



# Everest Base Camp Trek

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## Trip Overview

*Everest base camp trek is the adventure of a lifetime for those whose dreams rise higher than even the clouds. The trek to Everest Base Camp is an amazing and challenging experience.*

Everest Base Camp is an ideal option to trek with family, solo, or in school groups. Nepal Sanctuary Treks designs the itinerary that allows trekkers for the proper time to acclimatize and with utmost safety. Let's embark on a family, solo, or group experience to make memorable by trekking in the spectacular Everest region

The journey starts in primeval Kathmandu, where you will explore the city at your leisure. Your trek to Everest Base Camp at 5,364 m to the foothills of the world's highest peak will take you over suspension bridges traversing chasms of thin air, through unseen Buddhist monasteries, and into the heart of the cordial, Sherpa culture and hospitality. The trek allows you to immerse in the culture of the Khumbu region and relish solitude with the mountains.

You will fall in love with those vibrant towns of Namche Bazaar, where the entire town is encircled by massive mountain and offer splendid vistas at different hours of the day. The golden mountain backdrop at the sunset was enough to revitalize after a long, exhausting trek.

The trek brings you through heavenly landscapes of yaks grazing in the pastureland and stone huts of migrants. Along the trail, you will see several remarkable Mani walls, chortens, and prayer flags against the sky and the blue sacred lakes.

The blanketed forest of birch and bamboo trees provides a serene nature to trek through. Also, the beautiful backdrop of Silver Mountain makes a wonderful journey that enhances worth to the final destination of the base camp.

The route is heavenly as you reach closer to the panorama of the highest peaks in the world. Khumbu glacier started appearing to make the views more attractive. After an overwhelming time at EBC, we take an ascent to rocky Kalapathar to view Everest and many other massive white peaks in closer proximity and stand on the highest point of the adventure at 5,545 m elevation.

Along the trail, you will get a break easily at night in cozy, local tea houses with our experienced, guides and porters to ensure the safest, most enjoyable, most unforgettable experience.

This is a sample itinerary of Everest Base Camp Trek. We can tailor-make the program as per your needs and preferences.

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**Note: below trekking hours, altitudes and distances are approximate, and absolutely for general idea only.**

### **Trip Facts**

Maximum Altitude: 5,545m

Best Season: March-May, Late September, October and November

Grade: Strenuous

Total Duration: 17 days

Trip Style: Teahouse Lodge, Hotel

### **Detailed Itinerary**

#### **Day 1: Arrive at Kathmandu airport**

**Altitude above sea level: 1,302m**

**Driving Time: Approx. 30 minutes depends on traffic**

**Accommodation: Hotel Tibet or similar**

Upon arrival at Tribhuvan International airport, our representative will be awaiting you to cordially welcome you with great hospitality. The representative will be displaying the “Nepal Sanctuary Treks” placard outside the airport terminal.

You will be then escorted and transferred to the hotel in our private vehicle. Further, you will be given a brief description of the activities that will take place during the upcoming trip and a preliminary briefing on hygiene and safety by our representative.

#### **Day 2: Cultural Introductory Tour**

**Altitude above sea level: 1,302m**

**Tour Duration: Approx. 8 hours**

**Accommodation: Hotel Tibet or similar**

**Meal: Breakfast**

**9:00 AM:** After breakfast, we start our guided cultural tour around Kathmandu Valley. On this cultural tour, you will experience the numerous colors, sounds, and tastes of authentic Kathmandu and its surroundings. Our experienced tour guides will tell you all you need to know and answer all your curiosities regarding those sites.

#### **Kathmandu Durbar Square**

You will head towards Kathmandu Durbar Square, also called Hanuman Dhoka Durbar. This ancient site used to be the residence of the Nepali royal family and administrators. It incorporates an architecturally extraordinary complex of ancient palaces, temples, courtyards, and shrines dating from the 15th to the 18th century.

The prominent sites of Kathmandu Durbar Square are Kumari Ghar or the house of the living goddess. Kasthamandap is a huge rest house that is said to have been built with the wood from a single tree and is the source of which Kathmandu valley got its name. Other sites around Kathmandu Square are the ferocious Kal Bhairab - the red monkey God- Hanuman, hundreds of erotic carvings, temples, and statues dedicated to different deities.

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### **Swayambhunath:**

Swayambhunath (monkey temple), is the magnificent ancient religious architecture and center faith of Hinduism and Buddhism. Its lofty white dome and dazzling golden spire are visible from far and wide. Swayambhunath is the ideal place to observe the religious harmony in Nepal. In the shadows of the imposing structure and besides the integrated architecture can be found the daily surge of devotees faithfully offering their prayers to the gods. Upon arriving at the top, you can hear the Buddhist song “Om Mani Padme Hum” resounds everywhere. The candles and the aromatic fragrance of incense that burns constantly create a serene vibe and enormous prayer wheels which encircle the stupa.

### **PM: Boudhanath**

**12:00-12:30:** Lunch on own expenses

Then we drive towards Boudhanath. From the moment you step into the sanctuary, you'll immediately feel the spiritual energy that comes from the place. Boudhanath is one of the biggest stupas in Nepal built in the 5<sup>th</sup> century and listed in the world heritage list by UNESCO in 1979. The surrounding area is a central spiritual hub of Tibetan life and culture in Nepal. You can see the beautiful dome-shaped structure stupa surrounded by brilliant colorful prayer flags. It is believed that prayer flags convey mantras and prayers into the universe while fluttering in the wind. The Stupa is said to entomb the remains of Kassapa Buddha.

You can witness monks draped in maroon robes rolling the prayer wheels, burning incense, and flickering butter candles. Moreover, it's fascinating to see the people feeding grains and maize to hundreds of pigeons around stupa areas. The devotees turn the prayer wheels & chant which is humbling to see such dedication to their beliefs.

Delight in the serenity as you hear the Buddhist mantra 'Om Mani Padme Hum' being chanted by devotees, alongside the echo of music streaming out from the nearby shops.

### **Pashupatinath**

Moving on, you will visit the Pashupatinath temple, a Hindu shrine dedicated to Lord Shiva located on the bank of the Bagmati River. The word Pashupati means “the king of animals” and the temple is famous for its monkeys. You will be visiting the Pashupatinath area to indulge in a spiritual journey.

Pashupatinath is more than just a religious destination. It is a combination of religion, art, and culture. The temple, spread across 246 hectares of land abounds in temples and monuments. Hundreds of rituals are performed here every day. You will get to witness people performing the religious ritual and funeral pyres burn at open-air cremation. Also witness elaborately dressed holy men meditating outside the temple and pilgrims placing offerings at the shrines. After touring around prominent sites you will be transferred safely back to your hotel.

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### **Day 3: Flight Kathmandu – Lukla –Hike to Phakding**

**Altitude above sea level: Lukla (2,840m), Phakding (2,610m)**

**Flight Duration: Approx. 35 minutes**

**Hiking Duration: 4-5 hours**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

After an early breakfast, you will be transferred to the domestic airport for your spectacular flight to the mountain airstrip at Lukla. Lukla is Nepal's busiest domestic airport and, for the trekker's intent on seeing Mt. Everest, flying here is an essential part of the adventure.

During flight, you get to see the world's soaring mountains including Cho Oyu (8,153m), Lhotse (8,516m), Gauri Shankar (7,145m), Menlungtse (7,181m).

After an exhilarating landing at Lukla, you will set off the hike to Phakding. You follow the ridge on the bank of milky Dudh Koshi River to the village of Phakding. Dudh Koshi, or Milk River, is named for its chalky color that emerges from all the glaciers up above.

You will follow this river the rest of the day, passing through picturesque hamlets filled with tea houses, suspension bridges, shops, carved mani stones, prayer wheels, and packed animals.

After passing through the small villages like Chaurikharka and Ghat you arrive at the Phakding which is located right next to the Dudh Koshi River.

### **Day 4: Phakding- Namche Bazaar**

**Altitude above sea level: (3,445m)**

**Hiking time: 6-7 hrs. approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

Today after a hearty breakfast, you will cross and re-cross the thundering glacial river, named "Dudh" (milk) Koshi (river) because of its color. Sections of today's walk are through pine forest and cleared areas to reveal terraced fields and a variety of crops. You pass small groups of donkeys and yaks carrying trading goods and trek-gear along the trail. The trail passes through the villages of Benkar, Monjo, and Jorsale then climbs steeply the 2000' feet to the market town of Namche.

Namche is the largest town in the Khumbu region, surrounded on three sides by mountain ranges and opens out only where it faces the Dudh Koshi. This vibrant village is a central hub of the area and food, sundries and even mountain climbing equipment may be purchased here. Also, it is the main trading village in the Khumbu region, is the historic meeting point for Hindu traders from the lowlands and Tibetan yak caravans.

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### **Day 5: Acclimatization day in Namche**

**Altitude above sea level: 3,962 m**

**Hiking duration: 2-3 hrs. approx. (Hotel Everest View)**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

Namche is an ideal place for acclimatization. The places of interest around Namche are remarkable and beautiful. There is plenty to do in and around Namche. You can take a short walk above the town to get a view of Everest. The trail leading to the hotel is a pleasant walk across a hill. You might spot yaks grazing nearby, or a Himalayan Tahr (wild goat) balancing perfectly on the cliffs.

Hidden on a ridge overlooking the Everest range, Hotel Everest View is an incredible establishment that blends gracefully with its remarkable surrounding. Appreciate the panoramic view of the Everest Region from the iconic Hotel Everest View.

There is also an interesting Sherpa Culture Museum which is well worth a visit. After exploring, you take a downhill trail back to Namche. Spend the afternoon at leisure. You can either relax or visit the colorful Namche Bazaar.

### **Day 6: Trek to Khumjung**

**Altitude above sea level: (3,790m) Khumjung**

**Hiking duration: 5- 6 hrs. Approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

After a hearty breakfast, you set off to walk to the Sherpa village of Khumjung for acclimatization. You will hike to the Everest View Hotel, followed by the typical Sherpa village of Khumjung, via Syangboche airstrip. Nestled at the foot of the sacred mountain Khumbi la, Khumjung is known as the “Valley inside the Clouds”.

You will visit Khumjung Monastery, a historical monument is built around 400 years back. It’s a monastery where a preserved skull which the locals believe to be that of a Yeti can be witnessed upon request. Then you visit Khumjung School, a historic school built back in 1960 by one of the first Mount Everest climbers, Sir Edmund Hilary. On the trail, you get to encounter the Sherpa people and their unique culture, get a chance to be close to these charming mountain people, and experience their hospitality.

Next, you walk slightly uphill to Khunde through potato fields and visit Khunde Hospital, then hiked up to the Khunde Monastery. From here, you can enjoy the spectacular backdrops of Khunde Khumjung and Khumbiyela Mountain.

### **Day 7: Khumjung-Phortse**

**Altitude above sea level: 3,810 m (Phortse)**

**Hiking duration: 5 hrs. approx.**

**Accommodation: Tea House Lodge**

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### **Meal: Breakfast, Lunch, and Dinner**

After breakfast, you start our walk with superb views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and a close-up view of Thamsarku on the way to Phortse. The trail with a few ups and downs overlooking amazing views of the great Himalayas along the way. You may spot pheasant, musk deer, or a herd of Himalayan Thar.

The trail goes gradually down, up to Kayangjuma and the path eventually reaches Sanasa. Further, the steep walk takes you to the Mong La pass (3,975 m) with spectacular views of Ama Dablam and Khumbila mountains. We stop for lunch at Mong La Pass.

After lunch, we descend to Phortse Tanga River and traverse the small bridge. After that, we trek up through the rhododendron forest. Finally, we arrive at the very traditional Sherpa village of Phortse where you may encounter mountain goats or Lophophorus, the national bird of Nepal. We stay overnight in Phortse.

### **Day 8: Phortse-Dingboche**

**Altitude above sea level: 4,350 m (Dingboche)**

**Hiking duration: 5 – 6 hrs. approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

Leaving Phortse behind, we take the high trail, considered to be one of the most beautiful trails with an outstanding view of an enormous mountain and deep valley. Walking in a dry hill along the rock-strewn trail we gradually slide up crossing through the typical Sherpa villages like Pangboche with its ancient monastery constructed around a rock where a legendary lama once meditated, the dim interior is filled with ancient sculptures, crumbling remains, wrathful idols behind sealed doors, and the exaggerated appearances of carved masks used in ritual summer dances.

Then you hike towards Shomare, at 4,120 m, which would be our lunch stop. On the way, you might spot the musk deer, mountain goats, and different birds. All this day you are treated with magnificent views of the Ama Dablam, Nuptse, and the world-class Mount Everest.

Further, continue up the glacial valley to Dingboche passing some of Khumbu's beautifully carved prayer stones. Entering the outskirts of Dingboche, you are welcomed by the Buddhist Stupa. Dingboche is situated at the foot of soaring Amadablam Mountain and myriad other mountains which are hidden from Namche views.

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### **Day 9: Acclimatization at Dingboche**

**Altitude above sea level: Nagarjun Hill ((5,050 m)) or Chukung village (4,730 m)**

**Hiking duration: Optional 2 hours hike to Nagarjun Hill (View Point), Chukung village approx. 2 hours**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

You spend the acclimatization day of your Everest Base Camp trek in Dingboche today, utilized by short hikes to a higher elevation to adapt yourselves to the heights.

Hike to the Nagarjun Hill would be a great option to spend time at Dingboche. Nagarjun nestled above Dingboche on a hill at the edges of the Chukung valley. The hike provide the panoramic views of Lobuche East (6,119 m), Lobuche West (6,145 m), Kangtega (6,685 m), Taboche Peak (6,367 m), Thamserku (6,608 m), and the Ama Dablam (6,856 m).

Alternatively, you can also embark on a couple of hours hike towards Chukung, a way to Island peak and superb views of Amadablam, Makalu, and accompanying the Himalayas.

### **Day 10: Dingboche- Lobuche**

**Altitude above sea level: (4,931 m) Lobuche**

**Hiking duration: 5 hours approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

After having early breakfast, we start trekking uphill gradually along a plateau of yak herder shelters. The trail offers superb views of mountains like Everest, Cholatse, Lobuche, and Pumari spread out before us in a contrasting and spectacular landscape.

After two and half hours of gradual walk, we will reach Thugla nestled below the terminal moraine of the Khumbu Glacier—the highest glacier in the world. From Thugla, the trail goes directly up the terminal moraine of the Khumbu Glacier before turning left just past the climber and Sherpa memorial. The memorial park is for all the people that had lost their lives climbing Everest, some with inscriptions detailing their accomplishments, and others no more than a simple pile of rocks.

You are now away from the tree line area and into glacial moraine. From here, you caught the first sight of Kala Patthar. The trail now descends slowly and flows to the western side until you reach the valley of Lobuche.

### **Day 11: Lobuche-Gorak Shep-Everest Base Camp-Gorak Shep**

**Altitude above sea level: Gorak Shep (5,288 m), Everest base camp (5,360 m)**

**Hiking duration: (Lobuche – Gorak Shep) 3hrs approx. (Everest base camp) 4–5 hrs. approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

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Today is the main day as you summit Everest Base Camp (EBC). After breakfast, get prepared and hike along the rocky terrain alongside the Khumbu glacier to EBC. Leaving Lobuche, the trail to Gorak Shep is extraordinary through the rocky moraine undulating trail.

After a light lunch at Gorakshep, continue to hike to Everest base camp. You trek across the rocks towards the several colorful prayer flags that mark the spot. Celebrations and screams fill the air as you reach the spot that marks where base camp is. Once you step at base camp, you will be encircled by massive snow-capped mountains. Spectacular views of the notorious Khumbu icefall were revealed in proximity.

After spending remarkable time in the base camp, you take a descent back to Gorakshep.

### **Day 12: Gorak Shep – Kalapathar – Pheriche**

**Altitude above sea level: Kalapathar (5,545 m); Pheriche (4,240 m)**

**Hiking duration: (Gorak Shep – Kalapathar) 3hrs approx. (Pheriche) 5hrs approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

In the early morning, you set off for Kala Patthar, the big hill located next to Gorak Shep. ‘Kala’ means black and ‘Pathar’ rock, together with being ‘Kalapathar’ or black rock. The hike to the summit of Kala Patthar, altitude of 5,545 meters / 18,192 feet, is tough but well rewarded. Kalapathar is a popular vantage point for panoramic vistas of Mount Everest, Nuptse, Lhostse, Pumori, and several other peaks. Like sunrise and sunset, the views are more vibrant. Kalapattar is one of the prime highlights of Everest Base Camp Trek.

After soaking up the captivating views from Kala Patthar, you will begin descending back down to Gorakshep for the breakfast. Thereafter, you continue to trek down to Pheriche.

### **Day 13: Pheriche-Namche**

**Altitude above sea level: 3,445 m (Namche)**

**Hiking duration: 8hrs approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

After breakfast, you leave Pheriche behind and start your journey to Namche. Today you take a downhill trail through a forest of rhododendron and juniper trees and cross a bridge over the Dudh Koshi River. Further, you descend through pine forest where you might encounter with mountains goats, and pheasants. The path finally reaches Sansa from where you can savor views of Ama Dablam, Thamserku and Nuptse mountains. Thereafter, you walk on meandering trails followed by another walk through a forest before reaching Namche Bazaar.

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#### **Day 14: Namche-Lukla**

**Altitude above sea level: (2,840 m) Lukla**

**Hiking duration: 7hrs approx.**

**Accommodation: Tea House Lodge**

**Meal: Breakfast, Lunch, and Dinner**

After breakfast, you take a descent to Monjo. Further, continue to descend to the Dudh Koshi valley through the villages of Phakding, Ghat, and Cheplung. The roar of the fast-rolling Dudh Koshi River is always in the background. We cross numerous suspension bridges, pass by several monasteries and villages before reaching Lukla. As you trek, you are below the tree line and the landscape became filled with farm terraces and charming villages. Once you reach Chaurikharka, start climbing the final hill of the trek to reach Lukla.

#### **Day 15. Flight Lukla-Kathmandu**

**Altitude above sea level: (1,302 m)**

**Flight Duration: 35 minutes approx.**

**Accommodation: Hotel Tibet or similar**

**Meal: Breakfast**

You will have an early breakfast and fly back to Kathmandu from Lukla airport. You will then be accompanied to your hotel and have time to take a rest and relax after a long, amazing trek.

#### **Day 16: Leisure day in Kathmandu**

**Altitude above sea level: (1,302m), Kathmandu**

**Accommodation: Hotel Tibet or similar**

**Meal: Breakfast**

It's also a spare day in case of bad weather in Lukla if we could not fly on the scheduled date and time, or we can organize a guided day tour in or around Kathmandu. You can spend your leisure time shopping for souvenirs for your beloved ones or simply relax after an exhausting but momentous adventure.

#### **Day 17: Free till departure transfer to the airport.**

**Meal: Breakfast**

It is time to fly back home, keeping all the incredible experiences of Nepal in mind. The representative from Nepal Sanctuary Treks will transfer you to TIA airport, where you should check-in 3 hours prior to your scheduled flight.

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### **Cost includes**

- Airport transfers,
- Guided sightseeing tour of Kathmandu with entrance fees, transfer
- Internal flight: Kathmandu – Lukla -Kathmandu,
- 4 nights \*\*\* hotel with breakfast
- Tea house lodge accommodation during trek on full board
- Trek Permit & National Park Fees,
- Staff insurance on the trek,
- Trek guide, assistant guide & porter/s
- Duffel bag
- Map

### **Cost excludes**

- Additional tours and meals that are not mentioned,
- Bottled drinks,
- Lunch & Dinner while in Kathmandu
- Personal equipment,
- Personal bills
- Visas
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects), liability insurance
- Tips

### **Suggested Clothing and Equipment List**

#### **Footwear:**

- Walking boots. A pair of water-repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow.
- Walking socks.
- Yaktrax
- Trainers or trail shoes. Can be used in and around the lodge in the afternoons/evenings.

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### **Clothing:**

- Waterproof jacket and trousers (Gore-Tex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece pants.
- Medium weight down jacket (e.g.: Nuptse jacket by The North Face).

### **Handwear:**

- Fleece gloves.
- Warm mittens and/or gloves.

### **Headwear:**

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- Head torch. Bring extra batteries.
- Sunglasses.

### **Personal Equipment:**

- Sleeping bag (Note: it is possible to rent this in Kathmandu for about \$1 per day).
- Day packs large enough to carry water bottles, a camera, lunch, and extra clothing.
- Stuff sacks for keeping your gear dry and organized.
- Two water bottles (Nalgene wide-mouth bottles are the best).
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua, or Aqua Mira).
- Favorite snack food.
- Trekking poles (optional).
- Camera with spare batteries and memory cards.
- Insurance certificate.

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- Earplugs (optional).
- Baby wipes
- Hand sanitizer
- Face Mask

### **Traveling:**

- Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bags include toilet paper, soap, towel, toothbrush, etc.
- Quick dry towel

### **Personal first aid kit:**

Note: we provide a comprehensive group first aid kit, but please bring personal medications and other items you might use regularly, such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder, e.g. Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatization).

### **Best Season for Everest Base Camp Trek**

The perfect time for Everest Base Camp Trek is Spring and Autumn season.

Throughout springtime (March-May), the average temperature is 17°C. During sunny days, the temperature goes up to 25°C, and it may drop to -15°C in the morning and nighttime. In high altitudes like Gorak Shep and Lobuche, the temperature differs significantly. The temperature ranges from 0 degrees during the night and 20°C on a sunny day. . If you happen to trek during spring (March-May), then you get to see rhododendrons and several wildflowers blooming along the trail.

During the monsoon (June-August) the daytime temperature increase to 25°C and it may drop to -15°C in the nighttime. The average temperature during the monsoon is 18°C. There is a lot of rainfall during this time with the hot weather.

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Autumn (mid-September to November) is the ideal time for trekking, mainly in October and November. Though this is not the warmest time of the year, but also this period offers a pleasant temperature for trekking. The average temperature throughout autumn is 15°C. During sunny days, the temperature reaches 20°C and -10°C in the morning and at night.

From January to February, winter treks mean fewer people on the trails and incredible photo opportunities with snow-dusted landscapes and frozen waterfalls. The temperature of the Everest area decreases to a minus degree all over the winter. The average temperature of Everest Base Camp could drop to as low as -17°C. Apart from temperatures, wind plays a vital role as it varies from 8 to 12 mph at base camp in winter. The days will be shorter and there is a lot more snow. Therefore, the trekking trails that include crossing high passes are usually closed.

Though, high altitude trekking can't be forecasted because of fluctuating weather conditions. There is a high chance of seeing a clear sky that paves way for a better view of the mountains. On the other hand, you may encounter plenty of rain and snow falls. Therefore, it is recommended to bring Yaktrax spikes for walking on snow.

### **Nepal Visa Information**

We urge obtaining a visa before you come to Nepal. It is possible to get a visa upon arrival in Kathmandu. All nationals must hold a valid passport. Your passport must be valid for at least six months beyond your expected date of departure from Nepal.

An entry visa for Nepal is required for all nationalities except Indians. You need to arrange these prior to departure with the relevant embassy/consulate, or you even get a visa on arrival. Make sure about the type of visa you will need (15 days, 30 days, or 90 days) and make the payment accordingly. You need to make the payment in the bank and make sure you get the receipt.

If you plan to obtain a visa on arrival, you must bring **one passport size photo with you for this purpose along with the exact amount in US currency of the current visa fee while paying at the visa counter**. Any other currencies and a credit card are not accepted.

You may also save your time by filling in the form beforehand online at <http://online.nepalimmigration.gov.np/tourist-visa> and uploading a digital photo, but you must do this less than 15 days before your arrival date.

For further information and details on the documents required for travelers for entry to Nepal, please check the [protocol](#) effective from March 14, 2022.

#### **a. Tourist Visa Fees**

Multiple entry 15 days US\$ 30 or equivalent convertible currency

Multiple entry 30 days US\$ 50 or equivalent convertible currency

Multiple entry 90 days US\$ 125 or equivalent convertible currency

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**b. Tourist Visa Extension**

Visa Extension (within valid visa period): USD 3 per day

Visa Extension (With Multiple Entry): Additional USD 25

Visa Extension (After Visa Expiration): Late fee USD 5 per day

**c. Gratis (Free) Visa**

Gratis visa for 30 days is available only for tourists of SAARC countries.

Indian nationals do not require visa to enter into Nepal

**d. 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.

**Customs**

**Customs duty is waived on the following items carried by the tourists:**

- One bottle of liquor Up to 1 liter or 12 cans of beer.
- Cigarette up to 200 sticks, cigar up to 50 sticks, tobacco up to 250 grams.
- 15 pieces of film for still camera and 12 pieces of film for movie camera.
- Medicine up to the value of Rs. 1,000 (except the medicine banned to import into Nepal );
- Foodstuff up to the value of Rs 5,000 (including tin pack food);
- Fresh fruits up to the value of Rs. 2,000
- There are limitations on importing certain electronic goods, including 16 mm video cameras, for which a special permit is required. Still cameras and 8 mm video cameras for your personal use may be imported duty-free, though you may be asked to declare them on arrival.

There are limitations on the export of Nepalese antiques and items of archaeological or historical value. If you purchase any such item, ask the shopkeeper to assist you in obtaining an export license from the Department of Archaeology. Reputable dealers are usually willing to assist. Carpets, brass metal statues, and Thankas (finely detailed paintings depicting Buddhist themes) are among the items in this category.

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Remember, it is illegal to import any items more than 100 years old or made from any endangered species of wildlife into most countries.

Tourists traveling by international flight are exempted from the duty on the following personal items imported or exported on the condition that such items shall be returned or carried back.

- One binocular.
- One tablet or laptop computer, one video camera, one still camera.
- One set of portable music systems.
- Clothes, beds, and used household articles.
- One perambulator, one tricycle.
- One bicycle.
- One watch.
- One cellular mobile phone set.

### **Trekking Registration Certificate (TRC)**

A trekking registration certificate is required to visit the road less regions of Nepal. The cost of this permit is included in your trek fee, but please assist us to obtain this permit for you. As soon as possible, please send the attached TRC information, a photocopy of your valid passport number to Nepal Sanctuary Treks.

### **Terms and Conditions**

Please take your time to read and understand the conditions of booking set out below prior to booking a trip with us.

#### **General booking conditions**

To make a booking you can contact us in several ways: directly by email [info@nepalsanctuarytreks.com](mailto:info@nepalsanctuarytreks.com), [sanctuarytreks@gmail.com](mailto:sanctuarytreks@gmail.com) or via our website

The lead name is responsible for ensuring the accuracy of the personal details or any other information supplied in respect of yourself and any other person traveling on the booking. Once you decided to take the trip, please download the [Pre-Trip Booking form](#) and return it to us via email [info@nepalsanctuarytreks.com](mailto:info@nepalsanctuarytreks.com) or [sanctuarytreks@gmail.com](mailto:sanctuarytreks@gmail.com).

While booking your trip with us, you must submit the booking form on our website to email us a scan of your passport along with 20% of the trip cost as a deposit, which is non-refundable. Final payment is required no less than 30 days prior to the departure date.

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If you made a last minute booking on the fixed departure date, then the full amount is payable at the time of booking.

### Cancellation and Refund Policy

In case you intend to cancel your trip for any reason, you need to write it to us 30 days prior to your trip departure date. All cancellations must be advised in writing or by email. The cancellation takes effect from the day written confirmation is received. The following cancellation's term apply.

Period before scheduled departure date when notice of cancellation is received	Reimburse
30 days or more	90% of the trip package price
15-30 days	70% of the trip package price
4-14 days	50% of the trip package price
1-3 days	30% of the trip package price
Less than 24 hours or no show	0% of the trip package price

### Payment method

#### 1. Credit card Payment:

Nepal Sanctuary Treks accepts Visa Card, Master Card, and American Express. Once your booking is confirmed, we will issue a Confirmation Invoice. For the payments by credit card, please open the link, complete the form with necessary details then proceeds, it is Quick, Easy, and secure:

<https://www.nepalsanctuarytreks.com/payment-form/>

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## 2. Bank Transfer Payment:

**Agent Name:** Nepal Sanctuary Treks Pvt Ltd

**Payment Method:** Payment to be sent by swift transfer. The cost of transfer charges to be borne by the sender.

By Bank transfer into our account:  
**Nepal Bank Limited, Head office**  
**New Road, Kathmandu, Nepal.**  
**A/C # US\$: 00200100497844000001**  
**Nepal Sanctuary Treks (P.) Ltd**  
**Swift code: NEBLNPKA**

**Notes:** All transfer cost is to be paid by the Paying Agent. Please email your remittance advice and breakdown of payment to our Accounts department.

**Tel:** +977 -1 -4426721, 4431610, 4434542

**Email:** [info@nepalsanctuarytreks.com](mailto:info@nepalsanctuarytreks.com) or [sanctuarytreks@gmail.com](mailto:sanctuarytreks@gmail.com)

### Your personal details

In order for us to confirm your travel arrangements, you must provide all the requested details as asked in the Trekking / Tour registration form. Necessary details include full name as per passport, date of birth, gender, nationality, passport number, passport issue, expiry date, and any pre-existing medical conditions you have which may affect your ability to complete your travel arrangements.

### Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits, and certificates for the countries in which you will visit during your trip. Your passport must be valid for at least 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits, and certificates for your trip; please refer to the Trip Notes for details. We are not responsible if you are refused entry to a country because you lack the correct passport, visa, or other travel documentation. Once refused entry the trip will be considered canceled. For more information please click [Visa and Travel Information](#).

### Liability

Nepal Sanctuary Treks, while undertaking treks, tours, rafting, transportation, hotel accommodation, and other services only act as an agent on the clear understanding that they shall not be, in any way responsible or liable for any accident, damage, loss, delay or inconvenience caused in connection with the travel facilities arranged by the Companies, its employees or agents. All bookings are accepted and executed with the utmost care, yet no

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responsibility is undertaken for any change or deviation on account of factors beyond control. In addition, we do not bear a responsibility to cover public liability insurance as per Nepal Act.

### **Price changing and validity**

Any quotation provided by Nepal Sanctuary Treks and Sanctuary Tours is subject to amendment should suppliers amend their rates prior to the commencement of the tour. Nepal Sanctuary Treks and Sanctuary Tours Pvt. Ltd. reserve the right to make such changes, alter or omit any part of the itinerary as the situation demands.

We reserve our right to amend the price under various conditions. However our actions will be reasonable, like in case of circumstances for instance fluctuations in the exchange rate, fuel cost, inflation or government actions, and other operating costs on which price is based.

The passport and visa fees, travel insurance, excess baggage charges, airport taxes, tips to leaders and guides, extra meals, laundry, beverages, shower at tea houses, medical expenses, optional activities and trips, and any items of a personal nature are not involved in your trip price.

### **Travel insurance**

Travel insurance is compulsory for all our travelers and should be taken out at the time of booking. We recommend that you take out insurance as soon as your booking is confirmed. The insurance must comprise medical coverage, helicopter rescue, and ambulance services.

Before joining our trips you must provide your travel insurance policy number and the insurance company's emergency contact number on the first day of your trip. You must provide proof of your travel insurance on the first day of your trip, without proof of travel insurance Nepal Sanctuary Treks will be forced to terminate the contract without a refund. In addition, we do not bear the responsibility to cover public liability insurance as per Nepal Act.

### **Recommended Travel Insurance**

#### Global Rescue

WORLDWIDE HEADQUARTERS:

85 MECHANIC ST, SUITE A1-1 LEBANON NH 03766 USA PHONE:

TOLL-FREE: (800) 381-9754

LOCAL: (617) 459-4200

(603) 443-5400

FAX: (617) 507-1050

[Download form](#)

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### **Flight delays and Changes in Itinerary**

Nepal Sanctuary Treks are not responsible for the rerouting of the itinerary due to flight and/ or bus cancellations, unexpected obstacles like unfavorable weather conditions, political unrest, or natural calamities. Any additional expenses necessitated by such an event will be borne by the client/s.

### **During the tour**

In case you commit any illegal act during your tour and you are compelled to leave Nepal, Nepal Sanctuary Treks is not liable for any kind of refund.

### **Incomplete Trip**

The paid amount will not reimburse for any unused portion of the trip if you leave your trip for any cause. So we are not liable for any refunds in case of any incomplete tour, trek, or expedition whatever the reason from the client's side.

### **Personal Belongings**

Our trek leaders and supporting staff are committed to delivering the best services and safety. However, we cannot hold the responsibility in case of the loss of your personal belongings. So, we advise our clients to keep their belonging safely.

### **Health & Specific Requirements**

Your personal safety is of paramount importance to us and for that reason, it is vital that you advise us at the time of booking of any condition, medical, specific dietary needs or otherwise, that might affect your or other people's enjoyment of the trip.

It is your responsibility to make sure you are conscious of any health requirements for your travel destinations and to ensure that you carry all necessary vaccination documentation and medicines.

### **Privacy Policy**

Nepal Sanctuary Treks is concerned to protect the privacy and confidentiality of your personal information. Please read our [Privacy Policy](#).

## **Accommodation**

### **City Hotels**

We use the finest hotel in Kathmandu, Pokhara, and Chitwan. Depending on guests' budgets and preferences, we arrange three to five-star hotels. The hotel offers furnished rooms with all the modern amenities and Wi-Fi. We

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accommodate our clients at established hotels that are sustainable and implement safety, security as well as quality plan.

### **Tea House Lodge**

We accommodate the sustainable tea house lodge during the trek. Wherever feasible, we select the eco-friendly and sustainable tea houses operated by locals. Generally, the tea houses are basic but adequate. Most rooms are shared and simple. Mattress, pillows, blankets, and sheets are provided.

At the lower elevation, tea houses comprise hot showers, boasting flush toilets, and clean rooms. Most bathrooms are shared and toilets can be either squat type or the western version. Cold water is free, however, you can use the hot shower for an additional charge.

While in higher altitudes, the tea house tends to be more basic with a standard toilet without a flushing device and a pot of hot water is available for a shower. Toilet paper is not provided, so you should bring your own or purchase it locally.

### **Meals**

Tea houses offer a wide variety of food and some actually have basic Nepali and Tibetan meals. Dinner and breakfast are usually done in the lodge where you stay overnight, but lunch will be eaten at one of the trailside restaurants. Tea Houses and trailside restaurants serve food ranging from the national staple of Dal Bhat, to western food.

For breakfast, you can choose porridge, cornflakes, Tibetan bread with honey, boiled eggs, an omelet, and tea for breakfast. While you can also select a wide range of food for lunch and dinner such as Nepali Thali set, momo, pizza, noodle soup, fried noodles, fried rice (veg, meat), curry, and pizza. Additionally, we recommend not eating meat dishes during the trek that might cause stomach upsets or illness. We advise using hand sanitizer to prevent germs while handling money. Any additional items that are not included in the set menu should be ordered and paid for separately.

### **Cater meals**

We suggest informing your specific dietary requirements prior to booking i.e. Vegan, nut-allergic, latex, vegetarian, non-vegetarian meals so that we will cater accordingly.

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## Drinking-Water and Food

Since we are concerned about the environment, we strongly recommend all our guests avoid the use of plastic mineral water bottles. Most hotels provide filtrated drinking water in each room. However, it is advised to carry purification tablets or Steripen to treat the tap and stream water as untreated water is not safe to drink anywhere in Nepal. During your stay at the lodge or if you run out of drinking water along the trail then you can get boiled water from the teahouse lodge with minimum charge.

In Nepal, you should eat only freshly cooked food. You should always wash your hands before eating, especially if you are eating things like biscuits and bread with your fingers. If you follow these simple rules, you should not experience any severe stomach problems.

Before warned, however, that it is not unusual to have some mild diarrhea in Nepal while your system adapts to a new environment. If, however, you have diarrhea accompanied by severe cramps, high fever, and chills, you may have a bacterial or parasitic infection that requires additional medication.

The hotels we use are known for their hygienic standards, and the food they serve should pose no health problems. If you eat in restaurants outside the hotel, you should follow the cooked foods rule. Salads and fruits that cannot be peeled should be regarded with suspicion. Open-air sweets, dried fruits, local chhang, candy-colored soda pop in the bazaar, and the wares of small pie shops are all tempting but can harbor germs and parasites that can upset your stomach and ruin your trek.

## Electricity in Teahouse

Most tea houses will have basic access to electricity for lighting and central plug points in the communal restaurant for charging devices like mobile phones, tablets. The lower sections are powered by hydroelectricity, while higher-up electricity is solar-powered. You can charge your devices throughout the trek, but it will cost you extra. Depending on the type of electronic device you will charge between Rs.150-Rs.600/hour.

The rate of charging the power banks, camera batteries, and big gears is higher than charging a mobile phone. Please note that access to charging points is often limited in the busier tea houses where demand for charging points is high.

### Some useful tips:

- Bring a C-type socket as lodges have circular pins.
- To save the batteries from dying fast, avoid looking at the screens, turn the brightness down, and make sure you switch GPS and Wi-Fi options off.

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Furthermore, there's a high possibility that batteries will drain quickly or gadgets will damage due to cold. You can avoid this by wrapping up the unused devices warmly inside your backpack when not in use. For phones and spares batteries that you carry, you can keep them inside the pocket of your down jacket.

### **Internet Connectivity**

There are multiple options for the internet in Everest Region: the dedicated ISP for Everest Region, Everest Link, as well as the mobile network providers-Ncell and NTC. But no matter what, it is essential to understand that the weather can impact the internet situation. If the weather turns bad (snowy or windy), the internet is likely to be poor.

Both networks (Ncell and NTC) are available only up to Tengboche/Pangboche, a day's walk from Namche Bazaar. It is of course the same with the mobile internet from these telecom providers. Higher up, phone networks are not available at all. So the locals rely on Everest Link Internet services for communication. It is a single internet option that works in all the villages, including Gorakshep, Gokyo, and most sections of Three Pass Trek. Oddly, there's an NTC tower in Gorakshep, so one can use NTC to make phone calls from there.

### **Where to buy Prepaid Sim Card**

The two telecom companies (Ncell, NTC) in Nepal offer free prepaid SIM cards to international travelers upon arrival at Kathmandu International Airport. When you walk through the arrival lounge, you can see the booth on the right-hand side. The process is quite simple. All you need is a copy of the passport and a passport size photo. Activation of the service is instant, and the Sim card comes with Rs. 50 talk time. For top-ups, you can purchase a recharge card anywhere in Nepal. If you forgot to buy one in Kathmandu, you could also buy one from shops in Lukla and Namche Bazaar, although the cost can be higher.

### **Vaccination and Medical Supplies**

It is advised to consult or get professional advice from a travel doctor about vaccinations and obtain medical travel information beforehand. If your doctor makes recommendations contrary to the suggestions here, follow your doctor's advice, and obtain substitutes for these items. It is not necessary to burden yourself with a lot of medicines for the trek, though you should carry enough to take care of most situations.

Nepal Sanctuary Treks also provide a first aid kit on private treks that we organize, though you should bring your own aspirin, band-aids, etc. If you are taking an extended trek, you should equip your party to deal with possible problems and emergencies.

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## Recommended Injections

- Cholera
- Typhoid-paratyphoid
- Tetanus
- Polio (oral)
- Malaria (only if you will be visiting a jungle lodge)
- Typhus
- Hepatitis (gamma globulin an expensive but important shot)
- Meningitis Meningococcal A/C vaccine

## Travel Insurance

Travel insurance is excluded from the trip price. It is mandatory that you take out comprehensive travel insurance prior to your trek. Travel Insurance reduce the significant financial risks of traveling and must cover personal liability, lost baggage, medical protection, emergency evacuation, canceled trip, accidents, missed flights, etc. During the time of evacuation, the client should call their insurance company on the 24-hour emergency telephone number (using a cell) to clarify the state and get their insurance approval to cover the costs of the evacuation plan. In the event of urgent evacuation, rescue is done by helicopter and sent back to a hospital in Kathmandu. Make sure that your insurance policy covers you for such an unlikely incident.

We suggest our guests to get insured to protect from possible hazards and enjoy the dream vacation to the fullest.

## Participation Statement

Participants should be conscious that adventurous activities and traveling in a developing country encompass a risk of personal injury or death. As a condition of booking, you must agree on these risks and be accountable for your own actions and involvement.

Adventure travel needs an open and flexible attitude. You may experience extreme conditions, unpredictable weather, and last-minute changes to the itinerary beyond our control.

Lack of acclimatization to high elevation could also be a risk factor. Our itineraries let adequate time for acclimatizing though it is possible that some individuals might be slow acclimatizers. The majority of our trips undertake at far-flung areas where you are away from normal emergency services and medical facilities. In case of a severe injury needing hospitalization, it has to be accepted by you, evacuation could take up to numerous days and may hinder your ensuing recovery. Helicopters are the most usual mode of evacuation, nevertheless, they are not always available or they may be delayed by poor weather and flying conditions.

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## **Fitness and Training**

If you are planning to trek in Nepal then, you need to build a strong base of fitness three months prior to your trek. You will need determination to your personalized training timetable to complete your trek without any problems, Trekking in the mountain encompasses both low and high elevation trekking. As we ascend to higher altitudes, the air becomes thinner. To regulate the decreasing level of oxygen, you have to have a good physical state.

EBC trek is considered a strenuous trek that requires a good level of fitness, a good training plan prior to your trip will make the trek that much more enjoyable. Depending on your individual fitness level, a few weeks to a few months of prior training should be enough to get you into shape for the Everest Base Camp Trek.

Starting from Lukla, you'll be walking an average of 15 km a day for around 5 – 7 hours. Whilst some days will be far easier than others. Typically, the trek starts from 2,600 m, Lukla Airport, and reaches a high point of just beyond Kala Patthar (5,500 m). For acclimatization, the itinerary includes rest days which would give you enough time to acclimatize yourself to the altitude.

We recommend you undertake a variety of exercises to prepare for your trek and in specific activities that you relish to help you stay motivated. It is also important to take on some outdoor trek training, rather than just walking on flat terrain.

## **Trek Specific Training**

Trekking specific training will help you adapt to the environment in the Himalayas. As you have to trek through high hills and uneven mountain terrains

Hiking steep hills will benefit you in building your leg strength. Likewise, it will help in learning how to walk in rough paths while keeping your body in balance. You can also try to climb 600 to 1000 meters carrying around 8 to 10 kilos in your backpack. For high-altitude trekking, breathing exercises can also be very helpful. For this, you can do Yoga, which is an excellent approach to prepare yourself for the trek.

## **Specific Training Types**

Before your trek, make a commitment to prepare yourself for trekking by setting a workout schedule. You should start training several months prior to your trek to accomplish optimum fitness. You can visit the gym and initiate various fitness activities. Aerobic fitness is a key factor of a comfortable trekking experience; if your body is used to physical effort, you will be less likely to suffer from exhaustion or injury. In order to be physically fit, one needs to work on three main areas, which are:

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- Endurance and Aerobic Exercises
- Strength
- Balance and Flexibility

## **Mental Preparedness**

Trek in the Himalayas is one of the most mesmerizing yet daunting treks in the Himalayas. Mental preparation is just as significant as physical preparation when it comes to trekking in the Himalayas.

If you are thinking of embarking on Everest Base Camp Trek then, start getting prepared at least 6 months in advance and focus on the adventure with your body and mind. As you are trekking into the mountains or the wilderness on a long-distance trek, you'll require mental preparation and build your mental strength.

## **Safety and Security**

Please use your own good decision when choosing an activity in your leisure time. Though the cities visited on tour are generally safe during the day, there can be risks to roaming throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during nighttime excursions. Protests and demonstrations, even those that are well intended, have the possibility to turn fierce without warning. If you are in an area where there are rallies of demonstrators or protesters, leave the area immediately.

Water-based activities have a component of hazard and excitement built into them. We suggest only participating in water-based activities when accompanied by a guide(s). We make every effort to ensure the fun and adventurous element of any water-based activities like rafting if you wish to have on added package.

For the safe keeping of your passport, air tickets, travelers' cheques, cash, and other valuable items we advise the use of a neck wallet or money belt while traveling, Safety deposit box is available in city hotels to store your valuable items but during the trek, you have to secure your belongings. So we recommend you leave valuable ornaments at your home. A lock is suggested for securing your luggage.

## **Stay alert for scam porters at the airport**

As you walk through the arrival hall, a friendly person approaches you and may offer to carry your weighty bags or push your trolley for you. Although they appear helpful, they will demand cash payment for helping you. They will not return your possession until you hand over the overpayment. So be cautious of such scam artists and never let your baggage touch and keep a close watch on all your belongings. Your collected luggage should keep in front of you every time.

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### **Hotel Transfer on Arrival**

If your arrival transfer includes in your package, then the transfer would arrange according to your provided flight details. If your flight timetable changes within 48 hours of your scheduled arrival time, then we will reschedule accordingly.

On your arrival day, the Nepal Sanctuary Treks representative will await you outside the arrival lounge with the “Nepal Sanctuary Treks” signage board. While you exit from the arrival lounge, please look at our representative with displayed signage of “**Nepal Sanctuary Treks**”. If your arrival transfer does not arrive or if you miss a representative after you have exited the arrivals lounge, then please contact the following numbers:

**Tulsi Gyawali, Managing Director**  
**+977(0) 9851023043**

**Prashant Rana, General Manager**  
**+977(0) 9841291201**

### **Check-in for the Trek**

As soon as possible after you arrive in Kathmandu, We brief you on detailed information about the trek to assure that all formalities, such as trekking permits and visa extensions, are completed. You must leave your passport with us while we process your trekking permit.

Nepal Sanctuary Treks' office hours are 9 a.m. to 5 p.m. daily except Saturdays, but in the season we will be open from 8 a.m. till 8 p.m. throughout the week.

### **Reconfirmation of International Tickets**

Your onward flights must be reconfirmed 72 hours before departure, or the airline will cancel your reservations. You can do this yourself before the trek, or we can reconfirm your flights while you are trekking. If you wish us to provide this service, you must also leave your international air tickets in our custody during the trek. It will simplify our administrative procedures if you deliver both your passport and plane tickets to us at the same time.

### **International and Domestic Departure**

It is advised to arrive at the airport one hour prior to scheduled departure for domestic travel and three hours for international travel. This allows plenty of time to check-in, obtain a boarding pass, and clear security before scheduled departure.

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### Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is essential that you have your passport information at the time of booking to process these tickets. Internal flight tickets are issued locally and will be provided to you prior to the flight departure. The **weight limit** on domestic flights is 15 kg (33 pounds) including hand luggage. Because the aircraft is small, it is often impossible to carry extra baggage, even if you are willing to pay for excess baggage. Please do not burden yourself with too much luggage. However, you can leave the luggage in the Kathmandu hotel free of charge.

### Flight Delays

Everest, Jomsom, Jumla, and Dolpo treks are dependent upon flights to the small (15,000 ft. runway length) **STOL** (short takeoff and landing) airstrip at these places. There are no navigational aids. All takeoffs and landings are contingent on a cloudless approach. Clouds can come in so fast that planes sometimes land in clear weather, load up, and have to spend the night for lack of visibility for takeoff.

Not only because of weather but also because of other operational complications, flights are typically delayed or canceled. This can become a continuing delay going on for several days. Therefore, you must be prepared (bring a good book to read) for long waits at the airport in both Kathmandu and out of Kathmandu. It often happens that either the start or the finish of the trek (or both) is delayed by one or two days because of canceled flights.

Some airlines have started helicopter service for those places, but sometimes they also can't fly due to bad weather. Be assured that Nepal Sanctuary Treks does everything possible to avoid delays and to get you on the next flight if yours is canceled, but you must be prepared for delays.

We recommend that you allow at least **two days in Kathmandu** at the end of your trek to provide a cushion for flight delays before any onward reservations or other travel plans. For example, if the start of an Everest trek is delayed so long that it upsets your onward travel schedule, we will suggest that you consider an Annapurna or Langtang trek as an alternative.

### Tipping information

Tipping is a nice way of saying thank you and appreciating the crew members (Guide, Assistant Guide, and porter) who will play a vital role in your trekking experience. We will suggest and encourage you to be generous about the tipping they have done for you. The recommended amount for a trekking guide is Rs.600/day, an Assistant guide Rs.400/day, and a porter Rs.400/day for each guest.

### Laundry

With the minimum charge, laundry facilities are available in city hotels. There will be times when you may want to or have to do your own laundry, so we advise you to bring biodegradable soap.

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### **Money Exchange**

Please refer to the website for daily exchange rates: [www.xe.com](http://www.xe.com) As of March 2022, the rate for NEPAL was 1 USD = 122.80 NPR (Nepalese Rupees). Numerous ATMs accept both Visa and Master Card, but these are limited to other parts of Nepal. Major credit cards are accepted in most shops, but they may charge a 2-4% transaction fee. Depending on the bank, the maximum withdrawal from ATM is 35,000 rupees with Nepal bank charging 500 rupees.

### **Bank Hours**

Banks are open for money exchange and other transactions from 10:00 AM to 3:00 PM, Monday through Friday. All banks are closed on Saturday and Sunday. You can also change money at hotels. ATMs are available in Kathmandu and Pokhara, but do not work at all times.

### **Language**

The national language is Nepali, with different languages spoken in different parts. All of our guides are fluent in English, as do the porters at a more general level. English is widely spoken in cities, mainly among those involved in the hospitality sector. While in remote parts, the local people you come across perhaps will not communicate in English.

### **Time Zone**

Nepal is 15 minutes ahead of Indian Standard Time; 5 hours and 45 minutes ahead of Greenwich Mean Time; and 10 hours and 45 minutes ahead of Eastern US Standard Time. Therefore, when it is 12:00 noon (standard time) in New York, it is 10:45 PM in Nepal.

### **Feedback Form**

After your trek, we want to hear from you! Your feedback information is essential to improve our service.

### **Cultural and Environmental Considerations**

Nepal Sanctuary Treks is committed and aware to reduce the impact on the environment through waste release reduction, energy efficiency, supporting sustainable practices among clients

We are closely working with Travelife and got the recognition of Travelife Certified on January 19, 2019. Furthermore, we follow International Porter Protection Group 5 guidelines and collaborated with Kathmandu Environmental Education Project (KEEP).

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In this consideration, we have developed a Responsible Travel Policy which aims to ensure that Nepal Sanctuary Treks and its clients can conserve and maintain natural resources and seek to prevent pollution while trekking to the destination.

### **Environment**

- Do not buy the artifacts, antique and products made from endangered species.
- Do not leave anything behind like rubbish in any form i.e. water bottles, Coke/ cold-drink cans, cigarette butts, chewing gum, snack packets etc.
- Do not damage natural environment: break trees, trample on flora
- Do not leave electrical equipment running – lights, fans, air conditioners
- Try to carry an eco-friendly bag during travel and shopping, which will help to send less amount of waste to landfills.
- Be economical in using fresh water for showering and washing, as often they are in short supply. Be sensible while using hot showers heated by solar energy, by hydroelectricity or by the back-boiler method
- Try not to spoil plants along the trail and wild animals should not be touched, fed or disturbed.
- Carry water bottle that can use constantly to refill it instead of buying plastic bottles.
- If you generate non-biodegradable waste during trekking (batteries, shampoo & sun block containers plastic bags, toothbrushes, etc.) bring it back with you and dispose in designated separate places. Sanitary pads and tampons should be wrapped well and packed out. Don't put debris in the bonfire until the cooking is done because fire is considered sacred.
- We suggest all travelers to join us in seeing that no litter is left along trails. Our trekking crew will collect the garbage and dispose to the nearest facility or city.
- Use eco-friendly soaps, detergents and use a pan for rinsing while bathing or washing near streams and throw soapy water away from the water source.
- You can also reduce firewood consumption by ordering the same food at the same time as others.
- Bring adequate clothes rather than depending on the lodge fireplace for heat, and never ask your trekking staff for a bonfire.

### **Economy**

- Buy local products or souvenirs made locally
- Eat in local restaurants, shop in local markets, buy local fruit, etc. to support local traders and farmers
- Consider tipping a rational amount for good service.

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- Resist giving money to beggars; it is rather more effective to grant money to local charity. As begging, only encourages local people to continue asking tourists for money.

### **Cultural Code of Conduct**

- Use both hands to show gratefulness and respect whether you are giving or receiving as a gesture of respect, even if it is money. Always greet people with word “Namaste” by joining both hands together.
- Don’t offer food to locals after tasting it, nor eat from a common plate, and avoid touching your lips on shared drinking pot.
- If you need to use your fingers to eat, then use your right hand, as justify hand is considered polluted.
- Never point your finger at a person and particularly to religious monuments, temples, instead use the flat back of your hand to indicate the person or a sacred object. Never touch people on the head, nor should you touch or point your feet at people because it denotes a show of disrespect and insult.
- Walking around temples or stupas is traditionally done clockwise.
- When visiting a home, temple, monasteries, take your shoes off and cover up your legs and upper arms. Smoking is prohibited inside sacred institutions. Avoid touching offerings or sacred objects.
- Ask for permission before taking photos of locals, religious festivals, cremation grounds and the inside of the temples. If possible, avoid using flash. If you are wearing leather accessories, you will not allow entering into the temple.
- While trekking, both men and women should dress appropriately and modestly. Women should wear Baggy pants or calf-length skirts with loose tops. Whereas, Men should wear a shirt and long trouser when visiting homes and religious places. However, Men’s knee-length hiking shorts are fine for trekking.
- Public displays of affection and nudity are considered as scandalous. Men should wear shorts or underwear and women can drape in a sarong while bathing in a stream or at a village tap.
- Try to learn some basic Nepali phrase and language as much as possible.
- Never dispose rubbish in the cooking-fire area
- Show respect for local traditions and behave appropriately at religious sites.
- Do not give treats or money to children begging

### **Social**

- Do not engage or encourage anti-social activities like sex tourism, smuggling, drug trade, child exploitation etc.

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## **Clothing Etiquette**

### **City**

Casual dress can wear in cities like Kathmandu and Pokhara. Conservative dress is always appropriate. However, close-fitting or transparent clothing may cause offense. Loose-fitting shorts are acceptable for both men and women outside of Kathmandu

### **Visiting religious place**

While visiting religious places, outfits for men would include long-sleeved shirts and long trousers. Whereas, women should wear covered tops with long skirts or loose-fitting trousers.

### **On Tour**

It is recommended to bring comfy clothes of good fabrics for the tour. During the day, it is perfect to wear shorts or a skirt and a T-shirt. Apart from this, it is suitable to wear a sweatshirt and a windbreaker.

### **While Trekking**

Suitable footwear is an essential item for trekking.

The most important item you will require is suitable footwear for trekking. Lightweight walking boots with ankle support and rubber soles with thick treads are best. Unless you're trekking during the rainy season, they needn't be 100% waterproof. It is essential your walking boots are comfortable and broken-in; uncomfortable boots can ruin a trek. Your boots should be worn with thick natural-fiber socks.

For your convenience, while using the lodges, you will require a day pack as well as a rain poncho, walking stick, cotton scarf, and sun hat. Down jackets, wool gloves, and warm hats are needed during winter.

## **Recommendation**

### **Clothing and Equipment Rental**

You can rent trekking clothing and equipment in Kathmandu and return them when the trek is finished.

### **Recommended Rental Shop**

Shona's Rental Trekking Shop, Thamel Contact: +977-4265120

### **Purchasing branded trekking clothing**

There are branded gear store available in Kathmandu. The stores are located on Tridevi Sadak, a quick walk from downtown Thamel.

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Outlet	Contact Number	Location
Black Diamond	01-4419680	Himalayan Java Building (Ground Floor), Tridevi Marg, Thamel
The North Face	01-4445101	Tridevi Marg, Thamel (New Plaza Building)
Columbia		Thamel Jyatha Chowk
Mountain Hardware	977-1-4259191	Tridevi Marg, Thamel

## Restaurants

### Kathmandu

Type	Name	Location
Japanese	Koto	Durbarmarg
Thai	Baan Thai	Maharajgunj
Thai	Krua Thai	Gahana Pokhari Marg, Tangal
Continental	Grill Me	Arun Thapa Chowk, Sanepa Lalitpur
Pizza/pasta	Roadhouse	Thamel, Bhatbhateni, Jhamsikhel, Boudha
Pizza	Fire & Ice	Thamel
Nepalese	Krishnapan	Dwarika's hotel
Steak	K2	Thamel
Asian western	Rum Noodles	Thamel, Amrit Marga

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Indian	Ghar E Kababa	Annapurna Hotel
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### Pokhara

Type	Name	Location
Italian	Café Concerto	Lakeside
Asian + Western	Moondance	Lakeside

### Clinic

CIWEC Clinic in Kathmandu	+977 14424111/4424242/4435232
CIWEC Clinic in Pokhara	+977 61 463082/467053

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