

EVEREST, GOKYO & ISLAND PEAK

A spectacular trek in the Everest Mountains with breath-taking views of the world's highest and most impressive peaks. This trip includes an optional ascent of Island Peak (+600m)! A magnificent Nepalese trek which journeys to the most beautiful viewpoints of Everest: Renjo La (5350 m), Cho La (5300 m), Kala Pattar (5500 m) and offers exceptional views of the largest glacial complex in the world. This little frequented trek impresses with its iconic high mountain atmosphere. An adventure which enables you to dive into the Sherpa culture of Khumbu and meet local people plus visit charming villages and monasteries - an unforgettable cultural immersion experience.

 Region	Everest: The Khumbu Region
 Activity	Climbs and Expeditions Trekking
 Duration	21 days
 Group	4 to 15 people
 Code	NEPEVIP-EN
 Price	From €2,263
 Level	5/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 Arrival in Kathmandu and transfer to hotel



Arrival in Kathmandu and welcome by your guide. Transfer to your hotel and evening at leisure. Depending on your arrival time, your guide can introduce you to the old streets of Kathmandu where you can enjoy first glimpses of authentic Nepalese life.

Accommodation: Hotel

Meals not included

Day 2 Drive Kathmandu to Ramechhap. Flight Ramechhap- Lukla (2800 m), trek to Phakding (2600 m)



If leaving for Ramechhap on the same day as your flight, depart by night shuttle at 03:00 am for Ramechhap Airport, 4-5 hrs drive. The early morning flight from Ramechhap to Lukla offers spectacular panoramic views of the eastern Himalayas; Langtang, Gauri, Shanker, Numbur, Manglungtse, and finally Everest... It is a lovely 30 min flight to Lukla (2700 m), where Sherpas are waiting for us with specialist equipment. Our trek begins with a short descent to the Dudh Koshi valley. From the village of Chaunrikarka (2621 m), the road runs north through the Sherpa villages where wheat, potatoes, corn, and vegetables are grown. We cross Dudh Koshi on a suspended wooden bridge.

Drive: 4 hours

Flight: 30 Mins

Elevation: +50 m/-250m

Walking: 3 hours

Accommodation: Lodge

Day 3 Phakding - Namche Bazaar (3440m)



It is a short but sure ascent to the capital of the Sherpa country. Namche Bazaar has the largest market in the Upper Khumbu region, a colourful location, home to many Hindu and Tibetan people. On the way, you can enjoy fantastic views of Thamserku (6608 m), Everest (8,848 m) and Lhotse (8511 m).

Elevation: +1040 m/-350m

Walking: 5 - 6 hours

Accommodation: Lodge

Day 4 Namche Bazaar



Enjoy a day at leisure in Namche, the most important city of this region. Numerous lodges and restaurants are found here at the starting point of treks towards Everest. It is an ideal place to rest and acclimatize to the high altitude, before our hike begins. According to your desires, we can embark on a half-day hike to the heights of Namche Bazar and the villages of Khunde and Khumjung (3780 m). Stunning landscapes of mountain pastures and small well-ordered fields await. We can admire the sunset over the Ama Dablam, Nuptse and Everest over Namache.

Walking: 1 hour

Accommodation: Lodge

📍 Day 5 **Namche - Thame (3800 m)**



Descend down through the forest to the small village of Dramo. Then we climb up to Thame, the gateway to the Nangpa La valley. In Thame, we may be lucky enough to meet Apa Sherpa, the record holder of Everest climbs, with 21 successful summits to date. In the late afternoon, we can climb up to the beautiful monastery above Thame.

Elevation: +690 m/-350m

Walking: 4 hours

Accommodation: Lodge

📍 Day 6 **Thame - Sumdur (4830 m) - Thame**



In order to perfect our acclimatization, today we climb Sumdur and discover a belvedere with striking panoramic views. We immerse ourselves in the secret valley of Nangpa La and can imagine the nearby border of Tibet. At the top, an incredible display awaits: Pasang Lamu Peak, Cho Oyu (8201 m) and many +7000 m mountains stand in front of our eyes. Return to the Lodge.

Elevation: +980m/-980m

Walking: 4 hours

Accommodation: Lodge

📍 Day 7 **Thame - Lungde (4400 m)**



We climb steadily to Lungde, at the foot of the Renjo La. We pass through pretty sheepfolds in valleys and enjoy beautiful views of the surrounding peaks. We cross Tibetans descending from Nangpa La to the market of Namche.

Elevation: +600m/-70m

Walking: 5 to 6 hours

Accommodation: Lodge

📍 Day 8 **Lungde - Renjo The (5350 m) - Gokyo (4790 m)**



A key day! We start at dawn. After 3 hours of steady climbing, we reach two very beautiful lakes in the middle of a spectacular mountain cirque. As we approach the pass, our route steepens. The views are breathtaking: 180° of summits from Cho Oyu to Taboche Peak, including Gyachung Kang, Pumori, Everest, Nuptse, Makalu, and Cholatse. A festival of alpine aesthetics! We descend quickly to Gokyo, the beautiful blue lake in permanent line of sight.

Elevation: +1030m/-640m

Walking: 7 to 8 hours

Accommodation: Lodge

📍 Day 9 **Gokyo - Dragnag (4690 m)**



For those who are motivated, we rise at dawn to climb Gokyo Ri and enjoy sunrise from a roof of the world. A short day, perfect to recover before attacking Cho la. We cross the beautiful moraine of the Gokyo, which offers views of the north face of Cho Oyu.

Elevation: +80m/-180m

Walking: 3 hours

Accommodation: Lodge

📍 Day 10 **Dragnag - Cho The (5350 m) - Dzongla (4840 m)**



Our four hour climb to Cho La begins gently and becomes increasingly steep. A beautiful glacial atmosphere greets us at the pass at the foot of the summits of Lobuche. After 30 minutes of descent we reach an almost flat (often snowy area) with a phenomenal panorama. From here we descend to Dzongla.

Elevation: +770m/-610m

Walking: 7 to 8 hours

Accommodation: Lodge

📍 Day 11 **Dzongla - Lobuche (4940 m)**



A beautiful day with beautiful views. We descend to Chola Khola before climbing gently through pasturelands at the foot of the Khumbu glacier.

Elevation: +220m/-140m

Walking: 3 hours

Accommodation: Lodge

📍 Day 12 **Lobuche - Kala Pattar (5545 m) - Lobuche**



We can climb up to Kala Pattar (5545 m) without technical mountaineering equipment. Fabulous views await of Everest, the fall of the Khumbu seracs, the Pumori and the Nuptse. We head back down to Lobuche.

Elevation: +620m/-620m

Walking: 8 hours

Accommodation: Lodge

📍 Day 13 **Lobuche - Dingboche - Chukhung (4730 m)**



Today we head down into the valley. The views of Ama Dablam and Thamserku are superb; perhaps we will be able to see all the way to Dingboche at the foot of the Ama Dablam. En route to the summit of Chukhung (4730 m), we see the unnamed peak of the Imja Khola and the Baruntse (7200 m).

* Depending on the motivation of the group and the snow conditions, our guide can lead us up the trail which crosses Kongma La pass (5535 m). This trail passes through many small lakes and offers magnificent views of Everest (+ 2 hours of hiking).

Elevation: +330m/-530m

Walking: 6 to 7 hours

Accommodation: Lodge

Day 14 Chukhung - Island Peak Base Camp (5100 m)



Morning technical preparation session ready for the ascent of Island peak (Imja Tse). Skills include the use of crampons and ice axes, operation of a fixed rope and self-locking handle (Jumar).... After lunch, we climb towards Lhotse Shar glacier. We set up camp at the foot of the moraine (5100 m) with view of Baruntse (7220 m). Those who do not climb will journey back to Chukhung this afternoon (5 hours round trip).

Elevation: +240m

Walking: 4 hours

Accommodation: Lodge/tent

Day 15 Base Camp - Island Peak (6189 m) - Chukhung



Those who do not climb Island Peak can summit the much more accessible Chukung Ri (5546 m) and enjoy panoramic views of Nuptse and Ama Dablam. From Chukung Ri, return to Chkhung and rejoin the team which climbed Island Peak (4 hours hiking). For those who climb, we go up a system of vires before taking foot on the glacier at 5800 metres. A magnificent route around crevasses leads us to the foot of the final slope which, depending on the snow conditions, can be directly climbed (45 ° slope) or bypassed to the left. The last 100m is done on a beautiful tapered ridge with the iconic peak of Ama Dablam in the ubiquitous backdrop. Return to Chukung, where we find the other participants.

NB: In case of bad weather, one more day will be dedicated to the ascent of the Island Peak. In this case, days 16 and 17 will merge into one long day of walking.

Elevation: +1220m/-1460m

Hiking: 4 to 12 hours (details in the description)

Accommodation: Lodge

Day 16 Chukhung - Tengboche (3840 m)



Famous for its Buddhist monastery set in a grandiose setting, beautiful Tengboche offers fantastic views of Ama Dablam and our surroundings.

Elevation: +70m/-940m

Walking: 5 to 6 hours

Accommodation: Lodge

📍 **Day 17 Tengboche - Namche Bazar (3440m)**



The balcony trail between Tengboche and Namche displays magnificent views of the Everest valley. After breakfast, we take the path back down through rhododendron forests to Namché Bazaar.

Elevation: +610m/-1020m

Walking: 4 hours

Accommodation: Lodge

📍 **Day 18 Namche Bazar - Lukla (2400 m)**



It is a relatively steep descent to the Dhudkosi River which we follow to Phakding, our lunch spot. We cross several traditional villages like Monjo, Jorsale and Banker. We leave the high mountains and return to the verdant universe of the Nepalese mountains. Late afternoon arrival in Lukla.

Elevation: +325m/-915m

Walking: 4 hours

Accommodation: Lodge

📍 **Day 19 Flight Lukla - Ramechhap. Drive to Kathmandu**



This morning, we catch a flight to Ramechhap and drive to Kathmandu. In clear weather, the views of the Himalayan mountains are spectacular. We stop for lunch on the way. We visit Bhaktapur on the way, a sumptuous pedestrian city located 15 km from Kathmandu ... the most beautiful of the three imperial cities of the valley Transfer to the hotel.

Flight: 30 mins

Drive: 4 hours

Accommodation: Hotel

Meals not included

♥ Day 20 **Kathmandu**



Free day in Kathmandu. Options: visit Pashupatinath, hindu pilgrimage site of high importance on the bank of Bagmati River, considered holy, and where cremations take place; Bouddhanath, an impressive Buddhist monument with the Buddha's discerning eyes, surrounded by a multitude of monasteries

Accommodation: Hotel

Free meals

♥ Day 21 **End of stay**



Breakfast included.

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.

DATES & PRICES

International departures:

No departure for now

Trip code: NEPEVIP-EN

Included

- All in-country transfers as detailed in itinerary
- 3 * hotel and B&B accommodation in Kathmandu (Hotel Tibet, Manaslu or similar)
- Trek includes full-board in lodging
- Domestic flights: Kathmandu - Lukla - Kathmandu
- Full accompaniment by an English speaking Altaï Guide
- Visits as per itinerary: with a cultural guide by private vehicle
- Luggage transfers: up to 12kg maximum per person during the trek
- Trekking support team: assistants and porters
- Trekking permits: Sagarmatha National Park and Rural Municipal
- Staff Insurance

Not included

- Entrance to historical sites & monuments
- Meals in Kathmandu & Kathmandu Valley, as detailed in itinerary
- Nepalese visa: US \$ 25 + photos
- International flights
- Island Peak Ascent permit: 505 € / person (includes ascent permit, specialist climbing guide, staff insurance: helicopter, hospitalization)
- Island Peak Ascent permit in Spring: 115 € / person
- Drinks, tips and personal expenses - all that is not in "THE PRICE INCLUDES"

Additional Options

Small group surcharge: Consult us

Notes

For many years, 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 5/5

This trips demands excellent physical and mental conditions as well as suitable clothing for high altitude. Regular and serious training (running, swimming, mountaineering...) during the 2 to 3 months prior to your trip is recommended. A solid technical foundation of alpine skills is required. You should have already practiced using crampons and an ice axe.

Terms and conditions

Inscription

Booking a trip with Altaï Nepal 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.

Facturation

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. Altaï Nepal reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Annulation

If for any reason you have to cancel your trip, Altaï Nepal require written confirmation of your decision. 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: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Nepal receive your cancellation or modification request in writing.

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 include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Modification du contrat

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.

Prix et révision des prix

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Nepal 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.

Cession du contrat

If you are unable to travel with Altaï Nepal 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...)

Staff

Based in Kathmandu for many years, Altai Nepal guarantees you an active travel experience, thanks to our guides and our logistical infrastructure. During your trip, you are accompanied by our Altai trekking guides, 100% mobilized to help you discover unusual places in the heart of nature. Let yourself be guided...

- This trip is led by an English-speaking Nepalese trekking guide
- A local team assists you during the trek. Here is its composition (variable depending on the size of the group and the logistics required):

- Porters: during the trek, our belongings are carried by porters. Porterage is a historical tradition in Nepal, necessitated by the very rugged topology of the place. Thus, it is not uncommon to come across locals carrying loads of more than 50 kg on the trails! Being very concerned about the working conditions of our teams, we ensure that our porters work in the best possible conditions (a fair salary, limited charges, insurance, and suitable equipment are made available to all). On our trips, we provide one porter for every two travellers. The load is limited to 30 kg per carrier on our trips to lodges.

- Assistant-guides: in addition to the guide, assistant-guides are present too. They are responsible for providing active assistance to travelers, and make sure all participants to walk at their own pace.

Food

The traditional Nepalese dish is 'dal bhat', rice and lentils, accompanied by some spicy vegetables. In Kathmandu, it is possible to eat a good variety of dishes, but in the mountains, the choice is relatively limited: the lodges (local tea houses) offer menus that are often similar and less varied (e.g. dal bhat, fried noodles, mo:mos, fried rice, pasta with tomato sauce, fried potatoes, etc).

On our group trips: three meals and a snack per day will be served. On long trekking days, you will also have an energy supplement (cereal bars and/or dried fruits).

During lodge treks, we try to offer you the most varied meals possible, with the dishes or ingredients available in the lodges. Some examples: dal bhat (Nepali daily meal), stir-fried rice with vegetables, potatoes with cheese, fries, pasta with tomato sauce, and sometimes even pizza! Note that fresh meat is rare and sometimes not recommended for Western stomachs.

Here are examples of the meals served on our trips:

- Breakfast: toast, pancake or Tibetan bread with butter/jam/honey + eggs + tea or coffee.
- Lunch: a main dish.
- A small snack at the end of the day is offered (biscuits and tea).
- Dinner: a soup, a main course, and a dessert (eg fruit in syrup)

+ a cup of tea and/or coffee is offered with all meals.

In Kathmandu and Pokhara, we often exclude meals, so that everyone can enjoy the variety of restaurants in the cities according to their tastes.

In the mountains, you can fill your water bottles at the tap or at the water sources (on the advice of the guide), but it is essential to filter it or treat it with purifying tablets. The purchase of bottled mineral water may also be possible in lodges, in town, or in restaurants. However, we encourage all to minimize plastic consumption: there is no recycling on site.

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 advise you 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. And of course, do not forget to bring medicines that you take regularly, if any.

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

For climbing Island Peak

- A pair of mountain hiking boots for wearing with crampon (B2 or B3)
- Gaitors
- Crampons
- A harness
- A descender or figure of 8
- 2 locking carabiners (for use with gloves, think pear shaped)
- A self-locking Jumar
- A 8mm rope, 1.5 or 2m
- An ice-axe
- A helmet
- A survival blanket

Please [contact us](#) to discuss equipment hire options.

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 Altai Bags.

The domestic flight between Lukla and Kathmandu is limited to 10 kg of hold luggage, and 3 kg of cabin bags. Altai Nepal supports 2.5 kg of supplement in the hold for everyone, 10 kg for people climbing a trekking peak. Here, trekkers have 12.5 kg in the hold, and those who climb the Island Peak 20 kg.

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, agua tabs ...). 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 °C (+86°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.