

Gokyo & Everest Base Camp Trek | 19 Days

Dream it, Dare it, Do It ...these three words really fit the most stunning trekking route at Everest region – Gokyo Lake Everest Base Camp Trekking. Imagine you are standing right on the top of the Gokyo Ri with a panoramic view of Mount Everest, Cho-Oye, Lhotse and Makalu all above 8000 meters peaks. This trekking route takes you to the heart of the Sherpa homeland, from Namche Bazaar to the Gokyo Valley, crossing over Cho La Pass and on to the classic route to Everest Base Camp used by the great climbers. It offers dramatic landscapes, high mountain wilderness, the Gokyo Valley as well as the main Everest trail with a chance to climb the iconic Kala Pattar (5545m), which offers breathtaking close-up views of Mount Everest. A truly challenging experience and some unforgettable memories.



Trip Highlights

- Trek to Everest Base Camp via turquoise Gokyo Lake over Cho La Pass (5,330 m 17,487 ft)|
- Enjoy spectacular and breathtaking views of Everest, the highest mountain in the world, plus a range of other peaks including Lhotse, Nuptse, Ama Dablam, Kang Tega, Thamserku, Pumori, Mount Makalu, Taboche and Cholatse.

- Get to know Sherpa homeland and their culture and explore Namche Bazaar
- Visit the famous Thyangboche Hilltop Monastery
- Climb Kala Pattar for close up views of Mt Everest
- Explore Kathmandu Valley including a day's sightseeing tour to Patan Durbar Square, Pashupatinath and Boudhanath and a day excursion to Changu Narayan & Bhaktapur famous for medieval art and architecture

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

Our local tour leader meets us at the hotel in the morning. Prepare to discover the magical towns and cities of the Kathmandu Valley. The day begins with a tour of Kathmandu's main sights, including Durbar Square, Teleju Temple and the House of the Living Goddess. Durbar Square is a UNESCO World Heritage Site and seat of Nepal's old capital, from which the kings governed the ancient city. The square is a mix

Gokyo & Everest Base Camp Trek | 19 Days



of Buddhist and Hindu architecture. The temples, stupas and statues here are the most beautiful buildings in Nepal. Durbar square often hosts festivals, weddings and other ceremonies. From there, we climb the many steps to Swayambhunath, another UNESCO site commonly known as the "Monkey Temple." From here we enjoy panoramic views of Kathmandu, stretching out the foothills of the Himalaya.

We then drive to the nearby city of Patan, a renowned center of Nepalese arts and crafts. Patan was founded in 250AD and became known for producing fine works in copper, bronze and silver. You see many of these treasures on display at the new Patan Museum. If time permits, you head to the nearby Tibetan refugee camp for a demonstration in carpet weaving.

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 Dudh Koshi 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.

Gokyo & Everest Base Camp Trek | 19 Days

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: Acclimatization walk to Kunde and Khumjung | Descend to Kyanjuma (3,600 m) | 5- 6 hrs.

We climb steeply out of Namche to the Everest View Hotel. This spectacularly situated hotel has wonderful views of Everest and Ama Dablam and is an ideal place for a tea break. Continuing on, we trek to the villages of Kunde and Khumjung set below Khumbila, the rocky peak sacred to all Sherpas. In Kunde you can visit the Edmund Hillary hospital, and in Khumjung we can see the Edmund Hillary School. There should also be time to visit Khumjung monastery, where for a small donation we will be shown the only Yeti skull in the world! Descending to the main trail we spend the night at Kyanjuma.

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

Day 7: Trek Kyanjuma - Dole (4,200 m | 5-6 hrs)

The trek starts steep stone staircase over the Namche. After the top the trail becomes easier and trail contour the Dhudhkosi valley. By walking we can see incredible Khumbu valley with world highest mountains and Tengboche Monastery. After nearly 2 hours of walking we reach to Sanasa(3600m). Here have a few minutes rest before hard steep 2 hours climb to Mong Danda (3,973 m). From here we will see the magnificent views of Mt. Ama Sablam, Mt. Kangtaga and Mt. Thamserku with Dudhkosi valley. The trail climbs away from the Phortse Tenga passing through the Rhododendron and pine forest. Look out for Himalayan Tahr and Musk Deer in the forest . After 20 m steep climb first appears Cho Oyu. We will cross the beautiful water fall and yak pasture. Then reach to Dole.

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

Day 8: Trek Dole - Machhermo (4,470 m | 4-5 hrs)

Today is easy day and better view of in our past days. From Dole the trail descend to stream than cross the wooden bridge. We will cross the few teahouses, the trail ascend one hour to top hill. We can take time here for picture. We will reach in Luza(4,390 m) after 1 hour 50 minutes walk from Dole. Here we can take rest and tea. From Luza trail becomes a ups along the side of valley than cross the more high pastureland and chorten with prayers flags. Many writers saying yeti killed the Sherpa women and Yak here. Form this hill enchanting view of eastern part Gokyo valley, Mt. Taboche and Mt. Cholatse. Then walk down to Machhermo valley.

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

Day 9: Trek Machhermo - Gokyo Lake (4,790 m | 4-5 hrs)

Gokyo & Everest Base Camp Trek | 19 Days

The trail climbs the ridge of valley excellent view of Kantaga and big Mountain Cho-oyu. The trail becomes more ups to Kharka. Here few stone hoes, then trail will be easier to Pangka at 4,380 m. From here the trail will be narrow and steep climb close to the Ngozumpa glacier. The end of hard ascends cross the bridge over the stream which is flow from Gokyo Lake. This is the first small lake of Gokyo. From here the trail almost in level appears second lake at 4,720 m. It called Taujun Lake. Finally we will climb to the last lake of Dudha Pokhari at 4,750 m in Gokyo Lake (4,790 m).

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

Day 10: Morning climb to Gokyo Ri (5340 m) | Afternoon walk around the Gokyo Lake | 5-6 hrs

Have a breakfast early in morning. Before climbing make sure we have water, some snacks and plenty of warm clothes. The trail climb steep ups directly above the Gokyo lake 2 and half hour hard climb to Gokyo-ri at 5,340 m. From the top great Himalayan views of world highest mountain with Makalu range better than Kala Pattar above the Gorkhashep. After taking picture all the way downhill to Gokyo Lake. Have lunch and rest two hours. If we're feeling good we can hike to the oldest and longest glaciers of Khumbu valley.

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

Day 11: Gokyo Lake to Dzongla crossing Chola La Pass (5330 m) | 7-8 hrs

From Gokyo the trail descends, looking at the views of the fine mountains and natural beauty, towards Thangna which is consider as the base of Chola La Pass. Today is a long trek starting before sunrise at 4-5 am to reach the pass by 9-10 am otherwise weather conditions will greatly affect your journey. We cross over at an altitude of 5,300 meters. We could be exposed to strong winds if crossing too late.

We start to climb steeply that is regularly used and easy to follow. However, the problem may arise due to the altitude and snow. It often causes terrible problems to cross the pass if it is covered by snow. As we reach the top, we are rewarded by the magnificent views then you descend to the Dzongla at noon.

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

Day 12: Trek Dzongla - Lobuche (4930 m | 5 hrs)

The trail continues along the moraine from Dzongla affording us splendid views of Kala Pattar and Pumori before we reach Lobuche. Today we walk around 4-5 hours.

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



Day 13: Trek Lobuche - Gorkhashep (5,140 m) | Trek to Everest base camp (5,364 m) | 7-8 hrs

From Lobuche in beginning we walk along the flat trail through yak pasture trail (50 minutes). Then we have to walk in glacier. The trail is rough and icy in some part. And we arrive to Gorak Shep (5,140 m). At this time the temperature is nearly 10 to 15

Gokyo & Everest Base Camp Trek | 19 Days

degree Celsius. We might feel fatigue. Have lunch and rest in Gorak Shep.

After light lunch we will start to trek to the Everest base camp (5364 m). The trail is narrow and rocky so that we suggest trekkers to concentrate their mind in



trail before stepping. The Everest base camp is moving up and down every year because Khumbu glacier is moving to the down. In Everest base camp you can't spend your overnight because there is no facility of tea houses. Only people stay at night in camp who are climbing to Mt. Everest. Trek back to Gorkhashep.

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

Day 14: Climb to Kalapatthar (5,545 m) | Trek back to Pheriche (4,240 m) | 9-10 hrs

After breakfast around 5:00 am we will start to climb Kalapatthar (5,550 m). This morning we might feel chilly because temperature may go down -2 to -3 degree Celsius. After nearly two and half hour climbing, we will reach on top of the Kalapatthar (5,550 m). There we get little bit strong wind. Kalapatthar is one of the prime points for the massive view of Mount Everest (8,848 m). Enjoy the view of Mt. Everest and other towering mountains. Here we can see people sharing exciting moments each other. From here we also can see Everest base camp just below. After a while return back to Gorak Shep. Then return to Gorak Shep and have a tea and coffee. Trek back to Pheruche (4,240 m). 10h walking.

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

Day 15: Trk Pheruche - Namche Bazaar (4,440 m) | 8-9 hrs

From Pheriche we will cross River which is origin from Everest base camp. The trail descend through the Yak pasture land with spectacular view of the Amadablum, Khantega and Thamserku mountains. After 4 hours walking you we arrive in Tengboche Monastery. The Monastery is the biggest monastery in mountain region in Nepal it is situated at 3,880 m. The trail descend to the Phungi Thanga through the rhododendron and pine forest after crossing suspension bridge over the Dudhakoshi river the tail ascend to the Sannasa. From here the trails gradually descend to the Namche Bazaar. 9 hrs walking.

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

Day 16: Trek Namche Bazaar to Lukla | 7 hrs

We retrace your steps southwards with a final climb to the airstrip at Lukla.

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



Day 17: Fly back to Kathmandu

Gokyo & Everest Base Camp Trek | 19 Days

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 18: Depart Kathmandu

Today is free day in Kathmandu. It is also a spare day to allow for any delays in the flights to/from Lukla.

In evening we can stroll around Thamel, the major tourist destination of Kathmandu. We can do some last minute shopping of souvenirs for our family and relatives followed with farewell dinner in one of the classical restaurants in the Valley.

Accommodation: Hotel Manaslu
Meals: Breakfast, Farewell Dinner

Day 19: Depart Kathmandu

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

Meal: Breakfast

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 on a

Land Only basis 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

Gokyo & Everest Base Camp Trek | 19 Days

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 places like **Peheriche, Lobuche and Gorakshep are sometimes overcrowded and 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 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

Gokyo & Everest Base Camp Trek | 19 Days

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 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

Gokyo & Everest Base Camp Trek | 19 Days

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 15-20 kg kitbags (duffel), therefore please respectfully limit your kitbag to 15 kg maximum. Any baggage 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)
 5. 1-2 x 1 liter water bottles (ideally with a wide opening).
 6. Waterproof synthetic or leather walking boots (worn in)
 7. Waterproof jacket and trousers Gaiters Trainers for the evening
 8. Warm hat Scarf/Buff (which can be pulled over your nose and mouth to protect against fine mountain dust)
 9. Warm gloves
 10. Several pairs of walking socks
 11. Tracksuit or thermals for the evening
 12. Warm mid-layer (fleece)
 13. Light - mid weight trousers (warmer for winter)
 14. Shorts or skirt for women
 15. Sunhat, sunglasses, sunscreen and lip salve

with sun protection

16. Daypack
17. Towel
18. Head-torch (headlamp)
19. Trekking pole(s)
20. Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
21. Toilet paper
22. Small personal first aid kit
23. 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. Trekking pole(s)
3. Hand washing gel
4. Biodegradable soap/shampoo
5. Sleeping bag liner
6. 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).

Gokyo & Everest Base Camp Trek | 19 Days

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, 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

Gokyo & Everest Base Camp Trek | 19 Days

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 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

Gokyo & Everest Base Camp Trek | 19 Days

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.

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.