village: Visit Birth place of Tenzing Norgay Sherpa
- Get to know Sherpa homeland and their culture and explore Namche Bazaar

### Detailed Itinerary

#### Day 1: Arrive in Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu a *travel-to-nature Asia* guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

If not feeling jet-lagged, we can take some time to explore Kathmandu's medieval Backstreets. Discover buildings dating back to the 16th century. Make your way down to Thamel, the main tourist area in Kathmandu and a great place to dine, there are quite a few to choose from like New Orleans Cafe, Rum Doodle, Bear Garden etc. Enjoy your evening and get some rest to recover from that Jet lag. The adventure begins tomorrow!

Accommodation: Hotel Manaslu

#### Day 2: Kathmandu Valley Sightseeing

In the morning, a pre-trip meeting at our hotel in Kathmandu and introduction to our trek leader/guide.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats.

We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara – style temples grouped around a fifty-five-window palace of brick and wood. The attraction of the Bhaktapur Durbar Square

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is The Lion gate, The Golden gate, The Palace of fifty five windows, Art Galleries, The Statue of King Bhupatindra Malla. The rest of our time in Kathmandu is free for further exploration and some last-minute shopping in Thamel area near by your hotel.

There will be a trek briefing this evening!!

Accommodation: Hotel Manaslu

Meal: Breakfast



### Day 3: Fly Kathmandu - Lukla (2,810 m | 45 mins) | Trek to Phakding (2,652 m | 3 hrs)

Our trekking guide will pick you up at the hotel early morning and transfer to Kathmandu airport domestic terminal to catch flight to Lukla (2,810 m). The flight duration is approximately 45 minutes. Have a tea and coffee in Lukla. Then our trekking starts from Lukla. The trail contour through the Sherpa village and yak pasture land. Have a lunch in Thado Koshi (2,591 m) with stunning view of Kum Kangaru (6370 m). We will see the painted Mani wall in Ghat (chhuthawa) village. In the late afternoon we arrive to Phakding.

Accommodation: Local Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

### Day 4: Trek Phakding - Namche Bazaar (3,446 m | 6-7 hrs)

Our trekking starts after breakfast at mountain lodge. We cross long suspension bridge over the Dhudh

Koshi River which is originated from Khumbu glacier. Today we will enter the Sagarmatha National Park in Monjo village. We will have lunch in Jorsale (2,740 m). The trail goes ahead along the Dudhakoshi river. We cross another suspension bridge in Larja Dobhan (2,830 m). From here the trail moves to steep staircase through pine forest. After half an hour steep walking you will see Mt Everest (8,848 m). The trail ascends until Namche Bazaar through the alpine forest. We will be delighted to see Namche Bazaar. The Namche bazaar is gate way of the Everest base camp trekking. Enjoy staying two nights here.

Accommodation: Local Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

### Day 5: Explore Namche Bazaar | Acclimatization walk in the Thame Valley | 4-5 hrs

We spend today acclimatizing to the altitude. If it's a clear morning and if we want can get up before breakfast and walk up to the National Park Museum for our first good view of Everest, Nuptse and Lhotse.

After breakfast we have an easy acclimatization walk into the Thame Valley, a quiet side valley on the way to Tibet. The walk up to Thame valley is beautiful and is less visited by trekkers than the main trail to Everest Base Camp. The trail climbs steeply out of Namche and then contours around the valley on an easy trail through beautiful forest. We return to Namche for lunch and in the afternoon there is time to explore the Sherpa capital or visit the Everest National Park Museum or the Sherpa Cultural Centre.

Accommodation: Local Lodge/Guesthouse

Meals: Breakfast, Lunch, Dinner

### Day 6: Trek to Thame (3750 m)

We return to the hiking trail this morning for a beautiful hike to Thame, the birthplace of Tenzing Norgay (the Sherpa who made the first ascent of Everest with Hillary in 1953). We pass the small village of Phurte, home to a large chorten (temple)

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and prayer walls and continue trekking to the head of the valley and the town of Mende, where we take a small path that passes above the villages of Dramo and Thomde. This path eventually dovetails with the trade route used by Tibetans to trade at Namche Bazaar; here, the path becomes an airy traverse with huge, dark cliffs overhead and large drops to the river below. Approx. trekking time: 5 to 6 hours.

Accommodation: Local lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner

### Day 7: Trek to Khumjung village (3780 m)

We will follow a shorter trail today to Khumjung, one that goes above Namche Bazaar. From this vantage view, we enjoy the spectacular views of the beautiful valley ahead and gradually trek down, first to the village of Khunde, and then to Khumjung, one of the most beautiful villages in Khumbu. In the middle of Kumjung is the original Hillary school, established by Sir Edmund Hillary in 1961, just eight years after the conquest of Everest.

In the late afternoon, we also visit the nice & atmospheric gumpa. One of the treasures kept here is a 'yeti skull'. That was transported to America for analysis by Sir Edmund Hillary and village headman Konchok Bhumbi. Tests concluded that the scalp was made from the skin of a serow, a member of the Himalayan antelope family, but the legend continues. Approx. trekking time: 4-5 hours

Accommodation: Local lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner



### Day 8: Trek to Manjo (2840 m)

This morning, we leave Khumjung Village behind and climb to a level path with several switchbacks before reaching Namche Bazaar. After lunch in Namche, explore the town and then continue on to our descent into Monjo. We cross the Sir Edmund Hillary Bridge before returning to our lodge for overnight. Approx. trekking time: 4 hours

Accommodation: Local lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner

### Day 9: Trek to Lukla (2,804 m)

This is our last day of trekking as we return to Lukla where the trek began. We enjoy this time to reflect on the trek as a group and the personal achievement of all those who took part. The afternoon is free, so we can wander about, relax and enjoy a hot shower! In the evening we have a farewell dinner, followed by a few celebratory drinks and dancing with our Sherpa companions and bidding farewell to this incredible setting, the villages and the people of the Khumbu hills and valleys. Approx. trekking time: 6 hours.

Accommodation: Local lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner

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### Day 10: Fly back to Kathmandu

We should pack up early in the morning. Then have a breakfast and hike down to Lukla airstrip. We fly back to Kathmandu and spend the rest of the day at leisure.

Accommodation: Hotel Manaslu

Meals: Breakfast

### Day 11: Depart Kathmandu

Transfer to airport and depart for your homeward-bound flight.

Meal: Breakfast

### Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Twin room sharing accommodation at hotel in Kathmandu with daily breakfast
- Lodges/Guesthouses accommodation during the trek mostly in twin-share but occasionally in dormitory-style rooms with common bathroom
- Breakfast, lunch and dinner while on trek
- Domestic flights: Kathmandu-Lukla-Katmandu
- All sightseeing and long distance transportation in private air-condition vehicle

- Local escort/guide and representative throughout the tour
- Monument entrance fees
- National Park permit, TIMS (Trekking Information Management System) & Eco Tourism development fees

### Excludes

- International flights
- Visa fee
- Travel insurance (Emergency Rescue and Evacuation coverage is HIGHLY recommended)
- Meals not mentioned in the itinerary
- Tips for trip leader/guide, driver, hotel staff and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, telephone calls and other unforeseen expenses
- Items/services not listed in the "included"
- Extra expenses for 'Optional Program' if opted in

### Accommodation

#### Hotel Manaslu, Kathmandu

Hotel Manaslu located in the immaculate area of Lazimpat, Kathmandu is a heritage hotel established in 1972. We have kept the proud heritage of Nepal alive throughout its operation by offering unparalleled service and warm hospitality, that defines the values and culture of Nepal. The architecture of our hotel includes many ancient pieces that have been carefully restored and incorporated.

#### Guesthouse/Lodge

Lodges/guesthouses in the trekking routes of Nepal range from simple buildings made out of stone, mud, and wood, to modern-looking concrete ones depending upon their geographic locations. Bedrooms generally have two single beds (and a

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table) or several beds in case of a dormitory. Usually, the kitchen and dining are combined into one common room (area).

### Internal/Domestic Flight Delays

Please note that adverse weather conditions at Lukla airport occasionally mean that flights to/from Kathmandu cannot operate. We include an additional day at the end of the itinerary to allow for this, but on occasion, persistent bad weather may delay the start of your trek or your return to Kathmandu.

Should there be a lengthy delay at the start of a trip we will aim to provide a shortened Everest trek, but if adverse weather conditions continue and the main objective of the trek becomes impossible to reach, an alternative trek to another region of Nepal will be offered. Should there be a significant delay at the end of your trek, we will endeavour to get you on the first flights to Kathmandu available. Should helicopters be able to fly, we will consider for these on a case-by-case basis to enable you to meet your international flight. In the case of persistent adverse bad weather, travel-to-nature Asia will help & assist you re-booking international flights, but please be aware that your booking is on a 'Land Only' basis and you will be responsible for re-booking your onward travel and for any associated costs.

### Group/Individual

You are traveling privately with your family & friends with our guide & porter who are at your service throughout your trek. Our representative/Tour Manager in Kathmandu who will look after your transfers to and from the airport and will be around to answer other questions you may have about your trek.

An English-speaking Nepali Sherpa trekking guide will accompany you throughout the trek, who will be assisted by a porter (we assign one porter for every two guests). All our Trekking guides/leaders are highly experienced and professional. Our trekking guides are licensed by Department of Tourism, (Government of Nepal). They are trained by Nepal

Academy of Tourism & Hotel Management (NATHM) and also receive additional training through Dyckhoff-Karki Himalayan Nature Treks & Expedition.

Your trekking guide assisted by additional helper/porter as necessary to carry your baggage (kitbags/duffel). All your main gear is carried for you and you only have to carry whatever you require for that day's trek. Please limit your kitbag to maximum 15 kg only because a porter carrying weight limit is 30 kg maximum. All the trekking staff are insured by travel-to-nature Asia or Dyckhoff-Karki Himalayan Nature Treks & Expedition.

### Accommodation - Hotel & Lodge

In this you tour you spends nights in a comfortable hotel in Kathmandu and during the trek nights in lodges (teahouses). In Kathmandu you stay at the Hotel Manaslu Hotel, centrally located.

The teahouses are basic but adequate; please be realistic about what to expect in the mountains. The hub of the teahouse is the dining room, usually decorated with colourful traditional rugs, sometimes with a stove or heater (some lodges charge a fee to put the heater on). Most teahouses sell snacks and other essentials such as tissues, soap and toilet paper. Almost all lodges have electricity but it is not wholly reliable and lighting may not be bright enough to read by – a torch is essential. Electrical charging facilities are generally available only in the dining room (**charged at approx. Rs150-350 per hour per device**). Many of the lodges use solar power so sometimes there is not enough electricity for charging. Many lodges have Wi-Fi these days – in some areas it works well but in others it is slow and temperamental.

We try our best to book a single/double bedroom throughout this trek for you. However, at certain places due to being overcrowded **we not be in a position to guaranty a single room for you**. Beds are with foam mattresses; bed sheets and a pillow are provided. Bedrooms are generally

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unheated and can get cold at night so you will need to bring or hire a sleeping bag. Most lodges have only one or two basic toilets and sometimes these are located outside the main lodge building. Toilets are usually Asian 'squat' style; although many lodges have now installed 'western style' seated ones. Toilet paper is not provided so you should bring your own or buy it locally (please dispose of it the bin provided – do not put it in the bowl). If there is not a flush handle, there should be a container of water to pour down – if it is empty (or frozen) please either refill it or ask the lodge to. Some lodges now have hot 'showers' (charged at approx. Rs250-500 per shower).

Sometimes a hot shower is simply a bucket of hot water and not a shower head. Standards of cleanliness vary especially in the peak trekking season and in winter when the water freezes at night. Please report any problems to your guide or the lodge and be vigilant in your personal hygiene regime – use soap or hand sanitizer gel before and after toilet breaks, snacks and meal times.

**As a general rule, the higher altitude you go to, the more basic & demanding the lodges and the more expensive food and services become.**

### Extra Accommodation

If you require any additional accommodation in Kathmandu either before or after the tour, we can book this for you (subject to availability), please enquire with our Sales Consultant/Tour Manager.

### Single Accommodation

We offer double room accommodation for the nights in Kathmandu only. While in the teahouses, double rooms cannot be always guaranteed.

### Food & Transport | Eating & Drinking

Only breakfast is included in Kathmandu and all meals (Breakfast/Lunch/Dinner) are included throughout the trek. On trek the breakfast will be a set menu usually consisting of porridge, toast and egg. For lunch and dinner on trek allowing you to choose what you want to eat and when. The menus in the lodges are almost identical to one another but offer a varied choice, ranging from traditional Nepalese dhal bhat to pizza and apple pie. **For every meal 2 cups of tea or coffee or each per meal is included. If you prefer to drink more than two cups you have to pay extra yourself.**

**Dhal Bhat** is the staple diet in Nepal and comes in many different forms but generally comprises some curried lentil dhal and meat or vegetables, some rice, and a pickle/chutney. Another popular snack is momos; a type of Nepalese dumpling, fried or steamed, filled with meat or vegetables. Although meat is available in the teahouses, we advise against eating it on trek. The meat has often been carried in the heat from lower altitudes for several days before reaching the lodges, and can cause stomach upsets or illness. Germs can also be spread by handling dirty money - we recommend using hand sanitizer.

### Drinking Water

Staying hydrated is important when undertaking any physical activity but particularly so at altitude where it is generally recommended to drink at least 3-4 litres per person per day. We strongly encourage you not to buy bottled water on trek as this contributes to the growing problem of plastic pollution in Nepal's trekking areas.

All teahouses will provide cold water free of charge, if requested. Although this should not be drunk untreated, we recommend that you bring a reusable bottle with a wide opening with you and use a SteriPEN to treat it with. A SteriPEN is a handheld UV water purifier – small, lightweight and battery powered so easy to pack for a trek. In Nepal's trekking regions most of the bottled water isn't strictly 'mineral water' anyway but is UV treated, so it's exactly the same technology. It's quick to use, far more effective than purification tablets, and the

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water is ready immediately.

SteriPENS are widely stocked on Amazon, outdoor shops and other online retailers; look for the latest models but avoid USB charging ones. Better still, a SteriPEN will pay for itself over the course of the trek and you won't leave behind a single plastic bottle – you will end up spending the same or even less than you would on bottled water, plus you can keep it for future trips. If you prefer not to invest in a SteriPEN, the teahouses also sell boiled water for **approx. Rs150- 300 per litre (the price increases the higher you trek)** which should not require treating. This is also perfect for a bedtime refill as it can double up as a hot water bottle.

## Transportation

For airport and sightseeing transfers, we use a private car. Flights to and from Lukla will be either in a Twin Otter or Dornier plane.

## Weather

The main trekking season in Nepal is from mid-September to end-May. We do not operate treks in Nepal outside of these months as it is the rainy season. During the trekking season conditions at most altitudes are generally comfortable for walking and rain or snow are occasional occurrences. Daytime temperatures will vary from 15°C to 35°C in the Kathmandu Valley to around 10°C at 3,600m and progressively lower the higher you go. Within the trekking season there are three further distinct seasons in the weather, each offering different advantages for trekking.

Post Monsoon/autumn: Mid-September to November. This is the most popular trekking season in Nepal. Day temperatures in Kathmandu are generally above 20°C. On trek

temperatures will be lower although skies are usually clear and days should be sunny and mild with clear mountain views. However, at higher altitudes, the days can be cold and windy. Nights will be colder with temperatures dropping as low as to minus 10°C or lower in late November at the higher altitudes.

Winter: December to end February. Despite the colder conditions, this is an ideal time to trek in Nepal. Skies are usually very clear, especially in December and the mountain views are at their best. Nights will be very cold with temperatures down to minus 20°C but days are often pleasant and sunny. In Kathmandu, maximum daytime temperatures are 19°C.

Pre-monsoon/spring: March to May. Both day and night temperatures will be warmer in general but haze will often build up in the afternoons. It is very hot in the lowlands and temperatures rise to 30°C in Kathmandu. Flowers bloom in this season and this is one of the reasons people chose to trek in spring.

Snow can be expected on any departure, usually at the higher altitudes. There will always be snow/ice on the top of the Cho La as it is a glacier.

Please remember that in any mountain area the weather is never wholly predictable and you should be prepared and equipped to deal with any differences in weather beyond the conditions described above.

## WHAT TO TAKE

### Essential Equipment

1. Porter carries about 15 kg kitbags/duffel, therefore please respectfully limit your kitbag/duffel to 15 kg maximum. Any baggage/items not needed on trek can be left in storage at the hotel in Kathmandu free of charge. Please also see the 'internal/domestic flights weight limit' of 10 kg.
2. 2 passport photos for your trekking permit (plus an additional 1 if getting your visa on arrival)
3. 4 season sleeping bag (5 season for December, January and February departures)
4. 3/4 season jacket (4 season for winter departures)

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- 1-2 x 1 liter water bottles (ideally with a wide opening).
- Waterproof synthetic or leather walking boots (worn in)
- Waterproof jacket and trousers Gaiters Trainers for the evening
- Warm hat Scarf/Buff (which can be pulled over your nose and mouth to protect against fine mountain dust)
- Warm gloves
- Several pairs of walking socks
- Tracksuit or thermals for the evening
- Warm mid-layer (fleece)
- Light - mid weight trousers (warmer for winter)
- Shorts or skirt for women
- Sunhat, sunglasses, sunscreen and lip salve with sun protection
- Daypack
- Towel
- Head-torch (headlamp)
- Trekking pole(s)
- Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
- Toilet paper
- Small personal first aid kit
- Plug adaptor

We believe in reducing our negative environmental impacts wherever possible, this goes for when you need to spend a penny in the great outdoors! If no facilities are available there may come a time when you need to go to the loo behind a tree/bush/rock. To avoid leaving toilet paper behind we recommend taking biodegradable dog poo/sandwich bags with you. Once you have done your business you can pop the used toilet roll in here and take it off the mountain or trail at the end of the day and dispose of it when there are appropriate facilities available.

### Optional Equipment

1. Water treatment: SteriPEN / water purification

- tablets
2. Hand washing gel
3. Biodegradable soap/shampoo
4. Sleeping bag liner
5. Solar charger/spare batteries/power bank

There are many equipment shops in Kathmandu where you can buy much of the above clothing. The quality does vary and cannot be guaranteed so you should choose carefully. Internal Flights Weight Limit There is a weight restriction on the flight to and from Lukla of 10kg checked baggage plus 5kg hand luggage. It is not a problem for you to check in 1-2kg more than this as long as you are happy to pay an excess luggage charge (approx. €2 per kg).

## PRACTICAL INFORMATION

### Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for European passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on arrival. If you wish to apply visa before departure, please visit this link: <https://nepaliport.immigration.gov.np/> The current cost of a visa on arrival is US\$30 for 15 days, US\$50 for 30 days and \$125 for 90 days. All are multiple entry. The visa on arrival fee can be paid in cash in US Dollars or Euros. Application forms are available in the immigration hall (or for electronic passports,



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there are visa registration machines which, after inserting your passport, automatically fill out a form for you. If you use the machine you will not need a passport photo). You must first join the queue to pay the visa fee and then go to the relevant immigration desk to obtain your 15, 30 or 90-day visa stamp. If you use the paper form to obtain a visa on arrival then you will also need one passport photo (a photo is not required if you use the electronic registration machines but we recommend you bring one with you anyway just in case, for any reason, the machines cannot read your passport). There might be long queues for visas on arrival.

Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required.

### Vaccination

There are no mandatory vaccination requirements. Recommended vaccinations are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A. There is low to no risk of malaria throughout Nepal and antimalarial tablets are not usually advised although may be considered for certain higher risk groups; you may wish to consult your GP/doctor or travel health clinic for further advice. The risk is highest in the low lying southern 'terai' districts bordering India.

A yellow fever certificate is only required if traveling from a country with a risk of yellow fever transmission or for travelers having transited for more than 12 hours through a country with risk of transmission.

Dengue fever is a known risk in Nepal. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Most of our trips to Nepal go to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatize to these altitudes, but you

should be aware that it is still possible for you to be affected. Please refer to the information below on Altitude Warning for further advice on AMS.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

### Altitude Warning

This trip includes one or more nights over 3500m above sea level, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. We expect most clients to experience some mild symptoms of altitude sickness, such as headaches and shortness of breath while walking or sleeplessness. Our leaders are trained to identify symptoms of severe AMS and if a client requires extra care, arrangements such as rapid descent will be made immediately.

On some days this trip climbs faster than commonly published ascent rate recommendations. Based upon an assessment by our external safety and medical advisors and our risk assessment process, we consider the ascent rate is acceptable due to the additional safety measures that are in place for our customers. All our trips operating at high altitudes meet our internal altitude safety standards that minimize the risk of serious incidents occurring whilst travelling at altitude.

A number of medical conditions or medications can reduce your body's ability to acclimatize. This may affect your performance and make you more susceptible to AMS. If you are worried about any pre-existing conditions, such as heart conditions, or your overall physical ability, you must seek medical advice prior to your trip. The drug Diamox (also known as acetazolamide and normally only available

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on prescription) has been shown to aid acclimatization in some individuals and therefore may reduce the risk of AMS. Clients considering using Diamox should speak to their doctor about the drug, its side-effects and a prescription.

Please note that while we endeavor to assist all our clients in achieving their goals, there may be times when your leader decides to delay or stop your ascent based on your overall condition, or the onset of AMS. Please note: that while we endeavor to assist all our clients in achieving their goals, there may be times when your leader decides to delay or stop your ascent based on your overall condition, or the onset of AMS.

We recommend you buy Travel Insurance, and make sure that your policy covers you up to the maximum altitude on this trip (if trekking in the Himalaya your policy should also cover the use of a helicopter for emergency medical evacuation). You must be fully insured against medical and personal accident risks (including repatriation costs and air ambulance or helicopter rescue services where appropriate). On arrival in destination for your trip, you will be asked to present details to your leader or local representative of your policy.

### Local Time

Nepal's Time zone:  
Asia/Kathmandu +04:45 (CET +04:45)

### Electricity

Nepal's Electricity:  
230V, 50Hz. Mains electric 'load shedding' (planned temporary power-cuts) occurs regularly throughout towns and cities in Nepal. On teahouse treks the majority of lodges now have electricity and charging facilities in the communal areas for batteries, for a fee (around Rs150- 350 per hour). Battery life can be affected by cold - lithium batteries are best.

### Money

Nepal's Currency:  
The national currency of Nepal is the Nepalese Rupee

(NPR), with an exchange rate at the time of publication of approximately 135 to the Euro and 120 to the US\$. It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. Keep your change receipts, as you will need them if you want to change rupees back into hard currency at Kathmandu airport.

### ATM Availability

There are ATM machines in Kathmandu only. You can exchange cash in Namche Bazaar. Please do not rely wholly on ATM machines as many are broken or have run out of money and all have a limit of less than €100 which you can withdraw at any one time.

We recommend you bring most of your money for the trek in cash and change it at the airport on arrival. Credit cards are accepted in many of the larger shops and restaurants in Kathmandu and are now also accepted in the lodges in Namche Bazaar.

### Extra Expenses & Spending Money

It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. We recommend taking your personal spending money in cash (dollars or euros can all be changed easily). Cash can be changed easily at the airport on arrival in Kathmandu or at money changers in the Thamel area of Kathmandu. Please note that travellers cheques can NOT be exchanged in Nepal.

Please allow Rs1000-2000 (€7-14) per day for extra drinks, showers and charging on trek, and for meals not included in Kathmandu. This amount is given as a rough guideline only. If you plan to take a SteriPEN to treat non-boiled water on trek you will spend less than this, whilst if you buy imported snacks and drinks you may spend a few euro extra each day. There are teahouses selling drinks and snacks along the entire length of the trekking route.

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### Tipping

Tipping is of course entirely at your discretion, but it is part of the culture in Nepal. Tipping can be an awkward affair especially when you are not familiar with the country. Your leader will help with tipping and will provide a list of suggested tips. This will include tips for drivers, hotel porters and other hotel staff, local sightseeing guides, and if trekking will include staff such as guide, assistants and porters.

Based on the above distributions, you should allow approximately Rs10000 - Rs15000 (€71-106) in total for all tips for the tour duration. Please try to give all tips in local currency.

### Important Information

On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.