

EVEREST, ALONG THE FIRST FOOTPRINTS OF THE SHERPAS...

The view of Mount Everest, from Pikey Peak, is no doubt one of the most beautiful in Nepal. Typical villages and colorful monasteries are indeed a fascination, and so are the emblematic Mt. Ama Dablan and the mythical Mt. Everest. This trek remains pretty easy, and takes you to the heart of Sherpa country with a gradual rise from Phaplu to Thengboche via Namche Bazar, the famous commercial center between Nepal and Tibet. A short flight skirting the Himalayas, above an "ocean of mythical peaks" - Langtang, Gauri Shanker, Numbur, Melungtse and Mt. Everest - takes us to Phaplu, where we meet the trailhead. It's a beginning of a great exploration of the Sherpa country, following the historic route of Mt. Everest. We then trek along the Dudh Kosi river and gain altitude to Namche Bazar at 3440 m. Junipers, thorny shrubs, high meadows are gradually appearing... Above Namche, the roof of the world emerges from the surrounding mountains.

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|  Region | Everest: The Khumbu Region |
|  Activity | Trekking |
|  Duration | 14 days |
|  Group | 4 to 15 people |
|  Code | NEPSAG-EN |
|  Price | From €1,431 |
|  Level | 3/5 |
|  Comfort | 3/5 |
|  Language(s) | English |

ITINERARY

Day 1 Arrival in Kathmandu



Arrive at the Kathmandu International Airport. Welcome by Altaï Nepal team and transfer to our hotel. Dinner together with our trip leader, who will give you some important information on the adventure ahead.

Accommodation: Hotel

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Day 2 Route: Katmandou - Phaplu (2600 m) et Chiwang (2700 m)



After an early breakfast, we drive to Phaplu located in the east of Nepal, from where we start our trek in the Sherpa country. It's a spectacular road crisscrossing a long stretch of hilly Nepal. In Phaplu, we meet our porters. It's our first day of the trek and we walk up to the village of Chiwang from where we have a beautiful view of Mt. Numbur Himal (6959 m).

Ascent: +100m

Trek: 1h30

Accommodation: Lodge

Day 3 Chiwang - Ringmo (2900 m) - Taksindu (3000 m)



Today, we come across many villages and it's an easy day of the trek. We walk in a forest of fir trees and rhododendrons and reach Ringmo in the middle of apple trees where we meet the historic trail linking Jiri and Lukla. Then, a gradual climb leads us to the small pass of Taksindu La (3050 m) from where you can appreciate the Himalayan range: Thamserku (6608 m), Mera Peak (6476 m), Numbur Himal (6959 m), before descending to the village of Taksindu. Option: Early in the morning, optional climb to Chiwang Gompa (monastery), overlooking the valley (1h30 of additional walk).

Ascent/Descent: +450m/-100m

Trek: 5h

Accommodation: Lodge.

Day 4 Taksindu (3050 m) - Nunthala - Khari Khola (2040 m).



You descend through Nunthala to the Dudh Khosi river - literally the milky river. We cross the river on a suspension bridge then reach the village of Jubing. We then continue our walk amidst beautiful terraced crops all the way up to Khari Khola.

Ascent/Descent: +720m/-1550m

Trek : 5h30

Accommodation: Lodge.

📍 Day 5 **Khari Khola - Bupsa - Paiya (2730 m)**



We climb up a quite steep trail to Bupsa, again through terraced agricultural hillsides. We trek through a large mixed forest of oaks, bamboos and pines. It's a day if trek with many small uphill and downhill sections to reach the village of Paiya, where we stay overnight.

Ascent/Descent: +600m/-100m

Trek : 6h30

Accommodation: Lodge.

📍 Day 6 **Paiya - Phakding (2600 m)**



It's an easy day of trek today. We cross many Sherpa villages, enjoying green landscapes with crop fields and farms. We continue the day through a gently upward trail until Chhaubas then climb down through a mixed forest of the firs, pines, bamboos and oaks until Surke. We then continue walking up to Phakding, a typical village below Lukla.

Ascent/descent: +1135m/-980m

Trek : 6

Accommodation: Lodge

📍 Day 7 **Phakding - Namche Bazar (3440 m)**



This day begins with a walk along the Dudh Kosi. The path climbs gently. Several times we cross the river, pass the village of Jorsale (2805 m) and then start a steep climb to Namche Bazar. Half an hour later, we can see the Everest. We arrive in Namche early enough to discover this famous village Sherpa and its inhabitants. Some Tibetan shops and traders sell jewelery and craft products from Tibet. Every week there is an important market in Namche, where the peasants in the neighborhood sell their crops of wheat, corn, millet, etc.

Ascent/descent : +900m/-50m

Trek hours : 5

Accommodation : Lodge.

Day 8 **Namche Bazar. Acclimatization Day**



Free day in Namche, the most important city in the region. Numerous lodges and restaurants are AVAILABLE for this starting point of trek towards Everest. It is the ideal place to rest and acclimatize to the high altitude, before undertaking this hike. According to YOUR desire, a half-day hike on the heights of Namche Bazar: villages of Khunde and Khumjung (3780 m), landscapes of mountain pastures, and small well-ordered fields. We can admire the sunset over the Ama Dablam, Nuptse and the Everest over Namache (1 hour hike) !!!

Accommodation : Same Lodge.

Day 9 **Namche Bazar - Tengboche (3867m)**



After breakfast, we set out towards Tengboche. Today is a wonderful day with view of high and great mountains throughout the trek: Mt. Everest, Mt. Nuptse, Mt. Lhotse and Mt. Ama Dablam rise against a blue skyline. The panoramic view from Tengboche is considered one of the most scenic places in the world. We follow a relatively smooth trail with few ups and downs. We may also spot wild animals such as musk deer, Himalayan Thar and Nepali's national bird "the Himalayan pheasant." The trail then follows smoothly through the pine forests before we cross the Dudh Koshi River. After lunch, we have a slightly tougher climb till Tengboche. The reward is great: from Tengboche, we enjoy a great close view of Mt Ama Dablam, Mt

Nuptse and Mt Everest. After some rest, visit the Buddhist Monastery of Tengboche, the biggest in the Everest Region.

Trek: 6h

Altitude gain +617m

Altitude loss -190m

Accommodation: Lodge

Day 10 **Tengboche - Monjo (2845m)**



We then take the path back down through rhododendron forests to the banks of the Dudh Koshi. We descend to Phakding, nestled in the valley of Dudh Khosi before returning to Lukla.

Ascent: +650m/1270m Trek: 6 - 7 hours

Accommodation: Lodge

📍 Day 11 **Monjo - Lukla (2850m)**



Today, we descend to Phakding, nestled in the valley of Dudh Khosi before returning to Lukla.

Elevation: +650m/1270m

Walking: 6 - 7 hours

Accommodation: Lodge

📍 Day 12 **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 hotel.

Flight: 30 Mins

Drive: 4 hours

Accommodation : Hotel

Meals not included

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



Accompanied by our guide, we discover the jewels of the valley of Kathmandu and Bhaktapur, a pedestrian city located 15 km from Kathmandu. Visit the most beautiful of the three imperial cities of the valley. After lunch, we visit Pashupatinath, a Hindu site dating back to the 12th century, a...

Accommodation : Hotel

Meals not included

📍 Day 14 **End of stay**



End of stay

DATES & PRICES

International departures:

No departure for now

Trip code: NEPSAG-EN

Included

- All in-country transfers as detailed in itinerary
- 3 * hotel and B&B accommodation in Kathmandu (Hotel Tibet, Manaslu or similar)
- Domestic flights: Lukla - Kathmandu
- Trek includes full-board in lodging
- 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 TIMS
- Staff Insurance

Not included

- Entrance to historical sites & monuments
- Meals (8 - 10 USD per meal)
- 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 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 trip 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 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, momos, 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

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 : 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.