

SAGARMATHA, TREK IN THE SHERPA COUNTRY

This exclusive Altai trip takes us to the heart of the Sherpa country of Solukhumbu. We follow the original 'Hillary Way' route in the footsteps of Sir Edmond Hilary and Sherpa Tenzing. We mirror their the trail they took to Everest Base Camp during the victorious 1953 expedition. Our adventure begins in Patale, from here we trek to Pike Peak. We hike from village to village through a universe of manis walls, prayer flags and stupas naturally meeting local Buddhist people. This region is known for its gigantic rhododendron forests and terraced fields which carve the dizzying Solukhumbu mountains. In Chyangba, we are invited to stay with your guides family - a privileged opportunity to discover the local way of life. From the summit of Pike Peak (4065 m), the highest point of our trip, we are blessed with one of the most beautiful panoramic views of the Himalayan Mountain Range. Over 600 km of arid high mountains stretch out before us including six mythical + 8000 m peaks: Mount Everest (8848 m), Lhotse (8516 m), Kanchenjunga (8586 m), Makalu (8481 m), Manaslu (8163 m), and Annapurna Main (8091 m)...

 Region	Everest: The Khumbu Region
 Activity	Trekking
 Duration	13 days
 Group	4 to 15 people
 Code	NEPSHERPA-EN
 Price	From €1,301
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 Arrival in Kathmandu

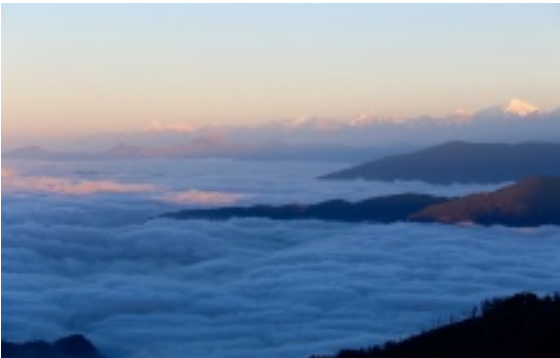


Arrival in Kathmandu (1360m): Welcome to the capital of Nepal. You will be greeted by our local team and transferred to our hotel in Kathmandu. Depending on your arrival time, you can enjoy a walking tour of the bustling city of gods.

Accommodation: Hotel

Meals not included

Day 2 Route Katmandou - Patale (2850 m)



Early morning departure eastwards towards Solukhumbu, at the edge of the Everest Massif. Beautiful views of the Himalayas greet us as we journey through Bhaktapur and Dhulikhel and travel along the Sunkoshi River. In Hilepani, we join the mountain roads to Patale, the starting point of our trek through the unpublished Sherpa country. Beautiful panoramic views of the Numbur Himal (6959 m) and Everest (8848 m) await.

Accommodation: Lodge

Day 3 Patale – Sisa Khola (2200 m) - Chyangba (2500 m)



Sunrise on Everest is a joy to observe. After breakfast, we begin our first day of walking. We cross the picturesque village of Patale and meet local men and women getting ready to go work in the fields. The children, happy to see travellers, welcome us with big smiles and a warm 'Namaste'. From the first moments of our trek, we dive into Nepalese rural life. We descend from Patale to Kerung where we stop to visit the local monastery. We continue down to Sisa Khola river in a beautiful bucolic rural landscape and then climb up to Chyangba, a pretty little sherpa village at 2500 m altitude. We spend the night here with the family of one of our guides.

Hiking: 5 hours

Elevation: +350m/-700m

Accommodation: Lodge

Day 4 Chyangba – Bhulbhule (3350 m)



Our trail today climbs gradually up past terraced fields of crops and through rhododendron forests to Jhapre Monastery. From here we have magnificent views of Numbur Himal and the Everest Massif. If possible, we will visit this pretty monastery. Then, after a good break, we continue our walk to Bhulbhule.

Hiking: 5 to 6 hours

Elevation: +950m/-100m

Accommodation: Lodge

📍 Day 5 **Bhulbhule – Pike Peak Base Camp (3700 m)**



Get ready for a beautiful day of hiking. We follow a scenic ridge trail and gradually climb up, through pastures, to Pike Peak Base Camp. We pass numerous mani stone walls reminding us that we are in the heart of Buddhist lands. Gradually views of the mountains emerge. The towering flanks of the tallest mountain on earth always in sight. Our path climbs steeply up to the refuge where unobstructed views of the western Himalayas: Langtang, Ganesh Himal, Manaslu greet us... Pike Peak Lodge has a cheese factory where famous 'yak cheese' is made. If possible, we visit the cheese factory and taste this unique delicious cheese. Sunset over the western Himalayas from Pike Peak Base Camp is truly lovely to

observe.

Hiking: 4 hours

Elevation: +500m/-150m

Accommodation: Lodge

📍 Day 6 **Base Camp – Pike Peak (4065 m) – Lamjura La (3750 m) - Lamjura (3530 m)**



We leave at dawn for the summit of Pike Peak (4065 m). Our route features around one hour of gradual climbing with lovely views of Himal Numbur and the Langtang Massif. At the top, our efforts are rewarded by spectacular 360° panoramic views of the mythical Himalayan Mountains at sunrise. The arid mountains around us are illuminated by the warm glow of the morning sun... Once we have sufficiently contemplated our surroundings we begin our steady descent along a ridge trail with continual views of the highest summits in the world. Our path becomes steeper as we enter the rhododendron forest which leads us to Jasmane Bhanjyang (3500 m). We pause for a tea break here before continuing to

Lamjura via the Lamjura Pass at 3750m. In Lamjura, we find the 'Hillary Way' path which Sir Edmond Hilary and Sherpa Tenzing took to reach Everest base camp.

Hiking: 4 hours

Elevation: +500m/-150m

Accommodation: Lodge

📍 Day 7 **Lamjura - Selo Gumba - Junbesi (2700 m)**



We continue our descent to Junbesi. En route, we cross the villages of Taktur and Saling where we discover the daily life of local inhabitants. We stop to visit the charming Selo Monastery then continue our descent to Junbesi. This village, nestled in the foothills, is known as 'Zhung-Gompa' by the Sherpas.

Hiking: 5 hours

Elevation: +100m/900m

Accommodation: Lodge

Day 8 **Thubten Choling Monastery (2950 m) - Junbesi**



A peaceful rest day exploring the beautiful region of Junbesi. After breakfast, we walk to Thupten Choling and visit its imposing monastic complex, one of the most important in the Sherpa world of Solukhumbu. Thubten Choling is also a monastic school where more than a hundred Tibetan monks and nuns live and study. If possible, we participate in a prayer ceremony. We can take time to talk with the monks and nuns, a unique opportunity to better understand the way of life enjoyed here. The monastery harbours beautiful views of the Junbesi Valley.

Hiking: 3 hours

Elevation: +250m/250m

Accommodation: Lodge

Day 9 **Junbesi - Ringmu (2750 m)**



Today we follow a stunning balcony trail with panoramic views of Everest and Thamserku. We cross Junbesi Khola river then climb progressively up to Phurten (3000 m) which has lovely views of the Everest massif. From here we head downhill towards Ringmu. We cross the Dudh Kund Khola river which stems from glaciers of Numbur Himal. A short climb takes us the Sherpa Village, Ringmu, perched on the other side of the valley to Dudh Kund.

Hiking: 4 to 5 hours

Elevation: +600m/600m

Accommodation: Lodge

Day 10 **Ringmu - Takshindu Danda (3060 m) - Chiwang Monastery - Chiwang (2600 m)**



This morning we climb to Takshindu Danda - fabulous views of Kongde and Numbur Himal await. Then, we walk to the monastery of Chiwang which sits perched on the mountainside. Founded in 1923, it is one of the three monasteries which hosts the most important sherpa religious festival, the Mani Rimdu festival. This religious celebration includes several ceremonies and periods of meditation. Night in Chiwang.

Hiking: 5 to 6 hours

Elevation: +600m/350m

Accommodation: Lodge

Day 11 **Chiwang - Ratanagi Danda (3300 m) - Phaplu (2470 m)**



Today's trail through dense rhododendron forest climbs up to Ratanagi Danda where a last view of the Everest Massif awaits. After a good contemplative pause, we descend to Phaplu where we finish our trek in Sherpa country. Last night with our trekking team.

Hiking: 5 to 6 hours

Elevation: +500m/500m

Accommodation: Lodge

Day 12 **Flight: Phaplu - Katmandou**



It is a pleasant scenic flight to Kathmandu. Hotel transfer included. Enjoy an afternoon at leisure exploring the Kathmandu valley.

Flight: 30 mins

Accommodation: Hotel

Meals not included

Day 13 **End of stay**



Morning at leisure; airport transfers 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: NEPSHERPA-EN

Included

- All transfers by private vehicle as detailed in itinerary
- 3 * hotel or B&B accommodation in Kathmandu (Hotel Tibet, Manaslu or similar)
- Domestic flights: Phaplu - Kathmandu
- Trek includes full board and lodging
- Full accompaniment by an English speaking Altaï Guide
- Visits as per itinerary: with a cultural guide in a 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 TIMS
- Staff Insurance
- All taxes

Not included

- Entrance fees to historical sites & monuments
- Meals in Kathmandu & Kathmandu Valley
- 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, we put our know-how and experience of Himalayan destinations to the service of travellers from different horizons. You may find yourself in an international group with participants from our various partners.

Level 3/5

This trip demands a very good physical condition, suitable clothing and good hiking boots. Regular 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 +/-600m.

Terms and conditions

Booking conditions

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 35% 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 35 days before your departure date. Altaï Nepal 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, 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.

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. 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.

Contract transfer

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...)

PRACTICAL INFO

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

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 : 30 US\$
- 30 days : 50 US\$

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.