

KALAPATTAR & EVEREST BASE CAMP

ITINERARY

Day 1 Kathmandu

Welcome to Kathmandu! Your guide will greet you and escort you to your hotel. Depending on your arrival time, perhaps your trip leader can show you the old streets of Kathmandu and introduce you to the Nepalese way of living.

Accommodation: Hotel

Meals not included

Day 2 Flight to Lukla (2800 m) - Phakding (2600 m)

An early morning flight from Kathmandu to Lukla offers spectacular panoramic views of the eastern Himalayas; Langtang, Gauri, Shanker, Numbur, Manglungtse, and Everest are showcased during this 45 minute flight. In Lukla (2700 m), Sherpas are waiting for you with their equipment. Our trek begins with a short descent to the Dudh Koshi valley. From Chaunrikarka village (2621 m), the road runs north through Sherpa settlements where wheat, potatoes, corn and vegetables are grown. Cross Dudh Koshi River on a suspended wooden bridge.

Hiking: 3 hours

Elevation: +50m/-250m

Accommodation: Lodge

Day 3 Phakding - Namche Bazar (3440 m)

Today begins with a walk along the river Dudh Kosi. The path climbs gently upwards, you cross the river several times and pass the village of Jorsale (2805 m) before beginning the steep climb up to Namche Bazaar. Half an hour later, you can see Everest. Arrival in Namche with time to explore this famous village Sherpa and its inhabitants. Tibetan shops and traders sell local jewelery and craft products from Tibet. Every week there is an important market in Namche where locally grown crops like wheat, corn and millet are sold.

Hiking: 5 hours

Elevation: +900m/-50m

Accommodation: Lodge

📍 **Day 4 Namche Bazar**

A day at leisure to acclimatise in Namche, the most important city of the region. Numerous lodges and restaurants are available here at starting point of treks towards Everest. It is the ideal place to rest and acclimatize to the high altitude before your hike. There are lots of options for today including a half-day hike to the heights of Namche Bazaar and the villages of Khunde and Khumjung (3780 m). Landscapes of mountain pastures and small well-ordered fields await and you can admire the sunset over Ama Dablam, Nuptse and Everest (1 hour hike)

Accommodation: Lodge

📍 **Day 5 Namche - Phortse (3800m)**

Climb up from Namche Bazaar following a gently sloping mountain trail to Mong Pass which overlooks Ama Dablan and Kantega, two of the most spectacular peaks in Nepal. Then, descend to Phortse Tenga at 3600 m on the banks of the milky river (Dudu khosi) and climb up to the village of Phortse (3800 m). This day enables us to perfect our acclimatization to the altitude.

Hiking: 5 hours

Elevation: +760m/-300m

Accommodation: Lodge

📍 **Day 6 Phortse - Pheriche (4270 m)**

Slow and steady climb in the Khumbu valley to Pangboche, a village dominated by the iconic pointed peak of Ama Dablam. For 90 minutes, you follow the Inija Khola river, you pass Shomare and then go along Lobuche Khola valley as far as Pheriche.

Hiking: 5 - 6 hours

Elevation: +560m/-100m

Accommodation: Lodge

📍 **Day 7 Pheriche - Lobuche (4910 m)**

After 1 hour of easy walking, the trail climbs slowly to Thokla (4620 m), and then steeply up to Thokla pass (4830 m). Here we find many chortens in memory of the dead who were triumphed by the worlds highest peak, Everest. It is a rocky to Lobuche.

Hiking: 4 - 5 hours

Elevation: +640m/-50m

Accommodation: Lodge

📍 Day 8 **Lobuche - Kala Pattar and / or Everest Base Camp - Gorakshep (5165m)**

An early morning departure for Kala Pattar (5545m) enables us to benefit from the best light and views. We follow the lateral moraine of the Khumbu glacier, a saw-tooth path in steep rocky blocks. The climb is relatively easy until Gorakshep and then becomes steeper until Kala Pattar. The views of the highest and most prestigious mountains in the world really is sublime. You are at the heart of the mineral high mountain universe. Having successfully soaked in the views, it is time to return to Gorakshep. Then you can enjoy some free time in one of the highest villages in the world. As an option, you can go to the base camp of Everest (5364 m), the mythical heart of the Himalayas (4 h of walking more)...

Hiking: 3h30 hours / 6 hours (EBC)

Ascent/descent: +230m/-50m / +250m/-250m (EBC)

Accommodation: Lodge

📍 Day 9 **Gorakshep - Dingboche - Deboche (3710 m)**

Retrace your steps to Thokla and branch off towards Dingboche, penetrating one of the wildest valleys of Khumbu. Island peak, Ama Dablam and the distant slopes of Makalu are magnificent to observe. It is a steep descent to Deboche with stunning views of Nupse, Pumori and Langtren.

Hiking: 5 hours

Elevation: +40m/-1455m

Accommodation: Lodge

📍 Day 10 **Deboche - Tengboche - Namche Bazaar (3440 m)**

Today begins with an ascent to Tengboche, the spiritual heart of Khumbu. Visit the famous monastery here, a magnificent place dominated by towering peak of Ama Dablan. You then take the path back down among the rhododendron forests to the banks of the Dudh koshi river. Overnight in Namche Bazaar.

Hiking: 6 - 7 hours

Elevation: +580m/-745m

Accommodation: Lodge

📍 Day 11 **Namche Bazar - Lukla (2800 m)**

Descend to Phakding in the valley of Dudh Khosi before returning to Lukla.

Hiking: 5 - 6 hours

Elevation: +650m/1270m

Accommodation: Lodge

📍 Day 12 **Flight Lukla / Kathmandu - City trek to Patan**

Morning flight to Kathmandu. In clear weather, the views of the Himalayan mountains are superb. Options in Kathmandu: you can spend the afternoon visiting Patan, one of the three ancient imperial cities of the valley, mainly Buddhist, known for its artisans, the founders of statues. You can visit traditional sites, walk in typical areas and visit the artisans of jewels or statues. During your stroll, you can also discover different Newari dishes, typical of the valley of Kathmandu.

Accommodation: Hotel

Meals not included

📍 Day 13 **Guided tour of the Kathmandu valley**

Accompanied by your guide, discover the jewels of Kathmandu valley. Bhaktapur, a pedestrian city located 15 km from Kathmandu is the most beautiful of the three imperial cities of the valley. After lunch, we visited Pashupatinath, a Hindu site dating back to the 12th century, a cremation place dedicated to Shiva where pilgrims come to bathe in the sacred Bagmati river. To end the day in style, we visit the great stupa of Bodhnath in the heart of the Tibetan district where many exiled monasteries were built. At the end of the day, hundreds of fervent Buddhists come to visit this sacred place creating a unique, vibrant atmosphere.

Accommodation: Hotel

Meals not included

📍 Day 14 **Kathmandu Free Day**

Enjoy a day at leisure in Kathmandu exploring the city on your own. Our expert guides have lots of advice and recommendations for your free day. Enjoy pleasant moments strolling in the old streets of Ason Tole and Indra chowk...

Accommodation: Hotel

Meals not included

📍 Day 15 **End of stay**

End of our services

The details in this programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

PERIOD & BUDGET

When to travel?

The best period for travelling is during the following months:



Price

From 1215 US\$ per person (based on 2 participants)

The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.

Included

- Transport by private vehicle according to itinerary
- Accommodation in 3 * hotel or B&B in Kathmandu (Hotel Tibet, Manaslu or similar)
- Trek includes lodging and breakfasts
- Accompaniment by an English speaking Altaï Guide
- Domestic flights: Kathmandu - Lukla - Kathmandu
- Visits as per itinerary: with a cultural guide and a private vehicle
- Porterage of luggage: up to 12kg maximum per person during the trek
- Trekking support team: assistants and porters
- Trekking permits: ACAP and TIMS
- Staff Insurance

Not included

- Entrance to historical sites & monuments
- All Meals lunches and dinners
- Nepalese visa: US \$ 25
- International flights
- Insurance: Repatriation, Medical & Helicopter Services
- Drinks, tips and personal expenses - all that is not in "THE PRICE INCLUDES"

Notes

For many years now, we put our know-how and our experience of Himalayan destinations to the service of travelers from different horizons. You may find yourself in an international group with participants from our various partners.

Level 4/5

This trips demands a very good physical condition, suitable clothing and good hiking boots. Regular and serious training (running, swimming, brisk walking...) during the 2 to 3 months prior to your trip is recommended. This trek includes an average of 5 to 6 hours of hiking per day and daily elevations

of +/- 1000m.

Terms and conditions

Booking conditions

Booking a trip with us implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. We reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason **you** have to cancel your trip, we require written confirmation of your decision so please contact us by e-mail, fax or letter. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: No cancellation fees.
- Cancellation received 30 to 21 days before the departure date: 30% of trip price will be retained.
- Cancellation received within 20 days of the departure date: 70% of trip price will be retained.

Please note if you decide to cancel your trip having agreed, in writing, to pay for additional tailor-made services (hotel, additional flights or activities...), these services are usually non-refundable.

If **we** have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances may include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Nepal may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. We reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips

we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altaï Nepal as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

Armed with an abundance of experience and a wealth of knowledge, our professional guides are all real experts. This trip is led by a professional Nepali English-speaking Tour Leader, who is part of the Altaï Nepal Team. During the trek, they will be assisted by junior guides, sirdar and porters.

Food

Lodge meals

The international success of treks in the Annapurna and Everest regions influences the economy; tariffs for food and lodging are now set by the National Park and have increased sharply in recent years, but quantities and quality of food have paradoxically decreased. To offset this decline in quality and quantity of food and in order to focus on the local economy, we plan Dal Bhat daily for our menus. It is a balanced dish, full of energy and nutritive intake, not fatty and above all, very digestible (digestion is more difficult at altitude). For all challenging treks, we provide energy snacks (like dried fruits). Meals in Kathmandu and in the valley are not included in the trip price. You will have plenty of time to discover Indian, Bhutanese, Chinese, Thai and other cuisines.

Please be aware that tap water is not normally drinkable. All drinks are at your own expense.

Accommodation

In Kathmandu and other cities, you will normally be accommodated in 3 * hotels. In more rural areas, we use homestay accommodation with varying comforts (they all have functioning beds, mattresses, tables, chairs, toilets, etc.) We love using homestay accommodation options which offer insights into Nepalese life and support local families. In addition, the use of lodges considerably reduces the

number of porters and cut down the infrastructure of trekking.

Transportation

Transport/transfer by bus, private minibus & plane.

Budget & exchange

The local currency is the Nepalese Rupee NPR.

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw Nepalese Rupees from in-country ATMs in Kathmandu and credit cards are accepted except in shops and hotels. Please budget for meals in Kathmandu, drinks, tips and other personal expenses.

Tips

Tipping is very present in Nepal. It is an integral part of the 'tourism' culture of the country: independent of salary levels, your tip is seen as a sign of appreciation. The amount depends on your satisfaction with the services rendered and your generosity. Your guide will help you on this subject. Like money, if you have clothes to give, do not hesitate to seek advice from your guide who will make a fair distribution. We ask that you do not to give sweets and / or energy bars / chocolate to local children as there are virtually no dentists here in the mountains. The same rules apply to medicine, western medication is not necessarily adapted for the Nepalese and, moreover, following the correct dosage is extremely important.

Vital equipment

- Warm Sleeping Bag
- Water purifiers (micropur, aguatabs ...)

From head to toe:

- A cap or sunhat
- 1 or 2 sets of thermals: long-sleeved thermal tops and full-length long johns
- Long sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable wind proof, waterproof jacket (Gore-Tex...)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers
- A pair of high-rise walking boots - strength, good grip of the foot and ankle (high stems) and impermeability are essential. Choose shoes with non-slip soles (vibram).
- A pair of trainers/sandels or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves, hat and scarf (it can be chilly in the mountains)

Do not forget

- Your personal toiletries and a fast drying towel
- Water bottle(s). Min. 2 litres, light and isothermal
- A good pair of sunglasses (think min. category 3)
- Sun-cream, face and lips
- Head torch and spare batteries
- A pocket knife
- A pair of hiking poles
- A waterproof bag cover (or plastic bags) to protect your belongings
- Toilet paper
- Anti-bacterial hand gel
- Your camera
- Notebook or travel diary

Material

We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool.

The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax. Soft shell layers are effective against the wind.

Our advice for keeping warm

Weather conditions in the high mountains can be variable, please think carefully about what clothes you pack especially for our winter trips and remember that the layers you wear next to your skin can make the biggest difference.

We recommend:

- No cotton
- Always carry dry spares of everything, including underwear and gloves

Wear multiple layers including:

1. A warm breathable base layer
2. A second thermal layer
3. Wind and water proof protective outer layers

Luggage

Your luggage must be divided into two bags:

- A rucksack (35-40L or 45-50L) for use as a day bag. This will contain your (vital) personal belongings for the day (sweater, spare t-shirt, water bottle, picnic-lunch, sunglasses, small things ...)
- We use porters to transport our other belongings when trekking. Please bring a flexible travel bag with zips for easy access max 80L and max 13kg (16kg with camping gear). Please do not

bring suitcases or other hard bags which the porters cannot transport.

- You may also be able to store some belongings securely at the hotel in Kathmandu.

To protect your bags, we will provide solid waterproof Altaï Bags.

Medicine

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers.

Passport

Your passport should be valid for at least six months after the last day of your stay. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

Visa

It is your responsibility to confirm your specific visa requirements. Please bring valid passport photos with you to obtain a visa upon arrival.

To obtain trekking permits, your passport and photo ID is also required. Please provide us with good quality scans of your passport and 2 photos of identity.

For an individual visa, obtained on the spot as you arrive in Kathmandu, rates are as follows:

- 15 days : 25 US\$ + 1 picture
- 30 days : 40 US\$ + 1 picture
- 90 days : 100 US\$ + 1 picture

Mandatory vaccines

No mandatory vaccinations are required. Recommended vaccines include Typhoid, Hepatitis A, Hepatitis B, Rabies, Japanese Encephalitis, and Influenza.

Health information & recommendations

It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your doctor is a prerequisite for any trip and we advise you to visit your dentist too as untreated cavities have an annoying habit of waking up with altitude.

Hygiene Recommendations

Water is not drinkable in Nepal. It is always possible to buy bottled water but in order to limit pollution and preserve natural areas, we strongly recommend that you drink purified water. For that, think to bring a water bottle of minimum 1.5 liters and purifying tablets (micropur, aquatabs ...).

Consume only treated water or water which has been boiled for 30 minutes and then filtered. Be sure to wash your hands frequently, and definitely before each meal (anti-bacterial hand gel is recommended) and take care to disinfect any skin wounds. Avoid drinking natural drinks like pressed fruit juice and do not consume ice cream or "lassi" (a milk-based beverage) bought in the street. Meat and fish / shellfish should be well cooked before consumption.

Weather

From the eternal snows of high peaks to the tropical lowlands, Nepal has a wide variety of climates.

- **In autumn** (October to mid-December) the days are very beautiful but can be fresh at altitude. At 3000 m altitude, temperatures can drop to -10°C (14°F) at night.

- **In winter** (mid-december to mid-february): The nights are generally cold and the climate is dry. If night time temperatures drop easily below 0°C (31°F) to 3000 m, the days are often sunny. Treks below 4000 m are very pleasant. There are very few tourists at this time.

- **In spring** (March to end of May): in this season, Kathmandu is in full bloom and the rhododendrons are magnificent. The weather is pleasant, it is getting hotter with some night storms. Temperatures vary between 10 and 28°C (50 - 83°F), but can rise to over $+30^{\circ}\text{C}$ ($+86^{\circ}\text{F}$). Between 2000 and 3000 m, temperatures rarely drop below 0°C (32°F). A few rare frosts or snowfalls are possible in March from +4000 m.

- **In summer**: it is the monsoon season. This interrupts the majority of trekking from June until the end of September. However, certain regions of the "Trans-Himalayan" zone, Mustang and Dolpo remain sheltered from the monsoons - these are the only circuits available in Nepal in the summer.

Electricity

In recent years, due to a lack of hydropower facilities, electricity and water outages are becoming more frequent in Nepal, especially in Kathmandu (mainly in winter and spring). The hotels have generator but the electricity is limited. It is the same for the consumption of water.

Local time

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +5.45. Daylight Saving Time (DST) is not observed here.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it

5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities. We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.