

Nepal



Classic Everest

17 days ex Kathmandu

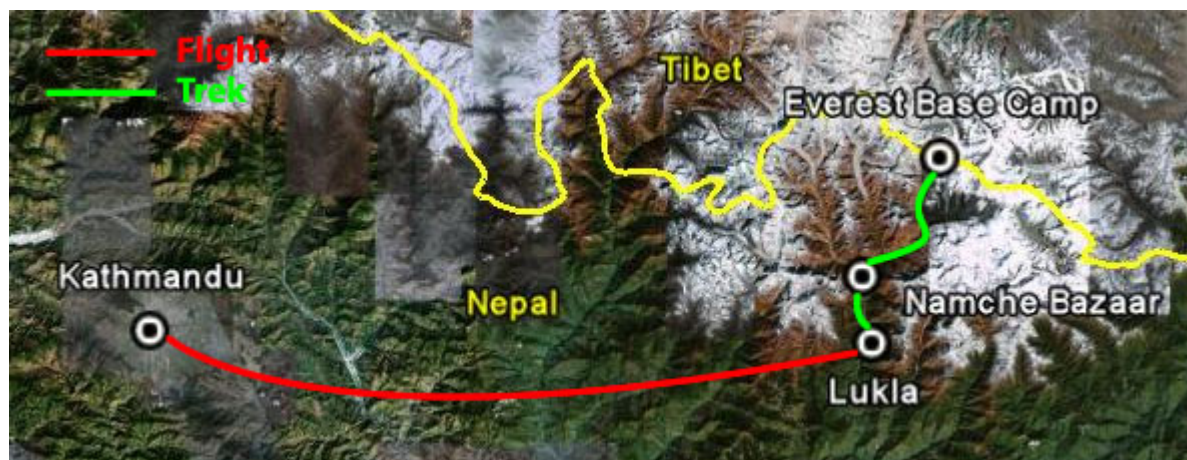
Kathmandu - Lukla - Everest Base Camp Tea House Trek - Mount Everest Base Camp - 1490USD

Mount Everest to most seems like an almost mythical place. It calls out like a beacon to those with an adventurous soul. Most people only dream about it and it remains a symbol of the unconquerable. For those who have a chance to gaze on its peak with their own eyes it is a spiritual experience and one that despite many attempts to describe it to friends will never quite be captured in words. Traditionally considered in local mythology as the mother mountain, which gives life to everything that surrounds it, you will not be left unaffected and it will fill you with the same energy.

Most people who come to Nepal either come for the sole purpose of casting eyes on Mount Everest or are unable to resist the magnetism once here. If there is only one trek that you do in your life, this should be it. Heading out from Lukla where our trek begins, we are able to witness daily life of the people destined to live at the foothills of the Himalayas as we walk through local Sherpa villages. The scenery along the way past the sleeping giants of the Himalayas will be sure to take your breath away. The path we follow was described by the Dalai Lama as “the steps to heaven” and indeed it is almost a spiritual journey. When we reach Everest Base Camp high on the Khumbu Glacier you will be humbled in realization that you are standing on the highest mountain in the world.



Itinerary



Day 1 | Kathmandu 1350m/4430ft

Flying into Kathmandu it is possible to see below you the Himalayas that you will soon have a chance to taste up close and personal. When you arrive at the airport a driver will be waiting for you, simply look for the sign with your name on it. The drive into the city takes approximately 30 minutes. Once you check into the hotel look for a message on the notice board regarding our group meeting that evening. There are no activities planned during the day today but in our group meeting you will get to meet your fellow travellers, the tour leader, and our local Nepali guide. After this we will go for a short orientation walk and dinner if you are not too jet lagged. For those arriving early on day 1, the hotel staff is both very helpful and knowledgeable, they can set you off in the right direction should you wish to go out and explore the city.

Day 2 | Kathmandu (B) 1350m/4430ft

Today you enjoy a full day guided tour to explore all the sights of Kathmandu. Visit Durbar Square Palace Complex, one of the major attractions in Kathmandu Valley. Then move onto the religious site of Bodnath and Swayambhunath Stupa, the biggest and oldest of all the holy shrines in Kathmandu Valley. End the day at Bhaktapur, once the capital of the whole valley during the 14th to 16th centuries and one of the most charming architectural showpieces of the Valley.

Day 3 | Phakding (B-L-D) 2600m/8530ft (4 hours)

Our flight into Lukla (2800m) leaves early in the morning. The flight is on a small twin prop plane which accentuates the spectacular views and the landing itself on a sloped runway is an exciting beginning to the trek. We will have breakfast in Lukla during which we will have a short safety talk and meet our porters. We won't waste any time as we gear up and start on our trek after breakfast. Today's hike is a fairly gentle introduction to warm us up for the days ahead, and should take approximately 4 hours. The valley we trek through today is plentiful with pine and cedar woods along the Dudh Kosi River.



Because the environment is not so harsh at this altitude, it is also possible to see musk deer, Himalayan mountain goats, and water rats at the river's edge. Along the way we will pass herds of yaks grazing or hard at work carrying supplies. We arrive in Phakding where we will stop for the night.

Day 4 | Namche Bazaar (B-L-D) 3350m/10990ft (5 hours)



The trail continues through the valley and then enters into Sagarmatha National Park. After we cross the Bhote Kosi River we begin the steady climb up to Namche Bazaar. Namche Bazaar is the outpost hub of the region and important trading centre with its bustling market. Historically it was the staging point for trading expeditions to Tibet.

Day 5 | Namche Bazaar (B-L-D) 3350m/10990ft (Acclimatization day)

Today we will have our first acclimatization day. This allows our bodies to adjust to the higher altitude. Relax and wander around the picturesque Sherpa village of Namche Bazaar, stroll through the market, or join us on an optional hike to Thame where intricately carved prayer stones line the path through the valley to the beautiful monastery. The small Buddhist monastery sits atop the hillside overlooking the valley with the high Himalayas as the backdrop. There is also a museum in town dedicated to Sherpa life which is also worth checking out.

Day 6 | Tengboche (B-L-D) 3860m/12665ft (6 hours)

Heading away from Namche the scenery along the trail is exceptionally beautiful. The Dudh Kosi river stretches far below and the towering peaks of Thamserku, Kantega, Ama Dablam, Lhotse and Everest rise above us. Along the way we pass stupas, prayer stones and water driven prayer wheels that beautifully illustrate the Buddhist ties to the mountains. After our lunch our afternoon trek should only take 2 hours until we arrive in Tengboche. The monastery is the cultural and religious center of the Khumbu region.

Day 7 | Dingboche (B-L-D) 4400m/14435ft (4 hours)

Stone steps lead down away from Tengboche as we pass through birch and conifer woods and regularly come across pheasants. We continue down to the small village of Deboche where we stop for lunch. We visit the nunnery which was recently restored from crumbling decay thanks to help of charities. After our break we climb above the tree line where the landscape changes dramatically to alpine meadows. From Dingboche, where we stop for the night, the mountain views are outstanding.

Day 8 | Dingboche (B-L-D) 4400m/14435ft (Acclimatization day)

We break again for another acclimatization day to allow us to adjust to our new altitude. Rest and relax or join

us on a hike along the Imja river to Chhukung, a small summer settlement where the views of Island Peak (6189), Lhotse (8,516), Ama Dablam (6,812) and the fluted ice walls which flank the Amphu Lapcha pass are one of the highlights of the entire trek.

Day 9 | Lobuche (B-L-D) 4900m/16075ft (5 hours)

We continue in the path of the Khumbu Glacier following the glacial debris left in fields. At the end of the moraine we begin our steep climb up onto the glacier. There are memorials along our way dedicated to climbers and Sherpa who perished in an avalanche. We arrive in Lobuche where we stop for the night. Make sure not to miss the beautiful sunset which makes Mount Nuptse (7,861) glisten.



Day 10 | Gorakshep (B-L-D) 5150m/16895ft (4 hours)

Leaving Lobuche early, we don't cover a lot of distance today, but we take our time now that there is less oxygen in the air. This afternoon we reach Gorakshep. Gorakshep is a frozen lake bed in the shadow of Kala Pattar which rises up like a giant sand dune. The camp was actually the original base camp for Everest. We rest here tonight for our big day tomorrow.

Day 11 | Lobuche 4900m & Everest base camp (B-L-D) 5337m/17510ft (8 hours)

We set off at the early today giving ourselves plenty of time to reach our goal. You will have the option



to rest or if you are able, join us for the highly recommended climb up Kala Pattar (5545m). Climbing up the dune shaped mountain provides the best views of Everest; it is well worth making the effort since the view of the peak is obscured from base camp. From up top the peaks of Pumori (7,145m), Lingtren (6,697m) and Khumbutse (6,623m) are all that separates us from Tibet. The creaking glaciers provide a suitable soundtrack for the roof of the world. From here the route follows the Khumbu Glacier with its fascinating ice formations for the short trek to base camp. It is a humbling experience being in the presence of the giant. We pay our respects to the mountain goddess before heading back down. The descent can be long and somewhat tedious to Lobuche where we can enjoy a good night's rest.

Day 12 | Pangboche (B-L-D) 3950m/ 12960ft (3 hours)

Descending along the Imja Khola (river) we arrive to Pangboche, which is the highest permanent settlement in the region. Its monastery is the oldest in Khumbu and was home to the notorious Pangboche Hand, said to be the hand of a yeti. The hand was famously stolen in 1959 by a British expedition trying to prove its authenticity and smuggled out of the country.



Day 13 | Namche Bazaar (B-L-D) 3450m/ 11320ft (6 hours)

We follow our footsteps back down through Namche Bazaar, where we again stop for the night. You will be so happy to stay in a 'real' hotel again after all your hard work.

Day 14 | Lukla (B-L-D) 2800m/9190ft (4 hours)

Today we hike for the last 4 hours of our trek. We return to Lukla where we started our journey.

Day 15 | Kathmandu (B) 1350m/4430ft

We take a short mountain flight from Lukla back to Kathmandu. Arriving early in the day will give us free time during the afternoon to see some sights or pick up some last minute souvenirs.

Day 16 | Kathmandu (B) 1350m/4430ft

This day can be used in case of bad weather and flight delays on day 15, if all goes as planned this day will be a free day in Kathmandu and we can recommend some activities for you depending on your tastes. Tonight we gather for our last meal together to say our farewells. An experience and achievement like this will create a bond for life!

Day 17 | Departure Day (B)

Today is departure day, please remember to check out by noon, and let us know your flight details for your included transfer to the airport.

Note

Please note that the published itinerary is a statement of intent and to be used as a guideline only. Each day may vary due to the walking times of the group, camping and trail conditions. The guide in charge of your trip will alter the schedule as necessary and any/all such alterations are at the discretion of Grasshopper Adventures and your guide.

Tour Details

Style

Fully supported trekking tour



Days Trekking

10 days, 2 acclimatisation days (we will go for shorter day hikes on the acclimatisation days to help us adapt to the altitude)

Trekking

Some people have the idea that trekking is all sweat and hard work with no fun. This is far from the truth. Days for the most part are designed to be challenging, but not exhausting. Obviously each day is different depending on terrain, distance to be covered, trail conditions and the pace of the group. However, as a guide, most days begin with breakfast at 7am. You will then need to pack up your duffle bags before breakfast, as porters will set off early. Most days you will be on the trail by 8am to take advantage of the cool morning and avoid the afternoon winds. Stop for a leisurely lunch around noon. This is generally about 2 hours, allowing plenty of time to explore the village or relax. The afternoon walk is shorter and you usually arrive around 4pm leaving time for excursions to nearby sites, exploration of the village or simply relaxing with a book and catching up on your diary. On some days we do not walk in the afternoons. Dinner is generally around 7pm after which we can relax by the fire.

Inclusions

- all accommodation as listed per itinerary
- all domestic transport as listed in itinerary - included the amazing flights Kathmandu - Lukla - Kathmandu
- National Park entrance fees and trekking permits
- Grasshopper Tour Leader
- Nepali trekking guide,
- porters while on the trek
- arrival and departure transfers
- full day guided tour of Kathmandu - and entrance fees
- our passion and experience ;-)

Group Size

Minimum 3, maximum 10.

Food

Included meals: 17 breakfasts, 11 lunches and 11 dinners. All meals are included while trekking, while in Kathmandu and in Namche Bazaar (acclimatisation day) there are plenty of good restaurants - we will show you all the great spots - plenty of options to choose from.

Accommodation

4 nights comfortable hotel while in Kathmandu (twin share), 12 nights local tea houses while trekking (twin or multishare). The tea houses on this trip are cozy but basic and are all local family owned.

The sleeping arrangements are for twin-share so if you are a single traveler you will be paired up with someone of the same sex. This ensures that whether you are traveling solo or with friends, everyone is paying the same rate.

Extra accommodation

We can book additional accommodation before or after the tour in Kathmandu at competitive rates. Should you wish to extend your stay and see Kathmandu or participate in one of the many activities around the city (biking, rafting, kayaking) contact us for more details.

Additional accommodation 35 USD single – 45 USD double

Arrival Details

When arriving into Tribhuvan International Airport in Kathmandu you will be met by a driver and transferred to your hotel. Please look for a sign with your name on it, the airport is located 7 km from the city center and the taxi ride takes about 45 min depending on traffic.

Trekking Guide



While on the trek the trekking guide is in overall charge and looking after your well being. All our trekking guides are highly trained in all aspects of trekking, conservation, high altitude medicine, first-aid and emergency procedures. They are professionals who are chosen for their knowledge and passion for the culture.

Porters

To make your trek more enjoyable porters are provided to carry your luggage while on the trek. We will provide you with a duffel bag, which is restricted to 15kg in weight. The duffel bag is carried by porters and is not available to you during the day; your daypack should contain all that you need during the day. This generally consists of a warm layer of clothing, water bottle, camera gear, sunscreen, lip balm, etc. Your guide will let you know each evening of any additional items you will need for the following day. We highly recommend investing in a comfortable daypack so the extra weight will minimally affect you.

Difficulty

Everest Base Camp Trek is a Grade 5 expedition, involving altitudes over 5000m and walking days over 7 hours. While it is a high altitude ascent, Everest Base Camp is not a technical climb and is suitable for anyone with a reasonable level of fitness. Everyone has different limits when it comes to pushing themselves physically, however any trek in the Himalayas will offer challenges no matter your level of fitness. Regardless of fitness level preparing for the climb beforehand will only benefit you. Please see below for information on altitude and remember that this will also affect the difficulty of the ascent.

Altitude

AMS (acute mountain sickness) is a serious issue. It is the result of the failure of the body to adapt to high altitude and can affect anyone, regardless of age or fitness. It can occur above 1,800 meters and the likelihood of being affected increases as you ascend. The way to reduce the affects of altitude is to ascend slowly, until you have acclimatized. Poor acclimatization can result in headache, nausea, sleeplessness, difficulty breathing and swelling of fingers and glands. The only cure for AMS is to descend to a lower altitude. Should you be affected by AMS your guide's decision on how best to treat it is final.

Although our routes are carefully planned to allow for proper acclimatization you may feel some effects of altitude for the first few days or at higher altitudes. Breathlessness, lethargy and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Please advise your guide if you feel more severe symptoms and do not medicate yourself without discussing it with them first.

Travel Details

Visas

Single entry visas are available on arrival at Kathmandu international airport and all land borders. Please note that the visas are only payable in USD cash. Two passport sized photo are also required.

Tourist Visa:

- 15 days multiple entry – US\$25
- 30 days multiple entry – US\$40
- 90 days multiple entry – US\$100

Transit Visa:

Transit visa for one day can be obtained from Nepal's immigration offices at the entry points upon the production of departure flight ticket via Tribhuvan International Airport in Nepal, by paying US\$5 or equivalent convertible currency.

Please note that there might be a long queue at the immigration stands at the airport because most people arrange their visa this way. Alternatively, a visa can be obtained by application to the



Nepalese Embassy before arrival. Before you travel check your passport to ensure that there is room for a visa and entry/exit stamps (at least 2 pages) and that it has at least 6 months validation remaining.

Travel Insurance

It is a condition of participating in a Grasshopper Adventure that you hold travel insurance for the duration of the trip. Insurance must include comprehensive medical and emergency evacuation. Your travel insurance details will be checked by your group leader on arrival at the starting point hotel.

If you are looking for an insurer we can recommend World Nomads. [Click to see more details.](#)

Flights

International flights to the starting point and from the finish point are not included in the price of this tour. We can assist with the purchase of inter-Asia flights and/or provide advice if you are considering overland travel. All domestic flights as per itinerary are included.

Money

The official currency of Nepal is the Nepali Ruppee which should be used for most transactions. Nepal now has a modern banking systems with ATMs and money changers in the larger towns. In Nepal it is possible to use Visa/Mastercard or Cirrus/Maestro cards to access cash at an ATM in the larger towns and cities that we visit. You should, however, carry travelers cheques as a backup. Most international currencies can be exchanged so it is not necessary to bring only US dollars - AUD, EUR, CAD, NZD are all accepted at banks in major centres.

For current exchange rates visit:

www.oanda.com

Costs

We recommend that you allow approximately US\$20 for food and general living costs per day while not trekking. It is customary to tip the guide and porters in Nepal. You should allow approximately US\$30 for tips. Note: this is a guide only, feel free to tip more or less (or nothing) depending on your satisfaction. If you think your tour leader has done a good job you may also tip him/her. Again this is completely up to you.

Electricity

Nepal works on a 230 volt system and uses European-style and sometimes the old British-style 3 round pin plugs. You can easily buy an adapter in Nepal for much cheaper than in your home country.

Health

There are no specific health requirements for entry into Nepal. However, you should consult your doctor for up to date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses that may affect you while traveling in Nepal. Be aware that some drugs, including anti-malarials, may have side effects at higher altitude. Please discuss this carefully with your doctor while weighing your options. Also remember that we will be in remote areas and away from medical facilities for some time during this trip for this reason we strongly recommend that you carry a personal First Aid kit as well as sufficient quantities of any personal medical requirements.

Packing

You should consider bringing the following items:

Personal Items

- Comfortable daypack
- Walking boots - lightweight, waterproof and well worn in
- Socks: thick and thin
- Running shoes or sandals for evenings
- Lightweight wool sweater
- Fleece jacket
- Sunglasses
- Bag liners - large, thick garbage bags to line and water/dust proof your duffel bag
- Toiletries
- Towel
- Torch/flash light - headlamp style is ideal
- First Aid Kit



- T-shirts - 3 or 4
- Shirt - long sleeved
- Pants: lightweight long trousers (jeans are unsuitable for hiking)
- Hiking shorts (zip-off-pants)
- Hat for sun protection and
- Woolen hat for the cold
- Gloves - wool or fleece
- Scarf
- Underwear
- Thermal Underwear
- Swimsuit
- Rain jacket or poncho
- Water bottle - minimum 1 litre
- All season Sleeping bag (can be rented in Kathmandu or Namche Bazaar for US\$2 per day)
- Inner sleep sheet (can be purchased in Kathmandu for US\$5)

Travel Items

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- Passport with 6 months validity and 2 spare pages
- Passport photo (3)
- Travel insurance details
- Flight tickets
- Money - cash/credit cards/travellers cheques
- Phrase book

Climate

Nepal has a generally temperate climate, however altitude makes distinct variations. The monsoon sweeps up from India each summer, making mid June to mid September humid and wet. The three other distinct seasons are all suitable for trekking and each has its own advantages. Changing global weather patterns have had their effect on the Himalayan climate and mountain weather is notoriously changeable. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

- Winter (December-February) It is cold and you will need to be prepared, but the air is very clear providing the best mountain views.
- Spring (March-May) Days are increasingly warm and the rhododendrons are in bloom. A very common and pleasant trekking season.
- Summer (June-August) The monsoon season. It will rain every day, although generally in the evening and night. The hills turn lush and green and at higher elevations the alpine plants will bloom.
- Autumn (September-November) The most popular trekking season where days are warm, but not hot; there is little chance of snow and skies are clear.

Positive Impact

An integral part of traveling is to have a positive impact on the country that you are visiting. On this trip there are a number of things you can do to have a positive impact on the communities that we visit.

Traveling is as much about how you visit as where you visit. Our guides and group leader follow detailed guidelines on acceptable behaviors and practices. These cover cultural considerations, reduction and disposal of waste and protection of endangered wildlife.

As travelers we will provide you with specific guidelines to help you make responsible decisions whilst traveling. These guidelines cover appropriate dress, etiquette for visiting homes and religious complexes, waste and environmental issues and endeavor to explain cultural behaviors which may seem alien to western travelers.

Dress

Nepal is still quite a conservative country. In rural areas and temples overly revealing clothing is considered offensive. You should make an effort to dress more conservatively in these situations. When visiting temples shorts are acceptable providing they cover the knee. Sleeveless tops are not acceptable in temples.



Phrase Book

A highly memorable part of your travels will be the local people that you meet. In the tourist areas some people will speak English but away from these areas you should learn a few words of Nepalese. We will teach you some of the basics but if you want to really interact we recommend bringing a phrase book.

Donations

Often when coming on trips overseas people like to bring items such as sweets, pens and books for children or old clothing for families. While this is a fantastic idea, if distributed in the wrong way it can actually create more problems. Giving items away to local people can create an expectation that a visiting foreigner equals free give away's. In some communities in Asia this has created whole villages where the only interaction is the locals asking for things. If you would like to donate anything to the communities that we visit we suggest that you give the items to Grasshopper Adventures which we will then pass on to development organisations, schools or whole communities. In this way items are distributed by those working in the communities who understand better the local needs.

Poverty

There a lot of poverty in Nepal which you will see. If you choose to give something to a beggar you must bear in mind the value of money in the country you are visiting. Many beggars can earn more than those who work unskilled jobs. There are organisations in Nepal who are working to alleviate this poverty issue and may be able to do more good with donations that you might like to make. Your Tour Leader will be able to provide more information about this.

Important

All information in these tour notes is researched with care and provided in good faith. The information subject to change, and does not form part of the contract between the client and Grasshopper Adventures.

