

## EVEREST BASE CAMP



**Trip Code: TNT**  
**Country: Nepal**  
**Amended: January 2015**  
**Edition No: JC 01 2015**  
**Valid From: 01 Jan 2015 - 31 Dec 2015**



### HIGHLIGHTS

**The classic trek to Everest Base Camp, following in the footsteps of the great climbing parties**

**Exploring fascinating Namche Bazaar and soaking up the Sherpa culture**

**Trekking through some of the world's highest peaks, with incredible views of Everest, Nuptse, Lhotse and Ama Dablam**

**Visiting the hill top monastery at Thyangboche**

### SUMMARY

The greatest mountain of them all is Mount Everest. Standing at 8,848 metres its imposing majesty has inspired awe and wonder in those who live beneath it, those that have read about it and those who have simply seen pictures of it. Nepal is the spiritual home of Exodus, who has

been running these breathtaking Himalayan treks for almost 40 years - this Everest trek is no exception, following in the footsteps of the great climbers such as Hillary and Tenzing. We trek through Sherpa country past fields and villages before climbing up to Namche Bazaar. The incredible monastery at Thyangboche is wonderful, set against the backdrop of Ama Dablam, Everest and other snow-capped peaks. Our goal is Everest Base Camp situated on the Khumbu Glacier; we also take the opportunity to climb Kala Pattar (5,545m) for the best view of Everest.

For those confident of their physical fitness this is a challenging trek with a chance to walk to Base Camp and ascend Kala Pattar, from where we get superb close-up views of the highest mountains in the world.

To make sure that this is the perfect Himalayan experience, we use local mountain lodges on this trek (also known as teahouses): these are an ideal introduction to the delights of trekking in Nepal. Over the years we have built up strong relationships with the lodge-owners, meaning that we know these lodges will provide good service for you, including the best quality food and accommodation available with the minimum impact on the environment.

Finally, your comfort and safety are of foremost importance on our treks, particularly at high altitude. Our leaders have comprehensive first aid training and carry a first aid kit and a Portable Altitude Chamber to treat altitude sickness, should this be needed. This means peace of mind for everyone choosing this hugely rewarding trek to see the Roof of the World

### Expedition Departures

The Expedition departures are 2 days longer than the standard itinerary as the group will have the exclusive opportunity to spend two nights camping at Everest Base Camp itself. We will arrive at Base Camp early afternoon and then have the rest of the day and the following day to explore. Set at 5,400m at the foot of the Khumbu Ice Fall, the setting is spectacular. Huge ice seracs surround the camp and the peaks of Pumori, Lingtren and Khumbutse tower above us. We have chosen dates when many expeditions attempt Everest and the Base Camp area will be bustling with activity as groups prepare to make their summit attempt. We will be staying close to an expedition team and will be able to soak up the atmosphere, excitement and trepidation of Base Camp life. We should even be able to watch teams climb up through the notorious Khumbu Ice Fall. Please note that we will not be allowed onto the Khumbu Ice Fall (only climbers with permits are allowed actually onto the Ice Fall).

The trek commencing on 27th March 2015 will be led by Valerie Parkinson. Valerie has been leading Himalayan treks for Exodus for 30 years. She was the first British woman to climb Manaslu (8,163m) without the use of supplementary oxygen and she attempted Everest herself in spring 2009 reaching the South Summit (8,761m). In 2013 she led an expedition to the North Col of Everest and her experience and knowledge of both the area and being part of a climbing expedition will add an extra dimension to the trek.

Whilst at Base Camp we will stay in 2-man expedition tents and foam mattresses will be provided. All food is included (Base Camp only) and will be prepared by an expedition cook. Please note you will be camping on the glacial moraine and early mornings and evenings will be cold and the temperatures at night can be will be below freezing. can be very cold at night. You will need a good warm sleeping bag and jacket. A foam mattress is provided but you may want to bring your own mattress for added insulation. There is the possibility of snow at base camp in spring. Trekkers usually sit in a different dining tent to climbers as the climbers will be preparing for their summit attempt. Anyone suffering from a cold or infection will be asked to stay at the lodge used at Gorak Shep to avoid infecting a climber at this crucial time.



### IS THIS TRIP FOR YOU?

This is a level 5 (Challenging) trek, with 12 days point-to-point walking. The maximum altitude will be 5,545m with an average of 3,900m. Ample time is given for acclimatisation, but altitude is a factor and must be considered. Good fitness is required for this trek.

### Flying in Nepal

Many of our treks in Nepal use domestic flights to reach the trekking areas. The mountainous terrain is often subject to changeable weather which makes flying conditions complex. In addition the Civil Aviation Authority (CAA) of Nepal does not operate to the same standards as those of western nations. The EU has recently chosen to highlight the relatively poor safety record in Nepal, and as of December 2013 all Nepalese registered airlines have been included on the EU 'Banned list' preventing them from flying in EU airspace. While no Nepalese-registered airlines currently fly within the EU, the EU have instigated this ban to encourage the CAA of Nepal to tighten its systems governing Nepalese aviation. Flying within Nepal is therefore a known risk and the current travel advice issued by the UK Foreign and Commonwealth Office provides an overview which we encourage you to read.

In response to general concerns over this safety record, in 2011 and 2013 Exodus asked independent air safety experts to visit Nepal on our behalf to assess the suitability of the available carriers. Following these comprehensive audits Exodus decided to restrict our use of airlines to just three approved carriers - Yeti Airlines, Tara Air and Buddha Air. It remains our firm policy to only use these three approved carriers for our customers and further audits will take place regularly. For emergency situations, we also have an approved list of helicopter companies for our use.

Exodus is supportive of the EU's move to put pressure on the CAA of Nepal in this way. We are hopeful that, alongside our own risk control measures, this will make a difference to all who fly in Nepal. Please consider the information above when deciding to book this holiday.

## Internal 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 become impossible to reach, an alternative trek to another region of Nepal will be offered. When fixed-wing planes are unable to fly, but helicopters to Lukla are available, clients may choose to travel by helicopter; in this event the price per person will be approximately US\$500-600 per person, of which Exodus will cover half.

Should there be a significant delay at the end of your trek, we will endeavour to get you on the first fixed-wing flights to Kathmandu available. Should helicopters be able to fly, we will consider paying for these on a case by case basis to enable clients to meet their international flights. In the case of persistent adverse weather, Exodus will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs.

## LAND ONLY ITINERARY

The entries in bold at the end of each day indicate the type of accommodation normally used (if different standards of accommodation are used - see accommodation section below for key to codes), and meals included (B=Breakfast, L=Lunch, D=Dinner).

### Day 1 (Day 2 Ex London)

#### Start Kathmandu

Meet the group at the Royal Singi Hotel. There will be a full trek briefing this evening.

#### SH

### Day 2 (Day 3 Ex London)

#### Fly to Lukla

We fly to the mountain airstrip of Lukla (2,800m), and set off on the first short leg of our trek, heading northwards up the valley of the Dudh Kosi (or 'milk river').

We descend from the small plateau, down into the forested valley. The trail offers some tantalising views before reaching the small settlement of Phakding (2,652m), where we spend our first night.

#### BH (B)

### Day 3 (Day 4 Ex London)

#### Namche Bazaar

Heading out of Phakding we follow the Dudh Kosi northwards. This day's walk takes us through magnificent forests of rhododendron, giant fir and magnolia trees, and both in spring and autumn the ground is bright with flowers. After Jorsale (2,805m) we cross the west fork of the river, the Bhote Kosi, and start the steep climb to Namche Bazaar. About 300m up this ascent we should have our first glimpse, cloud-permitting, of the summit of Everest appearing majestically behind the great ridge of Nuptse-Lhotse. Another 300m of climbing brings us to Namche Bazaar, administrative centre of the Khumbu region. Namche is a prosperous Sherpa village and an important trading centre with a weekly market selling fresh foodstuffs brought up from lower villages.

#### BH (B)

### Day 4 (Day 5 Ex London)

#### Acclimatisation

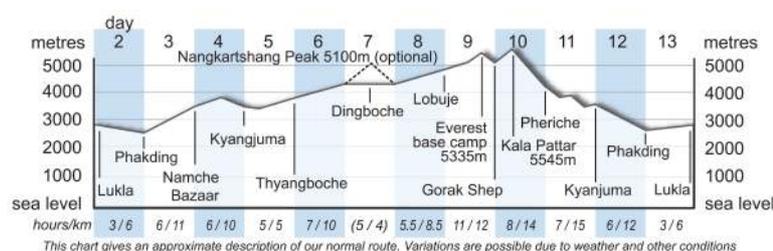
We climb steeply out of Namche to the Everest View Hotel. Built by the Japanese this spectacularly situated hotel with wonderful views of Everest and Ama Dablam is an ideal place for a tea break. Continuing, we trek to the villages of Kunde and Khumjung set below Khumbila, the rocky peak sacred to all Sherpas. In Kunde we can visit the Edmund Hillary hospital, and there should also be time to visit the monastery in Khumjung, 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.

#### BH (B)

### Day 5 (Day 6 Ex London)

#### Trek to Thyangboche

This morning we descend to the river; we cross it at the little settlement of Phunki Thangkha at 3,250m, then climb steeply through the forest to Thyangboche at 3,867m. We will be here by lunchtime and in the afternoon we will visit the famous monastery. The sunset and sunrise on the fantastic panorama of mountains surrounding us are not to be missed - Everest, Nuptse, Lhotse and Ama Dablam provide a wonderful



backdrop to our teahouse. Look out for Himalayan Tahr and musk deer in the forest surrounding the monastery.

## **BH (B)**

**Days 6/7** (Days 7/8 Ex London)

### **Dingboche**

We descend through the forest to Devoche and a little further on we cross the rushing Imja Khola, whose valley we now follow. Climbing steadily the trail enters Pangboche, at 3,900m, the highest permanent settlement in this valley. Ascending the valley we have lunch at Shomore, after which we leave the trees behind and cross a wooden bridge at the confluence of the Khumbu and Imja Kholas, A short steep climb brings us to Dingboche, at 4,530m, a summer settlement where great peaks surround us. We spend a day at Dingboche to continue our acclimatisation. Those adapting well to the altitude can climb Nangkartshang Peak at 5,100m for great views of Makalu, Lhotse, Chalotse, Tawoche and Ama Dablam.

## **(B)**

**Day 8** (Day 9 Ex London)

### **Lobuje**

The trail climbs steeply out of Dingboche past a chorten and ascends the valley gradually to Dugla at the end of the terminal moraine of the Khumbu Glacier. From here we have a short, steep climb up to Chukpo Lari, a beautiful, yet poignant place where there is a line of memorials in tribute to the climbers who have died on Everest and from where we have a beautiful panorama of the peaks lying on the Nepal-Tibet border. The trail then eases off as we follow the valley to Lobuje (4,930m) a tiny hamlet with a few teahouses. The sunset on Nuptse is not to be missed

## **BH (B)**

**Day 9** (Day 10 Ex London)

### **Everest Base Camp**

A very long, hard day today as we leave very early, following the Khumbu Glacier northwards to Gorak Shep (5,180m). After a rest and something to eat we trek across the sandy flat at Gorak Shep and climb onto the lateral moraine of the Khumbu glacier. The trail ascends the side of the glacier for a couple of hours before finally descending onto the rocky glacial moraine itself. The trail winds up and down through fascinating ice seracs to the area known as Everest Base Camp, where in spring, we might see in the distance some of the expedition teams as they prepare to climb the mountain. From the Base Camp we get fantastic close up views of the Khumbu Ice Fall and we can appreciate just how difficult it is to negotiate a route through the huge blocks of ice. Nuptse towers above us and Pumori rears up behind us. After a short photo stop by the Base Camp rock we retrace our steps to Gorak Shep.

## **BH (B)**

**Day 10** (Day 11 Ex London)

### **Ascend Kala Pattar, trek to Pheriche**

Another hard day as we climb steeply above Gorak Shep to the small peak of Kala Pattar, 'Black Rock', at 5,545m from where we can look down over the base camps of the various Everest expeditions. This climb affords a magnificent view of the Khumbu Glacier and above all a close-up view of the world's highest mountain. We return to Gorak Shep and retrace our steps to Lobuje for lunch and then continue on down the valley to the lower altitude of Pheriche for the night. (Please note that the walk to Everest Base Camp and the climb of Kala Pattar are both very tough. Sometimes we may change the order in which we tackle the walks depending on the group's ability and weather conditions).

## **BH (B)**

**Days 11/13** (Days 12/14 Ex London)

### **Trek back to Lukla**

Descending through Pheriche, we cross a small bridge and have a short climb before descending to join the main Imja Khola Valley. We follow the valley down to Pangboche through an alpine meadow landscape. We drop down to the rushing river then walk through the peaceful rhododendron forests to the village of Devoche from where we climb back up to Thyangboche on the ridge. We descend off the ridge to Phunki Tenga and walk back to Kyanjuma, where we spend one night. The walk to Namche Bazaar takes us along a beautiful undulating trail high above the Dudh Kosi. Descending through Namche Bazaar, we pick up our outward trail again to Phakding, where we stay for a night. At Chaunrikhara we leave the main trail and climb the short distance to the airstrip at Lukla.

## **BH (B)**

**Day 14** (Day 15 Ex London)

### **Fly to Kathmandu**

We fly back to Kathmandu and transfer to our hotel

## **SH (B)**

**Day 15** (Day 16 Ex London)

### **Free in Kathmandu**

Today is free for sightseeing in Kathmandu (it is also a spare day to allow for any delays in the flights to or from Lukla). You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. Outside is Kumari Chowk, home of the Kumari, the young girl who is revered as a living goddess. The whole area is a maze of temples and images. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls. Alternatively you may wish to visit the monkey temple at Swayambunath, one of the largest Buddhist Stupas in the world at

Bodnath, or the most important Hindu temple in the valley at Pashupatinath. We offer a full range of sightseeing tours, which can be booked and paid for locally. Please see the Optional Excursions section or the Exodus notice board in the hotel in Kathmandu

## SH (B)

**Day 16** (Day 17 Ex London)

### Kathmandu

End Kathmandu after breakfast. Those on the group flight will leave for the airport after breakfast. For those on group flights, these usually depart in the morning and arrive in the UK the same day.

## (B)

For those on group flights, these depart in the morning and will arrive in the UK the same day.

## CHITWAN EXTENSION

**Price per person £369**

**Compulsory single supplement £155**

We need a minimum of 2 persons to operate this extension, otherwise a single travellers supplement of £170 will be applied.

The Chitwan National Park, an area of 540 square kilometres of the terai, affords excellent wildlife viewing opportunities. Among the larger animals, you have an excellent chance of seeing the Indian one horned rhino, sambar and chital deer, guar, langur and rhesus monkeys, mongoose, jackal, otter and crocodile. The more elusive animals in the park include tiger, leopard, leopard cat, sloth bear and Indian bison. Over 300 species of birds have been recorded in the park.

Wildlife activities are managed and escorted by experienced naturalists and shikharis; they include elephant-back safaris, nature walks, dugout canoe excursions, village tours, bird watching and jungle drives: some or all of which can be organised depending on individual interests. The lodge is located on the edge of the National Park: activities will be conducted in the forested areas of the park 'buffer zone'.

Included in the cost are: 2 nights full board at a safari lodge; 1 night bed and breakfast accommodation in the Royal Singi Hotel, Kathmandu; all safaris by elephant or boat and other game viewing activities; services of naturalist; government tax and National Park entrance fees; return travel by private vehicle to and from Chitwan.

**Day 1** Drive from Kathmandu to our safari lodge, a small complex of huts with attached bathrooms, and a larger dining room/bar area, sited just on the edge of the Chitwan National Park. After lunch there will be the first of our jungle activities, usually an ox cart ride through the local villages.

**Day 2** A full day of jungle activities. We begin with an elephant safari into the lush jungle where we will have the chance to spot deer and one-horned rhino. There will be a dug-out canoe ride, a bird watching walk. At certain times of the year we may be able to help bath the elephants. Throughout the day we hope to spot rhino, deer and numerous birds and if we are very lucky, the elusive tiger.

**Day 3** We enjoy an early morning bike ride through local villages, a good opportunity for more bird watching. After breakfast, we leave the lodge for the drive back to Kathmandu (departure usually around 8.30am).

**Day 4** Depart Kathmandu

Please note that occasionally the itinerary may have to be altered at short notice (for instance due to weather conditions)



## ACCOMMODATION

12 nights lodges and 3 nights hotel (Kathmandu only). All accommodation is included and we indicate in the itinerary what type of accommodation is provided. The descriptions given are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

Most lodges now have twin bedded rooms but you should still be prepared to sleep in multi-bedded rooms on the occasional night. In the last decade the quality of the lodges and the food has improved significantly, but you should expect fairly basic accommodation at the highest points of the trek.

Some lodges now have showers (charged at £2-£4 per shower) and all have basic toilets.

On booking you will be sent our Information Sheet for Lodge Based Treks, which will provide you with further details on the lodges and their facilities.

### Single Accommodation:

There is no single supplement available whilst on the trek.

Please let us know as early as possible if you would like a single room while at the hotel in Kathmandu - single rooms are subject to availability and are allocated on a first come first served basis - a single supplement of £75 (approx. US\$150) is payable in advance of travel. Single rooms are not available for the remainder of the trip.

#### Extra Accommodation:

If you require any additional accommodation either before or after the trip, we can book this for you (subject to availability) at the Royal Singi Hotel in Kathmandu, provided you notify us at the time of booking. Please note that a £5 booking fee is added to the invoice.

Please contact our Sales team if you would like to extend your stay in Nepal.

**KEY TO ACCOMMODATION:** We indicate in the itinerary what type of accommodation is provided on each day. The descriptions are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

**SH** Standard Hotel, Lodge or Gite - no-frills hotel, usually with twin rooms and en suite facilities. Service and amenities are generally adequate.

**BH** Basic Hotel, Lodge or Gite, Mountain Hut, Village House - can be communal, often consisting of just a bed and shared facilities. Bed linen not normally provided. Running water, toilets and electricity may be inconsistent or non-existent. Cleanliness is not always assured.

## FOOD

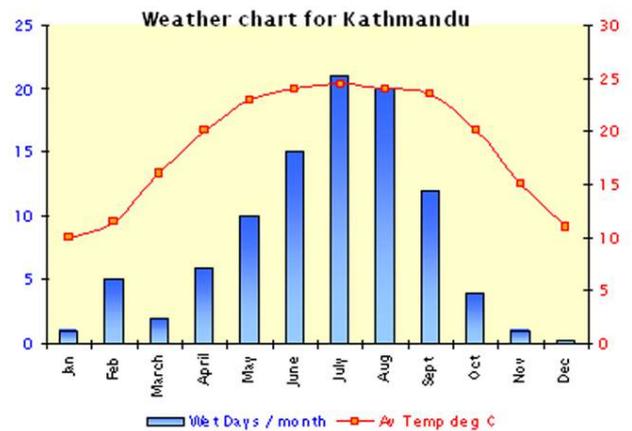
#### Food

Breakfast is included throughout the trip. On trek the breakfast will be a set menu usually consisting of porridge and toast. Any additional items that are not included in the set menu should be ordered and paid for separately. Please allow £25 - £35 per day for other meals and drinks on trek and in Kathmandu. We do not include lunch and dinner on trek allowing you to choose what you want to eat and when. The menus in the lodges are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Please note that if you buy imported food and drink whilst on trek you will spend more than the above amount as both are very expensive in the Everest region.

#### Transport

For airport transfers we use a private minibus. Flights to and from Lukla will usually be in a Twin Otter or Dornier plane.

## WEATHER AND SEASONALITY



The main trekking season in Nepal is from October to mid-May when daytime temperatures at most altitudes are generally comfortable for walking, the sky is clear much of the time and rain and 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 we go. Different seasons offer different advantages for trekking.

**Post Monsoon/autumn:** Mid-September to November. This is the main trekking season in Nepal. Day temperatures in Kathmandu are approximately above 20°C. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with temperatures dropping as low as to minus 10°C at the highest altitudes.

**Winter:** December to end February. Despite the cooler 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 15°C to minus 20°C at highest altitudes but days are pleasant and sunny. The trails are also much less busy at this time of year. In Kathmandu maximum daytime temperatures are 19°C.

**Pre-monsoon:** March to May. Both day and night temperatures will be warmer in general but often a haze will build up in the afternoons. It is very hot in the lowlands and temperatures rise to 35°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.

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

## JOINING THE TRIP IN THE UK

**17 days, normally depart London Fri, return Sun**

### Itinerary Start

The group flight from London is an overnight flight departing the day before Day 1 of the itinerary.

### Flights from London

We normally use the scheduled services of Jet Airways (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

Internal flights during the trip are with a local airline.

### UK Regional Flights

The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. Please visit [www.exodus.co.uk/regionaldepartures](http://www.exodus.co.uk/regionaldepartures) for a useful overview of the options available, and contact our sales team for expert advice.

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1½ hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

### Free Transfers

Exodus offers free airport arrival and departure transfers on any flight for this trip: please see the Free Transfers section below for more details.

## JOINING: KATHMANDU

**16 days, normally start Kathmandu Sat, end Kathmandu Sun**

### Itinerary Start

Your trip normally starts at our hotel in Kathmandu in the afternoon of Day 1 of the itinerary. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

### Free Transfers

Exodus offers FREE airport arrival and departure transfers on any flight for this trip, so no matter which flight you choose to arrive on you will be met and transferred to your hotel. All those taking advantage of the free airport transfers must provide full flight details for both arrival and departure in advance; unless specified otherwise, the transfer will be to

the Exodus start (or pre-tour) hotel; transfers to other hotels in the same city may attract an extra charge; transfers may be shared with other Exodus customers on the same flight, or on a flight with similar arrival times.

The cost of a taxi is likely to be about £6/US\$10 should you decide to make your way independently.

Full joining instructions including local emergency numbers will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

## RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

We have an excellent long-term relationship with our local operator who employs all our local leaders. We train our local leaders with a focus on Responsible Tourism, so they can educate our clients locally on helping to preserve the way of life in their area.

### We ask that you use environmentally sound practices whilst in Nepal:

Please try not to buy mineral water. On any camping treks you will be provided with boiled drinking water but it is advisable to bring purification tablets/liquid to treat any non boiled water. On lodge based treks you can buy boiled water or treat non boiled water. In many villages on the Annapurna Circuit there are safe drinking water stations where you can buy water. On the Annapurna Base Camp trek mineral water is banned above Chomro and you must either treat water or buy boiled water. In the Everest and Langtang regions you can either buy boiled water or treat non boiled water.

Burnable rubbish will be burnt on camping treks and can be left in the rubbish bins on lodge based treks. We ask that each trekker keep a rubbish bag for non-burnable rubbish and that you take it back to Kathmandu or the UK.

Please note that many Nepalis are still traditional in the way they dress. Out of respect for the country we ask you to dress conservatively - no sleeveless tops. Although shorts are acceptable on trek only they should be very modest and reach the knees and for women a skirt or trousers are preferable.

Please bring bio degradable soaps and shampoos and if washing near a river do not pollute the rivers. Please do not take any unnecessary packaging into the mountains.

Temples and monasteries are places of worship. Please be respectful when visiting them and whilst taking photographs. Your leader will brief you on appropriate local behaviour.

## Exodus Himalayan Community Support Projects in Nepal:

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

Exodus has supported various projects over the years in the Himalaya and all the details can be found on the project page via our website. Your leader will also provide up to date information in Kathmandu.

We are very proud of our environmental projects. We have installed over 50 solar cookers in the Everest region. In most of the lodges we use, these solar cookers help to continually boil and sterilise the water meaning there is no need to buy plastic water bottles that cannot be easily recycled in Nepal. We also donated 139 smokeless stoves to Thulopatel village and 49 to Nalbung village to provide a safer and healthier alternative to cooking, which helps prevent eye and lung problems women used to experience because of the smoky fire.

We have helped supply water and hydro power to several villages.

For full details of our Responsible Tourism Policy please visit:

<http://www.exodus.co.uk/responsible-travel/responsible-tourism-policy>



## PRACTICAL INFORMATION

### Passports and Visas

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 UK 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.

Most nationalities require a visa for Nepal, which can be obtained in advance or on entry. The current cost of a visa on arrival is US\$25 for 15 days, US\$40 for 30 days or if extending your stay \$100 for 90 days. All are multiple entry. You will also need two a passport photos. The visa fee can be paid for in US Dollars, Pounds Sterling or Euros. If you wish to apply before departure the current visa cost is £20 for a 15 day visa and £35 for a 30 day visa for UK passport holders. All other nationalities should check with their nearest embassy.

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

### Vaccinations and Health

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.

There are no mandatory vaccination requirements for this trip.

Recommended vaccinations for this trip are: Polio, Tetanus, Typhoid, Hepatitis A.

Dengue fever and/or Chikungunya are known risks in places visited on this trip. Both are tropical viral diseases spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for either, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

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 altitude meet our internal altitude safety standards that minimise the risk of serious incidents occurring whilst travelling at altitude.

A number of medical conditions or medications can reduce your body's ability to acclimatise. 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 booking. The drug Diamox (also known as acetazolamide and normally only available on prescription) has been shown to aid acclimatisation 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 endeavour 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.

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If you are not taking out Exodus Travel Insurance, make sure that your policy covers you up to the maximum altitude on this trip, and includes helicopter evacuation. Please take proof of this with you on the trip, as you will need to show it to the leader.

### **Insurance - are you adequately covered?**

You must have adequate travel insurance, and if you are joining a trip which goes to high altitude, you must check that you are covered up to the maximum altitude of the trip. If you are resident in the UK we strongly recommend Exodus travel insurance, which is specifically designed to cover all activities on your trip.

### **Local Time**

GMT + 5 hrs 45 mins.

### **Electricity**

230V 50Hz. Some of the lodges now have electricity and charging facilities for batteries. The cost is approx £2 per hour to charge.

### **Group, Staff and Support**

The group will generally be between 4 and 16 people. There will be a local leader and drivers and local guides where needed.

The group will generally be up to 16 people. Groups of seven and above will be accompanied by an Exodus leader, who will be supported by a sirdar (chief guide), porters and assistant guides. We occasionally operate smaller groups and these will be led by one of our highly competent English speaking sirdars (i.e. the sirdar will act as leader and chief guide).

We also have representatives in Kathmandu who will look after your transfers to and from the airport, advise you on shopping, eating out and equipment etc.; and who will be

on hand to answer any other questions you may have about your trek

The minimum age of clients on this trip is 18 years.

### **Solo Departures**

We have chosen one or two departure dates on a selection of our most popular trips which are specifically recommended for clients travelling on their own. However, we do not exclude couples or friends travelling together from these departures, so we do not guarantee that the group will be entirely made up of solos.

Dates of Solo Departures can be found in our brochures or on our website. For further details please visit: [www.exodus.co.uk/solodepartures](http://www.exodus.co.uk/solodepartures).

## **MONEY MATTERS**

### **Currency Information**

The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate of 160 to the UK£ and 97 to the US\$.

Exchange rates are correct at the time of publication.

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, sterling or euros can all be changed easily). Please note £50 notes or any Scottish or Irish Currency cannot be changed in Nepal. Cash can be changed easily at the airport on arrival in Kathmandu or at the hotel in Kathmandu. Please note that travellers cheques can NOT be exchanged in Nepal. Our staff will advise you about how much money to take with you on the trek.

Keep your change receipts, as you will need them if you want to change rupees back into hard currency at Kathmandu airport.

### **ATM availability/Credit Card Acceptance/Travellers cheques**

There are ATM machines in Kathmandu only - please do not rely purely on ATM machines as they are frequently out of order or run out of money. Money can be exchanged in Namche Bazaar.

Credit cards are accepted in many of the larger shops and restaurants in Kathmandu.

### **Extra Expenses and Spending Money**

As there are local lodges/teahouses along the entire trekking route it is possible to buy things such as beer, cold drinks and chocolate. If you buy these you should expect to spend a few pounds extra each day.

### **Optional Excursions (approximate costs, depending on group sizes)**

We have various sightseeing tours on offer to make the most of your free time in Kathmandu. Prices for a half day sightseeing tour starts at £25 per person (US \$40 approx), based on a group of 6 and above. For all trips we include transport there and back and a qualified sightseeing guide. The cost does not include lunch or entry fees. More details of the tours and entry fees are in the Kathmandu information booklet you will be given on arrival in Kathmandu and on the notice board in the hotel in Kathmandu. Bookings are made in Kathmandu with your leader.

### **Tipping (leader and local staff)**

Our local staff are paid well and fairly for their work with Exodus. Tipping is a tradition in Nepal and you should allow about £35 for this. Your leader will advise you on tipping. This does not include the leader. Tipping of the leader is at your discretion (we suggest £10-£20 per person).



## **WHAT TO TAKE**

### **Essential Equipment and Clothing**

Please note that many Nepalis are still traditional in the way they dress. We therefore recommend that you dress conservatively - no sleeveless tops or revealing clothes. Although shorts are acceptable they should be modest and reach to just above the knee and for women a skirt or trousers are preferable.

Please note the baggage allowance on the flights to and from Lukla is restricted now to 10 kgs checked in baggage and 5kg hand baggage only. This is because of weight restrictions for safety on the flight. Any baggage not needed on trek can be left in the hotel in Kathmandu.

- 4 seasons sleeping bag (5 season for December, January, February and the Expedition departures)
- 3/4 season jacket (4 season for winter and the Expedition departures)
- Waterproof synthetic or leather walking boots (worn in)
- Waterproof jacket and trousers
- Gaiters for winter departures

- Trainers for the evening
- Warm hat
- Scarf/Buff
- Warm gloves
- Several pairs of walking socks
- Tracksuit or thermals for the evening
- Warm mid layer (fleece)
- Shirts/t-shirts/base layers
- Light - mid weight trousers (warmer for winter)
- Long shorts or skirt for women
- Sunhat, Sunglasses, Sunscreen and lip salve with sun protection
- Daypack
- Towel
- Head torch
- Water bottle (minimum 1 litre)
- Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
- Toilet paper
- Small personal first aid kit
- 2 passport photos for your trekking permit.

### **Optional items:**

- Trekking poles
- Hand washing gel
- Water purification
- Biodegradable soap/shampoo
- Sleeping mattress for the Expedition departures (there will be a foam mattress provided at base camp but you may want to bring an extra mattress for more insulation)

Duvet jackets and sleeping bags are available for hire from Trek Hire UK (<http://www.trekhireuk.com/>). Trek Hire UK can also provide a range of trekking essentials and accessories, from rucksacks to trekking poles. Please note that supplies are limited, and it is advisable to reserve any equipment as early as possible. For trips to Kilimanjaro, Nepal and Peru, certain items such as duvet jackets, sleeping bags and thick mattresses (mattresses not available in Nepal) can be hired through our local agents. These must be pre-booked through the Exodus office to ensure availability. Please call for details.

### **Baggage and Baggage Allowance**

If you live in the UK or Ireland we provide an Exodus kitbag to pack your luggage in whilst on trek. Please note that if you book close to the departure date we cannot guarantee that your kitbag will arrive before your trip starts. If this is the case please use a suitable alternative. We regret it is not possible for us to supply kitbags for those who book from outside of the UK or Ireland.

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage.

Internal flights in the destination country are subject to a weight limit of 10kg.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest

you check [www.baa.com](http://www.baa.com) and/or the airline's website for the latest information prior to your departure.

### Reading List:

Everest: A Mountaineering History, Walt Unsworth  
Trekking in the Everest Region (Trailblazer Guidebook) by Jamie McGuinness  
Touching My Fathers Soul: In the Footsteps of Tenzing Norgay by Jamling Tenzing Norgay  
The Climb: Anatoli Boukreev, G. Weston Dewalt  
Everest 1953: The Epic Story of the First Ascent, Mick Conefrey  
Into the Silence: The Great War, Mallory and the Conquest of Everest, Wade Davis  
Letters from Everest, George Lowe and Huw Lewis-Jones  
Facing Up by Bear Grylls  
The Boys of Everest by Clint Willis  
Left for Dead: My Journey Home from Everest, Beck Weathers and Stephen P. Michaud  
Into Thin Air: A Personal Account of the Mount Everest Disaster, Jon Krakauer

### Maps:

[www.k2news.com/everestmaps.htm](http://www.k2news.com/everestmaps.htm) Nepa Maps: Everest Base Camp



## JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Community Travel Forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Community you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

<http://www.exodus.co.uk/community>

## IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0)1582 640 045.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at [www.exodus.co.uk/about-exodus/essential-information?](http://www.exodus.co.uk/about-exodus/essential-information?)

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure or website, the Trip Notes supersede the brochure and website. All holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary. Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best possible alternative arrangements that maintain the integrity of the original itinerary.

As fuel prices, airport taxes and exchange rates fluctuate, and airlines manage their rates to match demand, it is proving harder than ever to guarantee our Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive price may be out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your Travel Agent.

*Prices and exchange rates were correct at the time of publication. The most up-to-date prices can be found on the Exodus website.*

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## HOW TO BOOK YOUR TRIP

### 1. Check availability

Go online to check availability, or contact us by phone or email.

### 2. Secure your place

You can provisionally hold a place on this trip, usually for between three and seven days.

### **3. Complete your booking and payment**

When you're ready to book, go to [www.exodus.co.uk](http://www.exodus.co.uk) for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque. Book with confidence: Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.