

EVEREST BASE CAMP-GOKYO LAKES -CHO LA PASS TREK - 18 DAYS

Trek through the Gokyo Valley & Everest Base Camp and complete a loop in the secluded and stunningly beautiful Khumbu Region...



Trip Level: Moderate/Difficult | Group Size: Min. 1-12 people | Min. Age: 12 | Altitude : 5550 m

Arrival on: Kathmandu, Nepal | Departure from: Kathmandu, Nepal

OVERVIEW

Trek to EBC and Gokyo Valley and experience the best of Everest Region. This challenging adventure takes you to a wild and uninhabited terrain. This adventure is ideal for experienced high-altitude trekkers looking for trails to test their physical as well as mental strength...

Trek to **Everest Base Camp via Gokyo Lakes** and cross the **Cho La Pass**. This high-altitude adventure takes

you to the last frontier of wild Sherpa country. Get an amazing 360-degree outlook of the Himalayas and **Gokyo Lakes** from **Gokyo Ri** and **Kala Patthar**. Additionally, visit old Sherpa settlements and experience Sherpa culture. This trek is ideal for those seeking a challenge off the beaten track.

SOME IMPORTANT MILESTONES OF YOUR TREK

Guided by our experienced trek leader, your first day's trek begins from Lukla. Walk past swinging suspension bridges and yak trains to reach Namche, the cultural and economic heart of Khumbu region. Pay your respects at the sacred Tengboche Monastery. Traverse the Khumbu glacier to reach **Everest Base Camp** and **Kala Patthar**. Follow a secluded route to the stunning Gokyo Valley and the cobalt blue Gokyo Lakes. Negotiate your way across the high mountain pass of Cho La and Nzogumpa Glacier, Nepal's longest glacier. These non-technical ascents may test you physically but will reward you with incredible mountain views. In Lukla, celebrate the last night in the mountains with your teammates and crew.

DO YOU WISH TO EXPLORE MORE OF THE GREAT HIMALAYA TRAILS?

Our [Everest Base Camp Trek via Gokyo Lakes Cho La Pass](#) itinerary offers a longer and more challenging alternative to our shorter [14-day Everest Base Camp Trek](#). Our experts have set aside enough rest days in the itinerary for acclimatization. You can do this trek if you are reasonably fit and have some high-altitude trekking experience. Take this amazing adventure to one of the most isolated corners of the world and let the stark Himalayan landscape stun your senses! If you are looking for a less challenging trek with dramatic views then we suggest you try our [Annapurna Circuit Trek](#). If it's Everest you want to visit then we recommend you to try our [Everest Heli Trek](#). You get to walk to the popular EBC trail and return to Lukla via helicopter.

Note:

Notice : Tribhuvan International Airport in Kathmandu will remain closed from 10 PM to 8 AM starting from 1st April to 30th June, 2019 for runway extension work. Flights scheduled to and from Lukla during this period will be rerouted to Ramechhap Airport.

HIGHLIGHTS

- Visit the **Sherpa capital Namche** & the oldest monastery in Khumbu, Pangboche Monastery
- Walk through **Sagarmatha National Park** and experience the rich bio-diversity of the Himalayas
- Enjoy the solitude and meditative quiet along the Gokyo trail
- Challenging traverse through the high mountain pass of Cho La and **Nzogumpa Glacier**, the longest glacier in Nepal
- Majestic views of **8000-meter peaks** and frozen glacial lakes from Gokyo Ri, Kala Patthar (5550m) & Nangkhartsang Hill
- Reach **Everest Base Camp** and stand at the foot of **Mount Everest, the world's highest mountain**

Is this trip suitable for you?

- If you are looking for a challenging trekking adventure, this trip is for you.
- The route weaves across a challenging terrain with a traverse across a high mountain pass, Cho La Pass.

This trek is not for beginners.

- Acclimatization rest days at Namche (3,440m) and Dingboche (4,400m).
- The trek lasts for 14 days. Every day you spend around 6 to 7 hours on the trail.
- Compared to other Everest trails, this trail receives less traffic. The Gokyo Valley – Cho La Pass trail is definitely less crowded and filled with spectacular mountain views.
- The highest point you will reach is Cho La pass at 5,420m.
- On the trail, you will stop at local mountain lodges or teahouses for food and rest.
- Previous high altitude trekking experience will be favorable but not mandatory.
- To participate, you should be in good physical form. Hikers and people who are able walk long distances without any difficulty can do this trek. No technical climbing involved.

MEALS

Planning a vacation calls for many decisions. One of the easiest ways to travel is to book with a travel company and let the experts take care of the planning and logistics. But some travelers want the freedom to explore options that packaged tours rarely offer. Taking into account the needs of an average traveler, we have designed two packages - Standard and Deluxe. A Standard Package offers a combination of services at a lower price and freedom to do certain things your own way (for instance, choosing your own accommodation in the city). Choose a Deluxe Package, if you want to take the stress out of planning your trip. After booking a Deluxe Package, you can rest easy knowing that the experts are there to plan your holiday.

If you have zeroed in on your destination, all you have to do is select the package that suits your travel style and book your trip!

BEST TIMES

The ideal seasons are pre-monsoon (March to May) and post-monsoon (late September to December). Trekking in Autumn (post-monsoon) will give you clear skies and stunning mountain vistas. In Spring (pre-monsoon) wildflowers will be in bloom and it would be divine to walk on alpine meadows filled with flowers and colourful rhododendron blooms. The higher you go the colder it's going to be. Above 4000 meters, you can expect snow and temperatures to plummet below zero degrees. Nighttime temperatures can drop as low as -10 degrees.

ACCOMMODATIONS

Accommodation for 14 nights in the mountain is included in this package. Stay at clean and comfortable teahouses run by the locals. There are well-developed facilities for trekkers in the Everest Region. Up to Namche, most of the teahouses offer hot showers, wi-fi, rooms with en suite bathrooms and variety of meals. Do note you will be charged extra for wi-fi and hot showers. On the trail we use these lodges - *Mountain Resort in Phakding, Hotel Namche in Namche, Tashi Delek Lodge in Tengboche, Hotel Countryside in Dingboche, Himalayan Eco resort in Lobuche, Everest Inn at Gorak Shep, Mountain Home at Dzongla, Chola Pass Resort at Thaknak, Machhermo Inn at Machhermo, Himalayan Eco Resort at Gokyo, and Lukla Nombur Hotel in Lukla.*

Your accommodation in Kathmandu is not included in this package. There's a wide selection of

accommodation options in the city, from luxurious five star establishments to budget hotels. If you require a 3-star category hotel then we highly recommend Oasis Kathmandu Hotel. It is located in the tourist hub of Thamel, close to the local market, major sightseeing places and restaurants and local eateries. Please send us a request if you want us to book rooms for you.

Accommodation is arranged on a twin-sharing basis. If traveling alone, you will share the room with a person of the same sex. In case you need a single room, it will be available at an extra cost. Do click on the 'single supplement' tab while booking your trip. Single rooms are readily available in Kathmandu and at lower elevations while trekking. Please remember at higher elevations it is very difficult to get a single room.

MEALS

Except for farewell dinner in Kathmandu, **no meals are included in this package**. Kathmandu has an abundance of restaurants serving international food. If you need help choosing a restaurant, feel free to ask. We will be more than happy to help you out. On the trail meals will be at local teahouses. Items on offer generally include dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

ITINERARY

1: ARRIVAL IN KATHMANDU (1,400M/4,593FT) & TRIP PREPARATION

At the airport our representative will meet you and drive you to your hotel. Late afternoon or evening meet up with your other team members and trek leader. A briefing will follow where your trek leader will apprise you on the finer points of your upcoming trek. Ask questions if you have any and check your gear for the final time. Later on you can rest at your hotel or explore a bit of Thamel (Kathmandu's tourist hub). Since you have an early morning flight to Lukla on Day 2, it is advisable to schedule your arrival to Kathmandu in the morning or during the daytime as this will give you enough time to recover from jet lag and attend the pre-trek briefing.

Overnight in Kathmandu.

Meal Included : | Dinner

2: FLY KATHMANDU TO LUKLA (2,840M/9,318FT), TREK TO PHAKDING (2,610M/8,563FT)

Take an early morning flight from Kathmandu to Tenzing-Hillary Airport at Lukla, the first Sherpa settlement on your trail. Meet the rest of the crew and pack your belongings before setting off. Begin your trek from Lukla and head to Chauri Kharka. Follow the trail on the banks of Dudh Koshi River till Phakding, a small Sherpa village in the Dudh Koshi valley with a smattering of teahouses and cafes. Stroll around the village and soak in the sights or take a well deserved rest and prepare for tomorrow's tough ascent. *Overnight in Phakding.*

Meal Included : | Breakfast | Lunch | Dinner

3: TREK PHAKDING TO NAMCHE BAZAAR (3,440M/11,286FT)

Wake up early and hit the trail to Namche Bazaar, the capital of Sherpa homeland. Walk through a verdant pine forest and cross a metal suspension bridge covered with colourful prayer flags. Follow a scenic trail to Monjo and enter the Sagarmatha National Park. From here you get the first glimpse of Mount Everest. Walking past chortens (Buddhist shrines), mani walls inscribed with Buddhist mantras and awe inspiring Himalayan scenery, you finally reach Namche Bazaar. The settlement is set like a spectacular amphitheatre cut deep into the mountains. *Overnight in Namche Bazaar.*

Meal Included : | Breakfast | Lunch | Dinner

4: ACCLIMATIZATION DAY – AT NAMCHE BAZAAR (3,440M/11,286FT)

Stay in Namche for acclimatisation. Namche is the main trading hub in the Khumbu region. Here you will find ATM booths, budget as well as high-end mountain lodges, bakeries, cyber cafes and restaurants. A ‘Saturday Market’ is held at the bazaar area every Saturday, where traders from the Khumbu region as well as Tibet trade their wares. Options for acclimatisation walks include a hike to the vantage point of Everest View Hotel for close up views of Ama Dablam, Thamserku and Everest and walks to the neighbouring Sherpa villages of Kunde or Khumjung lying at the foot of Khumbila, the sacred peak of the Sherpas. While Kunde has a hospital built by Sir Edmund Hillary, Khumjung’s claim to fame is its monastery which houses the scalp of a Yeti, the abominable snowman. *Overnight in Namche Bazaar.*

Meal Included : | Breakfast | Lunch | Dinner

5: TREK NAMCHE TO TENGBOCHE (3,870M/12,697FT)

Follow a steep path out of Namche. As the trail winds along the mountainside, you will be presented with innumerable photo opportunities. The sparking white Himalayan peaks of Ama Dablam and Thamserku appear so close. Walk through a pine and rhododendron forest before descending to Phortse Tenga. Cross the suspension bridge over Dudh Koshi and climb up a winding path to Tengboche. Ama Dablam seem to welcome you with outstretched arms as you approach Tengboche. Once you arrive at the village head to a teahouse and get refreshed. Later on visit the ancient **Tengboche Monastery**, the most important monastery in Khumbu region. Explore the monastery. Observe the monks chanting prayers during prayer service and seek their blessings. *Overnight in Tengboche.*

Meal Included : | Breakfast | Lunch | Dinner

6: TREK TENGBOCHE TO DINGBOCHE (4,400M/14,436FT)

Wake up early to catch the sun rising over Ama Dablam. Later proceed to Dingboche. Follow a forested path down to Deboche which has a Buddhist nunnery. Hike past mani walls, mesmerizing Himalayan views and yet another Sherpa settlement of Pangboche which has the oldest monastery in Khumbu Himal, Pangboche Gompa. Walk by some yak herders' cottage and cross a river before entering the village of Dingboche. The picturesque village lies in a valley surrounded by farmland and snow-capped peaks. Head to a teahouse and get recharged.
Overnight in Dingboche.

Meal Included : | Breakfast | Lunch | Dinner

7: AT DINGBOCHE – ACCLIMATIZATION HIKE

You are at 4,400 metres and can feel the difference in the atmosphere. A rest day at Dingboche will help your body cope with the decrease in oxygen level. There are several options available for acclimatisation hike. Ascend Nangkartshang or Nagerjun Hill and enjoy the panoramic views of Makalu and surrounding mountains. Standing higher than the Alps(4810m) at 5083m, the hill offers an easy and non-technical climb. Stop by a small chorten known as Nangkartshang Gompa, for 360-degree view of Himalayan peaks. Or you can take a challenging round trek to Chukkung Valley for amazing views of rolling glaciers and Tibetan peaks. You can also drop by the Himalayan Rescue Association clinic located in Pheriche, a neighboring Sherpa settlement. If you don't want to exert yourself too much and take it easy, then explore the village and ascend one of the small hills surrounding the village. *Overnight in Dingboche.*

Meal Included : | Breakfast | Lunch | Dinner

8: TREK DINGBOCHE TO LOBUCHÉ (4,900M/16,076FT)

Leaving Dingboche proceed towards Lobuche. Walk past the village of Dughla and the base of the Khumbu Glacier. You are now in wild country. Stone memorials dedicated to those who lost their lives in Everest indicate how harsh and unforgiving the mountains can be. With some of the world's highest peaks looming around you, walk past a barren and rocky terrain all the way to Lobuche, one of the few villages in this high altitude snowy desert. The settlement, which was once a summer camp for yak herders, has just a couple of teahouses. *Overnight in Lobuche.*

Meal Included : | Breakfast | Lunch | Dinner

9: TREK LOBUCHÉ TO GORAK SHEP (5,140M/16,864FT) (OPTIONAL VISIT TO EBC (5,365M/17,602FT)OR KALA PATTHAR (5,550M/18,209FT)FOR SUNSET

From Lobuche trek to Gorak Shep, one of the highest Sherpa settlements in the Everest Region. Follow the Khumbu Glacier and walk round a rocky moraine before reaching the tiny settlement of Gorak Shep. Once you are in Gorak Shep, you can either head to **EBC** or Kala Patthar. If you choose to visit EBC today Kala Patthar hike can be done tomorrow and vice versa. For the best view of Mount Everest we suggest a hike to Kala Patthar before sunset

As Kala Patthar is located west of Mount Everest's summit, the mountains surrounding Kala Patthar look more alluring at sunset than at sunrise. The last rays of the sun brushing the summits of Everest and other peaks is a

sight to behold. Kala Patthar is a small black hill located about 2 hours hike from Gorak Shep. The name Kala Patthar or 'Black Rock' was coined by Jimmy Roberts, adventurer and pioneer of commercial trekking in Nepal. It is one of the most popular viewpoints in the Khumbu region from where one can view the rocky summit of the world's tallest peak, Mount Everest (also known as Sagarmatha and Chomolungma). The lookout point at Kala Patthar offers close up views of Pumori, Nuptse, Mount Everest, Changtse and Lhotse. Later descend to Gorak Shep. *Overnight in Gorak Shep.*

Meal Included : | Breakfast | Lunch | Dinner

10: TREK GORAK SHEP TO DZONGLA (4,840M/15,879FT) (OPTIONAL MORNING KALA PATTHAR (5,550M/18,209FT) OR EBC FOR SUNRISE

If you are ascending EBC today then you will have to make an early morning start and return to Gorak Shep by lunchtime.

The **route** to EBC is filled with glorious views of Everest, Pumori, Nuptse and Khumbutse. The **base camp** is the first camp of expedition groups attempting an Everest summit. During climbing season, the place looks festive with colourful tents covering the base camp area. Walk on the Khumbu Glacier and watch the magnificent Khumbu Icefall, a frozen river of ice and snow flowing down the base of Mount Everest. Visit the camps of expedition groups and interact with the climbers. Record your ascent to the foot of Mount Everest by taking photographs. After lunch, follow the route to Dzongla. *Overnight in Dzongla.*

Meal Included : | Breakfast | Lunch | Dinner

11: TREK DZONGLA TO THAKNAK (4,680M/15,354FT) VIA CHO LA PASS (5,420M/17,782FT)

Today is special as you cross the high mountain pass of Cho La. One of the trek's highlights, the traverse involves a non-technical ascent to the saddle of Cho La at 5367m. Snow conditions will determine how long you will take to ascend the pass. Even though the ascent is a non-technical one, the hike up the pass is a challenging one. From the top, enjoy fascinating views of the valley spread below. The Himalayan peaks including Ama Dablam, Baruntse and Lobuche East rears in the horizon. The glacier envelops the snow covered pass till it reaches its greatest height. Watch your step while hiking down steep portions littered with loose rocks. Cross a grassy ridge and make a slow descent to the small Sherpa settlement of Thaknak, located at the base of Cho La Pass. *Overnight in Thaknak.*

Meal Included : | Breakfast | Lunch | Dinner

12: TREK THAKNAK (4,680M/15,354FT) TO GOKYO (4,790M/15,715FT)

Thaknak lies at the eastern side of the Gokyo Valley. This is one of the last human settlements on the Nepal side; on the other side is Tibet. From Thaknak make your way to Gokyo. Follow a trail that meanders along the Nzogumpa Glacier. The path goes up and down with cairns marking the way. Stop at intervals to catch your breath and take in the rugged mountain scenery. Head to the settlement of Gokyo set on the eastern shore of the largest of the Gokyo Lakes, Gokyo Cho or Dudh Pokhari. Make your way to a teahouse and take a well-

deserved rest. *Overnight in Gokyo.*

Meal Included : | Breakfast | Lunch | Dinner

13: TREK GOKYO TO GOKYO RI (5,360M/17,585FT) – MACHHERMO(4,470M/14,665FT)

Wake up early and take a challenging ascent up the Gokyo Ri for jaw-dropping 360-degree views of the Gokyo Valley. From the summit watch frozen glaciers tumbling down into emerald lakes framed by an unbroken chain of snow-capped Himalayan peaks. Gokyo Ri offers inspiring views of the Himalayas and is one of the most popular viewpoints in the Khumbu region. This is one of those sights that gets engraved in your mind forever.

Later in the day follow the solitary and ruggedly beautiful trail to Machhermo. The trail follows the side of Nzogumpa Glacier, the longest glacier in Nepal which originates at the foot of Cho Oyu in Tibet and tumbles down to the Gokyo Valley in Nepal. As you traverse the glacier, tread carefully on the moraine and loose rocks. Cross Pangkha before an uphill ascent brings you to the village of Machhermo. Head to a teahouse and take rest. *Overnight in Machhermo.*

Meal Included : | Breakfast | Lunch | Dinner

14: TREK MACHHERMO TO NAMCHHE (3,440M/11,286FT)

Better get an early start because today's walk is a long one. Follow a trail covered with pine and rhododendron forest and walk past solitary huts of yak herders. Walk above the confluence of Dudh Koshi and Imja Khola and enjoy splendid views of Everest, Lhotse and other peaks. Amble past colourful Buddhist prayer flags and chortens before reaching Namche. *Overnight in Namche.*

Meal Included : | Breakfast | Lunch | Dinner

15: TREK NAMCHE TO LUKLA VIA PHAKDING

The final leg of your trek brings you to Lukla. Wash off the dirt and grime with a hot shower. The hot shower acts as a soothing balm for your sore and aching muscles. Celebrate your last evening in Khumbu with your team members and crew. We are sure that the bonds you have created during this journey are special and will be cherished forever. *Overnight in Lukla.*

Meal Included : | Breakfast | Lunch | Dinner

16: FLY LUKLA TO KATHMANDU

Bid goodbye to your Sherpa crew and fly to Kathmandu. Once in Kathmandu, check in at your hotel and take a well-deserved rest or explore the city on your own. Walk down Ason Bazaar, the oldest market in Kathmandu and shop for souvenirs or visit some of Kathmandu's iconic landmarks. *Overnight in Kathmandu.*

Meal Included : | Breakfast | Dinner

17: CONTINGENCY DAY

This day is set aside as a contingency day for any unforeseen emergencies like flight delays or cancellations, bad weather on the trail etc. If your trek ends without a hitch then you can spend this day as you wish. Just let us know if you want to book a city tour. Choose from our vast range of city tour itineraries or let us customize an itinerary for you. End your day with a complimentary farewell dinner at a traditional Nepali restaurant.

Overnight in Kathmandu.

Meal Included : | Breakfast

18: FINAL DEPARTURE

Our representative will drop you at the international airport three hours before your flight's departure. If you feel the need to explore more of the Himalayas just let us know. We operate tours across the Himalayas - **Tibet, Bhutan, India and Nepal.**

Meal Included : | Breakfast

Note on itinerary

On Day 9, after reaching Gorak Shep, you can choose to hike either to Kala Patthar or Everest Base Camp. If you visit Kala Patthar on Day 9, you can hike to Everest Base Camp on Day 10 and vice versa.

WHAT'S INCLUDED

PRICE INCLUDES

- Airport pick up & drop off service for international and domestic flights
- All ground transportation by comfortable private vehicle as per the itinerary
- Accommodation in Kathmandu at a 4 star hotel, with breakfast
- Clean and comfortable tea-house accommodation during the trek
- Teahouse accommodation during the trek
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Professional, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide).
- Complimentary Welcome and Farewell dinner at a traditional Nepali restaurant.
- All Local and Government taxes, administrative charges
- First Aid kit and essential medicines (paracetamol, diamox etc.) carried by the Trek Leader.
- Third Rock Adventures' T-shirt, Duffel bag and trekking map.
- Domestic flight (Kathmandu-Lukla-Kathmandu).
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Sagarmatha National Park Entry Fee and Community Fee.

- Complimentary Farewell dinner at a traditional Nepali restaurant.
- Third Rock Adventures' T-shirt and map

PRICE EXCLUDES

- Lunch and dinner in Kathmandu
- Travel and medical insurance.
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- International flights
- Nepal Visa fee.
- Extra night accommodation in Kathmandu in case of early arrival or late departure.
- Personal trekking gear and equipment. Down jacket and sleeping bag(available on hire)
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
- Expenses not listed in the 'Price Includes' section
- Accommodation in Kathmandu
- Meals in Kathmandu and during the trek.
- Excess baggage fee. Baggage allowance for Lukla flight is 15kg (10kg check-in baggage + 5 kg hand baggage).

Note :

On Day 9, after reaching Gorak Shep, you can choose to hike either to Kala Patthar or Everest Base Camp. If you visit Kala Patthar on Day 9, you can hike to Everest Base Camp on Day 10 and vice versa.

ADDITIONAL INFORMATION

Passport & Visa for Nepal

All foreigners except Indians need to have a visa to enter Nepal. Unlike other countries, Nepali consulates and embassies overseas issue visas without much fuss. Visas are also issued on the spot at Tribhuvan International Airport or at the border checkpoints. It can easily be obtained at the Nepal/China border as well. When you arrive at the airport you must fill in an application form and provide a passport photograph. A single entry visa is valid for 15, 30 or 90 days and it costs \$25,40 or 100 respectively. At the airport, you can pay this amount in any major currency but some land crossings insist on payment in USD. Children under 10 are required to have a visa but are not charged for the same. If you are planning to visit India, Tibet and Bhutan you could apply for a multiple entry visa. You can change your single entry visa to multiple entry visa at Kathmandu's Central Immigration Office. Keep in mind that your passport must be valid for at least 6 months when you submit your visa application. For further information, you can easily contact the Embassy of Nepal.

All foreign nationals entering Nepal are required to arrange a visa either on arrival or beforehand. A Nepalese visa can be obtained either prior to your arrival at a Nepalese embassy abroad or on arrival in Kathmandu at the

airport. Please note that nationals from Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia and Liberia cannot secure the Nepalese Visa upon Arrival. Nepalese visa can also be secured at entry points at Nepalese borders. A digital photo (size: 1.5” * 1.5”) will be required and the following fees either in USD dollars cash or the equivalent local currency:

Multiple Entry | 15 Days | US\$ 25 or equivalent Nepalese currency

Multiple Entry | 30 Days | US\$ 40 or equivalent Nepalese currency

Multiple Entry | 90 Days | US\$ 100 or equivalent Nepalese currency

For further information please visit: <http://online.nepalimmigration.gov.np/tourist-visa>

Lukla Weather Condition -Nepal [Everest]

- Please note the flights to and from Lukla depend on weather conditions. Bad weather conditions may cause delay for a few hours or the flight may get cancelled by a couple days. This may happen at the start of the trip (while flying from Kathmandu to Lukla) or at the end of the trip (while returning to Kathmandu from Lukla). In such a scenario the extra cost incurred (accommodation, food, etc) will be borne by you. The company will be in no way held responsible for the extra expenses.
- We will try our best to get you on the next available flight. When planes are grounded due to bad weather, helicopter charter companies operate mountain flights to Lukla. At your request we can even arrange a helicopter flight (to or from Lukla) for you. Please remember this will incur an extra cost. A helicopter can carry four or five people on board.
- While trekking in the mountains we will try our best to stick to the original itinerary. But if bad weather persists or if something untoward happens (natural disasters like landslide, avalanche etc.) your trek leader has the right to modify the itinerary. This will be done keeping your safety in mind.
- In instances where bad weather persists for days on end and disrupts your travel schedule, you have the choice to cancel your trek to Everest and book another trek (leading to other trekking regions - Annapurna, Langtang etc.) or a cultural tour. We will help you choose the right itinerary for you; one that suits your budget and time frame. Please note there will be no refunds for the loss of time due to flight delay or cancellation. There will be no refunds either if you decline to book another trip in place of your [Everest trek](#).
- To avoid getting your trip disrupted we recommend you to keep aside a few extra days in your itinerary for emergencies.

Climate in Nepal

Europe and Nepal share pretty much the same weather, completely opposite of the Australian seasons. January is the coldest month and July is the hottest. We can say that the climate of Nepal is moderate which means that winters are dry and summers are hot. The important thing to note is because of the huge range in altitude and landscape, climate in Nepal differs significantly. Monsoon lasts from around the end of June to the end of August. About 80 percent of the rainfall occurs during this period throughout the country but the remainder of

the year is dry. March to May is spring and September to November is autumn and they are also the most pleasant seasons. During winters (December, January and February) temperatures drop down with a high level of snowfall especially in the high mountain areas.

Banking and Forex in Nepal

Payment in hotels, travel agencies and airlines can be made in foreign exchange. Credit card payments are accepted at most business establishments. There are plenty of cash machines or ATMs in cities and most will accept cards issued by any of the major international banking networks (Plus, Cirrus, etc). The maximum withdrawal amount is Rs 10,000 in majority of ATM's (you can definitely make repeated withdrawals). Most credit cards such as Visa, MasterCard, JCB and American Express are readily accepted at most tourist class hotels, restaurants, airlines and major tourist merchants. There is however a transaction fee for processing the cards (please note that this charge is enforced by the banks and not the merchants so it's useless asking for a discount to remove this). The surcharge is usually around 4% or higher.

Custom Formalities-Nepal

On arrival in Nepal, your baggage should be cleared by the customs at the entry point. You are allowed to bring a personal laptop, camera, movie or video camera, 15 film rolls etc. apart from your personal belongings. If you purchase an antique in Nepal and want to take it home with you, the item will have to be certified by the Department of Archeology. In Nepal, it is illegal to take outside the country objects that are 100 years and older.

Emergency Contact Information

Please do not forget to provide your emergency contact information while filling out the form to book this trip. You can give the contact details of a family member or someone close to you.

Safety and Security - Nepal

Nepal is one of the safest and hospitable countries in the world for travelers (for groups as well as solo travelers). Nepalese are very warm and friendly towards tourists and most of them go out of their way to help visitors visiting their country. Having said that, to be on the safe side one should always take care of one's belongings. Keep your cash, jewelry and expensive gadgets and accessories in a safe place. Try not to venture out alone during nighttime, especially at places where there are less people.

Electricity - Nepal

In Nepal the standard voltage is 230V and the frequency is 50 HZ. While in cities most hotels have multi-adaptor style sockets but in the mountains the teahouses may have two pronged or three pronged outlets. It would be handy to bring along a worldwide adaptor with you to charge your devices. Some teahouses along the trail utilize solar polar.

Vaccinations - Nepal

We advise you to visit a physician specializing in travel related illnesses six months before your trip's departure.

Take the required boosters and vaccinations. Some of the vaccinations require six months for a complete course and it is advisable to take the full course before embarking on an adventure to a foreign country. You may not have to worry about tropical illnesses if you are trekking in the mountains.

Baggage - Nepal (Porter and Domestic Flight)

On the trail while your heavy luggage is carried by a porter, you will be carrying a light daypack filled with your important belongings and accessories. Please note your baggage (carried by the porter) should not weigh more than 15 kg. One porter will carry the baggage of two clients.

The baggage allowance for domestic flights is 15 kg. You will have to pay for extra baggage if your total baggage weight exceeds 15kg.

Physical Condition & Experience

Walking in higher altitudes is always more physically demanding than walking in the lower reaches. If you are in good health; have average physical fitness, positive attitude, self-confidence and strong determination, you can definitely complete the trek successfully. We would recommend exercising and jogging regularly for some weeks prior to the trip. This will help you enhance your strength and stability. Past [trekking and hiking](#) experience would be an asset but no technical skills are required for this trip. Participants who have pre-existing medical conditions such as heart, lung and blood diseases are required to consult their doctor before participating in this trip. We also advise you to inform **Third Rock Adventures** if you have any medical condition before booking the trek.

Altitude Sickness & Acclimatization

At higher altitudes (2000 metres and above) the air gets thin and the oxygen level decreases. To let the body get used to thin air one should acclimatize properly before going higher. Going too high too fast will result in acute mountain sickness or AMS. The symptoms include difficulty in breathing, nausea, headache, dizziness, irregular heartbeat, vomiting etc. If left untreated it will affect the brain (known as HACE or High Altitude cerebral Oedema (swelling of the brain)) and the lungs (HAPE or High Altitude Pulmonary Oedema(fluid in the lungs)) and will result in death within an hour or two.

All our itineraries allow sufficient time for acclimatization. One or two rest days have been assigned at lower elevations before you venture into the higher reaches (3500 to 4000 metres and above). This will give your body enough time to get used to rarefied air. Additionally our guides carry a first aid kit with medicines like diamox (a pill that prevents and reduces the symptoms of altitude sickness) and antibiotics. On the trail, keep yourself hydrated by drinking lots of fluids as dehydration doubles the risk of AMS. To be on the safe side we advise you to consult your physician before booking a trek.

Equipments & Packing List - Nepal Trekking

The list give below is a guideline to help you pack for your adventure. We also want you to understand that the items listed below will vary according to season and the trek duration. The weight limit for your luggage is 33 pounds or 15 kg. Your luggage will be carried by your porter but you are required to carry a day-pack (with your valuables or anything important) on your own. We would also suggest you to pack only what is important.

Important documents and items

- Valid passport, 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

Head

- Bandana or head scarf, very useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves or lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs
- 1 pair of Hiking shorts and 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers/ waterproof shell pants, breathable fabric.

Feet

- 2 pairs of thin, lightweight inner socks and 2 pairs of heavy poly or wool socks and cotton socks(optional)
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, “broken in”)
- 1 pair of trainers or running shoes and/or sandals
- Gaiters (winter only), optional, “low” ankle high version

Sleeping

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)*
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches
- 1 compass or GPS(optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 2 water bottles (1 liter each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks

Toiletries

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your own stuff as a pillow

Group Size

If you join a fixed departure trip, you will be traveling with a group of people from different countries and backgrounds and of varying ages. It is a great way to meet new people and make friends. For all our fixed departure trips the minimum group size is 2 and the maximum is 16 people.

Guide, Trek Leader & Support Staff

The trekking group is led by a [professional trek leader](#). He is a licensed trekking guide with years of experience guiding trekking groups in the mountains. He is a local and has in-depth knowledge of the region you will be trekking to. Assistant guides and Sherpa crew assist the trek leader.

Arrival & Departure (Kathmandu)

We offer airport pick up and drop off services. On arrival at the Tribhuvan International Airport in Kathmandu, our representative will meet you and drive you to your hotel. On the last day of your trip you will be transferred

to the international airport well in time (3 hours prior to your flight's scheduled departure) to catch your flight.

Travel Insurance for Nepal

It is always a good idea to have a travel insurance policy while travelling to Nepal. Nepal is an adventure destination and most of the tourists who visit Nepal come to see the high Himalayan Peaks and experience different adventure sports. You will reach above 4000m in most of the treks in Nepal and it is best to have a policy that covers medical and emergency rescues. Helicopter rescues and emergency evacuation is common in Nepal so you have to choose insurance wisely. It's a wise decision to have insurance policy that pays directly to the hospital rather than you having to pay for it at the spot.

FREQUENTLY ASKED QUESTIONS

- The weather forecast says rain/clouds/snow in Lukla on our Flight Day! Are we in for a rough flight?

When you are up in the mountains in Nepal, we would suggest you to be ready for anything. Weather forecasts for Lukla are never correct and different sources will give you different information. If it is a really bad day in terms of weather, the airlines will themselves cancel the flight and you might have to wait till the weather clears. Yes, flying in high altitude is never easy, even on a clear sunny day, the plane might face turbulence because of the wind blowing from the mountains. But overall the flight to Lukla is very exciting and it's an experience that you will never forget

- How do you avoid altitude sickness?

AMS or Acute Mountain Sickness usually occurs due to the lack of oxygen in the atmosphere in high altitudes. Our body is not used to walking in high altitude and it requires a lot of time to adapt to thin air in the mountains. Technically there is no way of stopping AMS but you can surely prevent it by following the given tips:

- Keep your body hydrated. Drink at least 4 litres of water daily.
- Give up smoking, alcohol and caffeine, the major causes of dehydration and headache.
- Go slow- it's not a race. Take plenty of time to acclimatize to the increase in altitude.
- Don't skip the acclimatization day.
- Take Diamox, an over-the-counter pill used to prevent and reduce the symptoms of altitude sickness.

- Should I hire a porter, a porter guide or a guide and a porter?

For this particular trip, the porter and the guide come with the package. If you want to hire only a porter or a guide only, please email us with your request and we shall arrange the trek as per your needs

TERMS & CONDITIONS AGREEMENT

Third Rock Adventures Private Limited

Please read the following Terms and Conditions that governs the relationship between you (client) and Third Rock Adventures Private Limited (hereinafter referred as the 'The Company') with the registration number **184629/074/075**. Please note that while booking a trip you are agreeing to the terms and conditions as well as the cancellation policy and certain limitations of liability set by the company. Both parties agree to these terms and conditions to resolve any legal or other disputes that may arise during the trip.

1. THE BOOKING CONTRACT:

Once your booking has been confirmed, the tour operator or the travel agent issues a written confirmation after you have deposited the amount for your trip. Do go through the confirmation details thoroughly and report any incorrect or incomplete information to the company immediately. Please ensure that your names are stated exactly as in your passport.

If you book on behalf of other participants, then you are deemed to be the designated contact person for every participant included on that booking. This also means that you are responsible for making all payments due in connection with your tour booking. You will have to notify us if changes or cancellations are required and you will be solely responsible for keeping your group informed.

If you book on behalf of others, then you represent and warrant that you have obtained all required consents. It is your responsibility for verifying the information that you provide on behalf of other people is complete and accurate and the company will under no circumstances be liable for any errors or omissions in the information provided to complete a booking.

2. BOOKING A TRIP:

- A 'trip' refers to any product itinerary or activities that you buy from us including Trekking, Tours, Expeditions and / or other adventure tour programs.
- The contract between the Company and the Client comes into existence only when the company sends a confirmation invoice or email to the customer.
- The company has the right to increase or decrease product (trip/tour) prices before booking are confirmed and the contract comes into force.
- The company will not be liable for any warranty, collateral agreement, prior agreement, and description of services or conditions other than expressed herein

3. BOOKING DEPOSIT, FINAL PAYMENT REQUIREMENT, AND LIFETIME DEPOSIT:

While booking a trip the non-refundable deposit should be sent to the company. The same amount (non-refundable deposit) is levied for standard as well as customized trips.

Deposit Payment:

To book a trip, a non-refundable deposit of 20% along with due airfares (if the client wants the company to arrange it) 30 days before the trip departure is required. If your booking is done 30 days or less prior to departure, then you must pay the full amount at the time of booking.

Final Payment:

For standard as well as customized trips the non-refundable deposit should be made 30 days prior to your trip's departure. The balance (final payment) should be paid within 30 days of the departure date. In case a booking is made less than 30 days before the departure date, then full payment is required at the time of booking.

Lifetime Deposit

When you are forced to cancel your booking due to unavoidable circumstances, you can rest easy. Your deposit will not go to waste. Your deposit can be retained, provided the reason for the cancellation can be taken as an emergency or an unavoidable circumstance (like illness etc). You should furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip to retain your deposit. You can use the deposit later on to book the same trip or another trip of the same value at a later date.

Please note if the trip has been cancelled for non-payment or violation of these Terms & Conditions your deposit will not be counted as a Lifetime Deposit. Only one Lifetime Deposit is issued per cancelled booking per person. If the value of the Lifetime Deposit is greater than the value of the new trip (per person) then the company will not refund or credit the difference. You can also transfer or regift your Lifetime Deposit to a friend or family to book a trip with us by notifying us.

4. PAYMENT METHODS:

The company receives a booking deposit through the online payment system. We accept all major credit and debit cards. Kindly follow the instructions provided on the booking form.

Prices:

The prices quoted on [our website](#) are the current prices. The quoted price is for per person and is subject to minimum group size. If the minimum numbers are not met by the payment date, a small group surcharge will be levied to ensure the trip's operation. To check the price validity, inclusions and exclusions please do go through the trip notes. If the departures are past the validity date, there will be a likely increase on the trip cost due to a rise on operational costs. There may also be a reduction in trip prices in the instance of a drop in local service charges. Once the deposit amount is paid for your trip any subsequent discounts or price reductions that are advertised may not be applicable.

Third Rock Adventures reserves the right to amend tour prices at any time. Amendments may be done for many

reasons including, but not limited to, increases in ground operator services, exchange rate fluctuations, increased fuel costs, airfares, airport charges, or the need to engage alternative air or ground operators. If there is an increase in the tour price, it must be paid prior to the departure date.

5. CANCELLATION BY THE CLIENT:

Any cancellation by a client must be made in writing and acknowledged by the company. The date on which the request to cancel is received by the company or its agents will determine the cancellation charge applicable. The cancellation charges are expressed hereafter as a percentage of the total tour price. Please note these charges are levied when you don't furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip.

- Cancellation 30 days or more before departure: Loss of deposit.
- Cancellation 7-29 days before departure: 50% of the cost of services booked.
- If you neither show up on the starting day of the tour nor inform the company about your absence: 100% of the cost of services booked.

The client is strongly advised to take out cancellation insurance at the time of making the booking.

Please note that no refunds will be made if you voluntarily leave a trip for any reason after the trip has begun.

No refunds will be made for any accommodation, transport, sightseeing, meals or services not utilized.

CANCELLATION BY THE CLIENT DURING AN EMERGENCY

When you cancel your booking at the last moment due to an emergency, there won't be any refund of your initial deposit. But if you inform us(via email) at least 7 days before the trip starts, stating the reason for the cancellation and furnishing valid documents as proof we will retain your deposit after deducting 20% from the initial deposit. You can use the remaining 80% to book a tour (added charges applicable for the chosen trip) for yourself, your family or friends.

6. CANCELLATION OF A TOUR BY THE COMPANY:

- The company reserves the right to cancel any trip you booked unless guaranteed to run.
- Third Rock Adventures reserves the right to cancel any trip, including a guaranteed trip, prior to departure in the event of natural disasters, flight cancellation, strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences beyond its control. In such a case, the company will refund the trip price only. If the company cancels a departure which is guaranteed to run, the trip price will be refunded, or you will be entitled to take an alternative trip of the same value.

The significant alterations do not include a change of airline carrier, flight timetables or itineraries, provided the departure and arrival dates remain unchanged. Change in cabin category or hotel accommodation provided is of

the same category.

- The company is not responsible for any incidental expenses or consequential losses that the client may have incurred as a result of the booking such as visas, vaccinations, non-refundable flights or rail fares, non-refundable car parking or other fees, loss of earnings, or loss of enjoyment etc.

7. MEDICAL CONDITIONS AND SPECIAL REQUIREMENTS:

In case of any medical condition, do inform the company at the time of the booking. A physically challenged condition or any other mental or physical debility which may hinder your ability to travel should be notified at the time of booking. Failure to notify the company may result in the client being refused to travel. It may also result in the loss of deposit amount or 100% of the trip cost.

There may be some trips that may be unsuitable for clients of a certain age, physical (mobility, pregnancy etc.) or mental conditions. It is the client's responsibility to check prior to booking. The company will not provide any special facilities unless it has agreed to do so in writing. The company will also do its best to meet the clients' special requests including dietary. Please note that such requests do not form part of the contract and therefore the company is not liable for not adhering to these requests.

The medical facilities vary from country to country and the company makes no representations and gives no warranties in relation to the standard of such treatments.

8. TRAVEL INSURANCE:

All travelers must travel with adequate and valid travel insurance. Your travel insurance must cover accidents, injuries, illnesses, death and medical expenses (including any related to pre-existing medical conditions), emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability. It will be helpful if your insurance covers trip cancellation, curtailment, and loss of luggage and personal effects. You must carry proof of insurance with you and produce it when requested by the company employees or suppliers. If you are unable to provide proof of insurance when requested, the company reserves the right to cancel or suspend your participation on a trip or in certain activities that comprise part of a trip, at any time, including after the commencement of your trip, with no right of refund.

9. FLIGHT DELAYS AND CHANGES IN THE ITINERARY:

Please understand that mountain adventure is always unpredictable due to weather. Bad weather in the mountain regions can cause domestic flight delays. If the domestic flights get delayed or cancelled, the company will arrange accommodation (guest house) and food (lunch and breakfast) at the request of the client. However, the client is responsible to bear all additional expenses including food and accommodation costs. If you wish to make an alternative arrangement such as a Helicopter flight to avoid flight delays, all additional cost would be

your responsibility.

Third Rock Adventures will not be held responsible if the client misses his/her international flight. However, we would try and assist to make alternative arrangements wherever possible. Please also note that during outdoor activities, we may have to make some changes in the itinerary owing to bad weather conditions or events outside our control.

10. TRIP AMENDMENT:

If the booking amendment request is received by Third Rock Adventures 30 days or more prior to your original trip departure, the company will make the necessary amendment with a charge of US\$100 per person. In case you wish to make amendments within 30 days of the trip departure, the cost of an amendment may be higher depending upon the company's arrangements with other parties such as hotels, teahouses, ground operators or airlines.

11. VISA & PASSPORT:

You must carry a valid passport and visa when traveling with Third Rock Adventures. Please ensure your passport is valid for 6 months beyond the duration of the trip. Nepal Visa is available on arrival in Nepal. For Tibet & Bhutan, the company can make the necessary arrangements upon request. For India, the client will have to acquire the Visa from their own home country.

It is your responsibility to ensure that you are in possession of the correct visas for the countries you are traveling to. Third Rock Adventures will not accept responsibility if you are refused entry to a country or places because you lack the correct visa documentation.

12. INJURIES AND EVACUATION:

Third Rock Adventures will not be liable for any injury, health conditions, emotional or other conditions suffered by the client during the trip. Similarly, our package cost does not include any personal insurance. Hence, we advise the clients to take adequate travel insurance package, including medical emergencies and evacuation by Helicopter.

13. SERVICES MISSED OR UNUSED:

There will be no discounts or refunds for missed or unused services. These include voluntary or involuntary termination/departure from the tour due to sickness, the death of a family member etc, late arrival on the tour, or premature departure either voluntarily or involuntarily.

14. UPDATING OF TERMS AND CONDITIONS:

The company reserves the right to update and amend these terms and conditions at any time. It is the responsibility of the client to keep himself/herself updated with any changes. The current version of terms and conditions will always be found on the website www.thirdrockadventures.com and will be the terms referred to in any dispute.