

# EVEREST BASE CAMP GOKYO LAKES HELICOPTER TREK - 8 DAYS

**Trek to Everest Region and enjoy a helicopter flight above Gokyo Lakes and Everest Base Camp in a helicopter...**



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

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

## OVERVIEW

**An amazing Everest Base Camp and Gokyo Helicopter Tour clubbed with an inspiring Everest Trek. This trip offers you a rare opportunity to walk under the foothills of some of the world's highest peaks and enjoy a luxurious helicopter flight over the Gokyo Valley. Visit picturesque Sherpa villages carved on mountainsides and step inside some of the oldest Buddhist monasteries in the Khumbu region. Stay at cosy traditional teahouses run**

by Sherpa families and trade stories with other travellers from the world over. Board a helicopter and fly over Everest Base Camp. Hover close to Mount Everest and other 8000 and 7000 metre peaks. Gokyo, with its mesmerising landscape and emerald lake will leave you awestruck. Enjoy a 360 degree view of the Himalayan giants from Kala Patthar.

## EXPLORE KATHMANDU'S CULTURAL GEMS BEFORE HEADING TO EVEREST REGION

Trek to Namche and enjoy an aerial exploration by joining our amazing Everest **Base Camp and Gokyo Helicopter Tour**. Before heading off to Everest you explore the UNESCO World Heritage Sites in Kathmandu. Walk through the medieval palace square in Patan, a kingdom of the Malla rulers, and discover exquisite works of Nepalese art and architecture. Visits to Boudhanath and Pashupatinath, the two important Buddhist and Hindu spiritual centres in the city, will touch your soul. In Boudhanath, stand at the giant *mandala* and gaze at the compassionate eyes of the Lord Buddha. Witness Hindu devotees paying obeisance to the Hindu god Lord Shiva at Pashupatinath Temple. The temple is one of the most ancient and important shrines in the world dedicated to Lord Shiva. Additionally, take a **Gokyo Lakes tour by helicopter** and fly over the Gokyo Lakes and [Everest Base Camp](#). Enjoy spectacular aerial vistas of the turquoise lakes and frozen Himalayan peaks.

## WHAT AWAITS YOU AT THE WORLD'S HIGHEST TRAIL?

Your **Everest Base Camp Trek with helicopter tour** begins from [Lukla](#). Walk across Sherpa settlements before reaching Namche, the economic hub and the Sherpa capital of Khumbu Region. Spend a day here soaking in the mountain views. Explore Everest Base Camp via helicopter. Our **Gokyo Everest Base Camp Helicopter Tour** allows you to fly close to Mount Everest (8848m) and other 8000 meter peaks. Moreover, a brief stopover at Kala Patthar (5550m) and Gokyo will let you soak in some of the most beautiful sights in the planet. Fly high above the jewel-like Gokyo Lakes and icy glaciers. Enjoy the stunning landscape from the comfort of the helicopter. Before the helicopter lands in Lukla, you get a bird's-eye view of the picturesque Sherpa settlements and Sagarmatha National Park. Finally, celebrate the completion of your Everest adventure in Lukla with your teammates and local crew.

## A TOUGH HELI TREK AND AN EASY HELI TOUR - ARE YOU UP FOR IT?

If you want to continue trekking up to Everest Base Camp and later fly back to Lukla by helicopter, you can choose our [Everest Base Camp Heli Trek](#) of 12 Days. If you are only interested in an aerial tour of the Everest region, then we recommend you to try out our [Everest Heli Tour](#).

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

- Heli tour over Gokyo Lakes, EBC & Kala Patthar
- Brief stopover at Gokyo & Kala Patthar (5550m)
- Explore UNESCO World Heritage Sites in Kathmandu
- Trek through charming Sherpa settlements & experience Sherpa culture
- Get close to the world's tallest peak, Mount Everest
- Aerial views of some of the highest peaks in the world

## Is this trip suitable for you?

- This trip is a combination of moderate trekking and heli tour in Everest Region.
- If you enjoy good health, can walk and climb stairs without any difficulty, you can easily do this trek.
- You trek for three days on an up and down trail through Sherpa villages and amazing mountain scenery. You will have to cross metal suspension bridges spanning deep river gorges.
- Each day's trek lasts for 4-5 hours. Our experienced guide will let you walk at your own pace.
- While trekking, you will stop for food and shelter at local teahouses. The Everest Region is one of the most developed trekking regions in Nepal. Most teahouses have western style flush toilets and offer hot water showers (at an extra cost). There is internet connectivity up to Everest Base Camp. Teahouses may charge extra for using their Wi-Fi hotspot.
- From Namche you board a helicopter and fly over Everest Base Camp and Gokyo Lakes. You stop briefly at Kala Patthar(5,555m), the highest point on your trip, to take pictures and enjoy the Himalayan panorama. The helicopter is equipped with supplementary oxygen, in case you find it difficult to breathe in the thin air. From aboard you get an aerial perspective of some of the highest peaks in the world. If you suffer from acrophobia, this trip might not be for you.
- This trip is suitable for those who want to visit Everest Region but are not able to do so because of a tight schedule or have problems walking beyond the 4,000 metres mark. The trek ends at Namche(3,400m) and lasts for just 3 days.

## 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 best seasons for Everest Trek and **Everest Base Camp Helicopter tour in Nepal** are pre-monsoon (March to May) and post-monsoon (late September to December). During Autumn (post-monsoon) the skies are clear and one can savour stunning mountain vistas. In Spring (pre-monsoon) trek across alpine meadows covered with flowers and colourful rhododendron blooms. The higher you go the colder it's going to be. Above 4000

metres, you can expect snow and temperatures to plummet below zero degrees. Nighttime temperatures can drop as low as -10 degrees.

## ACCOMMODATIONS

**Accommodation for 4 nights in the mountain is included in this package.** Overnight stops will be at clean and comfortable locally run teahouses. The trekking route to Everest is dotted with well-facilitated teahouses for trekkers. Most teahouses up to Namche offer hot showers, wi-fi, rooms with en suite bathrooms and variety of meals. Do remember, using a wi-fi and taking a hot shower may incur extra charges. On the trail we use these lodges - Mountain Resort in Phakding, Hotel Namche in Namche, and Lukla Nombur Hotel in Lukla.

**Your accommodation in Kathmandu is not included in this package.** There is an abundance of accommodation options in Kathmandu, from luxurious five star establishments to budget hotels. If you want to book a 3-star category hotel, then we recommend Oasis Kathmandu Hotel. It is centrally located in Thamel, near the main business centre and major sightseeing places. Please send us a request if you want us to book rooms for you.

Accommodation is on twin-sharing basis. If you are traveling solo, you will share the room with someone of the same sex. If you require a single room, it will be available at an extra cost. Do click on the 'single supplement' tab while booking your trip. While single rooms are readily available in Kathmandu and at lower elevations while trekking; at higher reaches it is very difficult to get a single room.

## MEALS

**Meals are not included in this package (except for farewell dinner).** There are numerous restaurants in Kathmandu serving food from all over the world (Italian, Korean, Japanese, Indian, Mediterranean, Mexican etc.). If you need any help choosing a restaurant, do let us know. We will be more than happy to oblige.

During your trek, you will be stopping for meals at local teahouses. Items on offer include dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

## ITINERARY

### 1: ARRIVAL IN KATHMANDU (1,400M/4,428FT) & TRIP PREPARATION

Our airport representative will meet you at the airport and escort you to your hotel. After a brief rest attend a pre-trek briefing. Meet your trek leader and other people who will be trekking with you. Your trek leader will apprise you about the condition of the trail, how each day of the trek is going to be like and the basic dos and don'ts. If you have any questions you can ask your trek leader. Check your gear for the final time. If you have forgotten any item, you can buy or hire it from any of the shops selling trekking gear. You won't have to go far as you will find such stores lining the streets of Thamel. Overnight in Kathmandu.

Meal Included : | Dinner

## **2: SIGHTSEEING IN KATHMANDU AND PATAN**

Take a guided tour of three UNESCO World Heritage Sites in the city. After breakfast you get on a private vehicle with your guide and head to Boudhanath. Located towards the north-eastern part of the city, Boudhanth is an important centre of Tibetan Buddhism. It is the biggest stupa in Nepal and according to local legend the remains of Kasyapa Buddha (an incarnation of Lord Buddha) lies beneath the stupa. Boudhanath consists of a huge white dome placed on a representation of a giant mandala. On the top is a gilded square topped by a tapering tower. The four sides of the square ,painted with the all-seeing eyes of the Buddha, looks out in the four cardinal directions.

Also visit Pashupatinath Temple, the oldest and the most important Hindu shrine dedicated to Lord Shiva in Nepal. The Hindu cremation site of Arya Ghat lies next to the temple, on the banks of the Bagmati River. From the eastern side of the river one can see the last rites being performed by the relatives of the dead as the corpses are lit on the funeral pyres. One can't help but ponder on the transitory nature of human existence while watching such scenes.

Your last stop is Patan. A medieval kingdom of the Malla kings Patan is also known as Lalitpur or the 'City of Artisans'. Make your way to Patan Dubar Square and discover exquisite creations crafted on stone, wood and metal by the medieval artisans. Explore Krishna Temple, Patan Palace Museum, Kumbeshwar Temple, Golden Temple (Hiranyavarna Mahavihar), Mahabouddha Temple etc. Overnight in Kathmandu.

Meal Included : | Breakfast

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

Catch an early flight to Lukla and fly east. From the window of your plane get a glimpse of undulating chain of mountains stretching as far as the eyes can see. As the plane approaches Lukla you get to see the real giants, the eight thousanders. Brace yourself for an exciting touch down at the narrow runway. After landing at the Tenzing-Hillary Airport meet other members of the crew. Sort and pack your belongings and get going. Make your way through the bustling Lukla Bazaar and head down a trail that leads to the Dudh Koshi River Valley.

Walk carefully as you share the trail with mule trains and porters carrying heavy loads. Walk past mani stones inscribed with sacred mantras, chortens (Buddhist shrines) and colourful prayer flags. Mountain folks believe that these protect the travelers from harm. Cross a metal suspension bridge over the Dudh Koshi River to arrive at Phakding. This is a charming settlement filled with traditional cottages and teahouses. Head to a teahouse and after a brief rest explore the village. Down the village, the milky white river of Dudh Koshi flows downstream. Surrounded by green hills and forests this is a scenic spot, an ideal place to take pictures. Afterwards get back to the teahouse, have dinner and retire for the night. Overnight in Phakding.

Meal Included : | Breakfast | Lunch | Dinner

## **4: TREK PHAKDING TO NAMCHE BAZAAR (3,400M/11,286FT)**

From Phakding trek to Namche Bazaar. Head up on an easy trail, past forests of pine and rhododendron. After

walking for some time you enter Sagarmatha National Park. A UNESCO Natural World Heritage Site the park is home to Himalayan flora and fauna and some of the world's highest peaks. Make your way across pristine glacial rivers via metal suspension bridges swaying gently as people walk to and fro. The final leg of today's trek takes you on a steep ascent all the way to Namche Bazaar. It's tiring but the sight of the snowy Himalayas soaring so close makes you forget your aching limbs. Namche, the largest Sherpa settlement in Khumbu Region is cut deep on the mountainside, like a bowl. The town offers a range of accommodation choices, from high end chalets to budget teahouses. Make your way to a teahouse where your guide has booked a room for you and get refreshed. Overnight in Namche Bazaar.

Meal Included : | Breakfast | Lunch | Dinner

## **5: ACCLIMATIZATION DAY AT NAMCHE BAZAAR (3,400M/11,286FT)**

Spend an extra day at Namche Bazaar. Coffee shops, bakeries, restaurants, internet cafes, ATM booths and souvenir shops line the lively bazaar. You can hike up to Hotel Everest View, a popular Everest viewpoint that lies just above Namche. To reach the viewpoint you need to walk past Shyangboche, which has one of the highest airfields in the world at 3780m. From the vantage point you get close up views of Mount Everest, Ama Dablam, Lhotse and Nuptse. You can also take a walk to the Sherpa villages of Kunde and Khumjung. The settlements of Khumjung and Kunde are two of the oldest Sherpa settlements in Khumbu Himal. While Khumjung has a monastery that houses the scalp of a Yeti (the abominable snowman), Kunde's popular landmark is the hospital established by Sir Edmund Hillary, the first mountaineer to scale Mount Everest. After the excursion, head down to Namche again. Overnight in Namche Bazaar.

Meal Included : | Breakfast | Lunch | Dinner

## **6: HELI TOUR OF EVEREST BASE CAMP (5,365M/17,602FT) GOKYO LAKES (4,790M/15,715) AND KALA PATTHAR (5,550M/18,209FT)**

Pack your things and get ready. After breakfast you will be embarking on one of the most unforgettable adventures of your life. The helicopter takes off as soon as you are comfortably seated. The experienced pilot flies the chopper close to the mountains allowing you to view 7000 and 8000 metre peaks from a close range. If your trip falls during the climbing season you will see climbers scaling the snowy cliffs looking like ants. At Everest Base Camp, the frozen landscape will be filled with colourful tents. From the comfort of your helicopter watch the spectacular Khumbu glacier and Icefall. Enjoy a brief stopover at Kala Patthar(5550m) and Gokyo. The time will be enough for you to soak in the views and take pictures. Before heading to Lukla, the helicopter flies over the Gokyo Valley. The stunning Gokyo Lakes and glaciers flanked by an undulating line of the highest peaks in the world are a feast for your eyes. Enjoy this heavenly spectacle before the chopper heads down to Lukla. Prior to the final landing enjoy aerial views of Sherpa settlements and the Sagarmatha National Park. Overnight in Lukla.

Meal Included : | Breakfast | Lunch | Dinner

## **7: FLY FROM LUKLA TO KATHMANDU**

Leave Lukla behind and fly to Kathmandu. From the aircraft's window bid goodbye to the mountains under

whose shadows you had walked the past few days. On reaching Kathmandu, check in to your hotel and take rest. No activities have been planned for the day. If you want to explore more of the city you can do it on your own or book a guided tour at an extra cost. Go souvenir shopping at Ason Bazaar or Thamel or visit some of the UNESCO World Heritage Sites with a guide. Overnight in Kathmandu.

Meal Included : | Dinner

## 8: FINAL DEPARTURE

Our staff will drop you at the international airport three hours before your flight departs. Let us know if you want to extend your trip and visit more places. We run tours all over the Himalayas- Bhutan, Tibet and India

Meal Included : | Breakfast

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### Note on itinerary

## 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
- Helicopter Tour 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.
- 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.
- Domestic flight (Kathmandu-Lukla-Kathmandu).
- Complimentary Farewell dinner at a traditional Nepali restaurant.
- Third Rock Adventures' T-shirt and map
- Third Rock Adventures' T-shirt, Duffel bag and trekking 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
- Excess baggage fee. Baggage allowance for Lukla flight is 15kg (10kg check-in baggage + 5 kg hand baggage).
- All Meals (except farewell dinner)

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**Note :**

## **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

## 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](http://www.thirdrockadventures.com) and will be the terms referred to in any dispute.