

EVEREST BASE CAMP HELI TREK - 12 DAYS

9 days trek to EBC and return to Lukla via helicopter. The ideal trip for those short on time and stamina!



Trip Level: Easy/Moderate | Group Size: Min. 1- 5/Group | Min. Age: 10 | Altitude : 5550 m

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

OVERVIEW

Trek to one of the highest destinations on Earth & fly close to the world's tallest peak Mount Everest. This is a special adventure that allows you to trek to EBC and return to Lukla via helicopter. The heli flight will save you time as well as energy, plus give you an aerial perspective of the Himalayas. In the course of this unique adventure, you stop at picturesque Sherpa villages. End your adventure in style, with a helicopter flight to Lukla..

Trek to Everest Base Camp and return to Lukla via helicopter. If you have a tight schedule but still don't want

to miss out on an Everest adventure, then this Everest Heli Trek is for you. In just a little over a week, you will be able to trek to Everest Base Camp, stand at the popular viewpoint of Kala Patthar, fly back to Kathmandu and be homeward bound. After walking up to Everest Base Camp you return to Lukla by helicopter. Get an aerial perspective of Everest Region. Hover above some of the tallest peaks in the world, undulating glaciers and charming Sherpa settlements.

THE TRAIL THAT TAKES YOU TO THE TOP OF THE WORLD

Start your **Everest Base Camp Heli Trek** from Lukla, a mountaintop Sherpa settlement with an airport. Head to Namche through the pretty Dudh Koshi Valley crossing swaying suspension bridges decorated with prayer flags. Spend a day at the Sherpa capital of Namche getting acclimatized. Pay your respects at Tengboche Monastery, an important spiritual center in the Khumbu region. Trek to Everest Base Camp and stand beneath the tallest mountain on earth, Mount Everest. In addition, visit Kala Patthar and surround yourself with an amazing panorama of 7000 and 8000-meter peaks. After taking in the views, next you board a helicopter. Enjoy a **helicopter ride to EBC** and savor aerial views of Mount Everest, Sherpa settlements and glacial rivers. The helicopter flight to Lukla marks the end of your memorable **Everest helicopter trekking**.

A MUST FOR A HIGH-ALTITUDE TREK - ACCLIMATIZATION AND A TRUSTWORTHY GUIDE

While we have kept aside two rest days for acclimatization, an experienced trek leader will be there to guide you. You are in safe hands as our guide has led several groups to EBC and back safely. Please heed your guide's advice and you will be okay. Once you reach above 3000 metres, you will start feeling the thin air. It will be colder and harder to breathe. To let your body get used to the rarefied air we have set aside two rest days at Namche (3440m) and Dingboche (4400m). Once you have decided to book this trip, you can start preparing for your trek 2 to 3 months in advance. To get into shape you can go on hikes (walk uphill and downhill). Jogging, cycling, swimming and any other cardio activities that builds your muscle and endurance level will also be helpful.

SIMILAR ADVENTURES THAT MIGHT INTEREST YOU

If you don't want to trek all the way to Everest Base Camp, we have a shorter trip ([Everest Base Camp Gokyo Lakes Helicopter Trek](#)) where you can trek till Namche and fly over Everest Base Camp and Gokyo Lakes in a helicopter. If you want to experience Everest without trekking for several days, then our [Everest Base Camp Heli Tour](#) that lasts for just a couple of hours will be right for you.

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

- Walk through picturesque Sherpa settlements including Namche, the Sherpa capital
- Pass through Sagarmatha National Park, a UNESCO world heritage site & experience Himalayan bio diversity
- Experience the rural lifestyle of Sherpas, a mountain community
- Stand at the foot of Mount Everest (8848m) at Everest Base Camp
- Surround yourself with an incredible 360 degree panorama of Himalayan Peaks at Kala Patthar
- Return to Lukla via a helicopter enjoying aerial views of Himalayas and Gokyo Lakes
- Get a bird's-eye view of Mount Everest and other 8000 & 7000 metre peaks from the comfort of a helicopter

Is this trip suitable for you?

- If you are physically fit and have no health issues you can easily do this trip. A previous high altitude experience is favorable but not necessary.
- You will get plenty of time to acclimatize at lower elevations before reaching the higher reaches. Our expert local guides will set a comfortable pace allowing your body to get used to the thin air.
- Kala Patthar at 5550 metres is the highest point you are going to reach.
- The duration of the trek is 9 days. You will be following a trail made up of gravel paths and stone staircases and crossing glacial rivers via sturdy metal suspension bridges.
- No technical climbing involved.
- On an average you spend at least 5 to 6 hours walking on the trail each day.
- You stop at local teahouses for food and rest.
- You return to Lukla via helicopter.

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 to visit Everest Region are pre-monsoon (March to May) and post-monsoon (late September to December). Trekking in Autumn (post-monsoon) promises clear skies and stunning mountain vistas. In Spring (pre-monsoon) the alpine meadows are 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 9 nights at local mountain lodges is included in this package. Everest Region is one of the most developed trekking regions in Nepal. Most of the trailside teahouses are well-maintained and serve good food. During your trek you will be staying at *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 and Lukla Nombur Hotel in Lukla.*

Your stay in Kathmandu (2 nights) is not included in this package. Kathmandu offers an abundance of accommodation options, from 5-star to budget hotels. If you would like to stay at a 3- star category hotel, then we highly recommend Oasis Kathmandu Hotel. It is centrally located and lies close to the major sightseeing places. If you want us to arrange your accommodation in Kathmandu, please do send us a request.

Accommodation is on twin-sharing basis. If you are single, you will get to share the room with a person of the same sex. If you need a single room, it will be available at an extra cost. You may click on the 'single supplement' tab while booking your trip. Please remember, single rooms are readily available in Kathmandu and at lower elevations while trekking; but at higher reaches 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 a wide of selection restaurant serving everything, from traditional Nepalese cuisines to international dishes. If you need any suggestions about the best local eats, do let us know. We will be more than happy to help out. On the trail you will be stopping for food at local teahouses. You can try local food - dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis etc, or choose an international platter (apple pie, pancake, pizza, mac & cheese, noodles etc.).

ITINERARY

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

Our representative will receive you at the airport and drive you to your hotel. After a brief rest, attend a pre-trek briefing and meet your trek leader and other members of your trekking group. Get answers for queries regarding the trek, if you have any. Check your gear for the final time and if you have missed out on any item you can buy or hire one at one of the shops selling trekking gear in Thamel. Ask your trek leader for suggestions. Lined with restaurants, shops, pubs and hotels Thamel is the usually the 'go-to' address for tourists in Kathmandu. Have an early night as you need to make an early start tomorrow.

We recommend you to schedule your arrival to Kathmandu in the morning or daytime so as to let you attend the pre-trek briefing and get over the jetlag before the start of your trip. Overnight in Kathmandu.

Meal Included : | Dinner

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

Board a plane from Tribhuvan International Airport and head east. As you fly above the mountains look down and view the jagged summits of the Himalayan range. Hold on tight to your seats as the plane makes a landing at the narrow airstrip in Lukla. At the airport in Lukla you will meet the other crew members. Pack your stuff and head to Phakding walking by the lively Lukla bazaar. Crossing a metal suspension bridge brings you to the riverside settlement of Phakding. Make your way to a teahouse and rest for awhile. Later stroll around the village and head down to the riverside and watch the Dudh Koshi, a glacial river surging down the valley. Take pictures and spend some quiet time soaking in the mountain views. Later head back to the teahouse and take rest. Overnight in Phakding.

Meal Included : | Breakfast | Lunch | Dinner

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

Walk along a scenic trail filled with *mani* stones (stones engraved with sacred Buddhist mantras), Buddhist shrines and colourful prayer flags. The path goes through a forest of pine and rhododendron. Enjoy magnificent views of Ama Dablam and other peaks. As you gain elevation you are surrounded on all sides by the broad walls of mountains. The triangular summits reach up towards the sky. After the tiring walk a sense of relief wash over you at the first sight of Namche. Cut along the side of a mountain, the settlement of Namche fans out like an amphitheatre. Known as the Sherpa capital Namche offers a range of high end and budget mountain lodges. On reaching the town head to a teahouse and rest your aching limbs. Overnight in Namche.

Meal Included : | Breakfast | Lunch | Dinner

4: AT NAMCHE BAZAAR: ACCLIMATIZATION

Spend a day in Namche getting acclimatized. Filled with cafes, bakeries, mountain lodges, shops and internet cafes, the town is the economic heart of Khumbu region. There is even an ATM booth. Every Saturday traders from the whole of Khumbu, the Terai lowlands and Tibet converge at the Saturday Market trying to sell their wares. If you happen to be in Namche on a Saturday don't forget to visit the 'Saturday Market'. As an acclimatization hike visit the neighbouring Sherpa villages of Khumjung or Kunde or trek to Hotel Everest View that lies right above Namche. From the hotel's terrace enjoy magnificent views of Ama Dablam, Tawache, Khumbu Himal, Mount Everest and many more peaks. Overnight in Namche.

Meal Included : | Breakfast | Lunch | Dinner

5: TREK NAMCHE BAZAAR TO TENGBOCHE (3,870M/12,694FT)

Today you will walk along one of the most beautiful part of the trail. Head to Tengboche crossing an alpine meadow filled with pine trees and rhododendron bushes. Pause time and again to take in the breathtaking mountain views. Capture these in your camera. The imposing Tengboche Monastery looms over the settlement of Tengboche. It is one of the oldest and the most important Buddhist monasteries in the Everest Region. Inside ancient statues are placed at the altar while colourful Buddhist murals adorn the monastery's walls. Attend a

prayer meeting and observe the monks chanting the '*sutras*'. Feel the serene beauty of this mountain haven at dusk when the sun sets below the white majestic peaks. Have dinner and trade stories with fellow trekkers before retiring for the night. Overnight in Tengboche.

Meal Included : | Breakfast | Lunch | Dinner

6: TREK TENGBOCHE TO DINGBOCHE (4,400M/13,780FT)

Wake up early to catch the sunrise over the mountains. Watch in awe as the sun lights up Ama Dablam, one of the most beautiful mountains in the world. After breakfast, head out towards Dingboche. Descend down a path that passes through a forest. Cross a wooden bridge and make an upward ascent. The pyramid of Ama Dablam looms directly overhead. Stop for awhile to soak in this once in a lifetime view. As you approach Dingboche the treeline disappears and the landscape turn barren and stony. Dingboche is surrounded by farms with stone fences. Once you reach the settlement, head to the teahouse where rooms have been booked for you and take rest. Overnight in Dingboche.

Meal Included : | Breakfast | Lunch | Dinner

7: AT DINGBOCHE: ACCLIMATISATION

You are at an altitude of above 4000 metres and you feel the difference in the air. The air is thinner and moving around needs effort, especially climbing. To get your body into that comfortable zone take an acclimatization hike to the surrounding hills. Head to Nangkartshang Peak or Chukkung Valley. Allow your guide to make the decision for you as he will take into account your physical state before choosing the destination for the hike. The non-technical ascent to Nangkartshang peak (5083m) offers inspiring panorama of Makalu, Lhotse, Cho Oyu, Ama Dablam and many other peaks, while from Chukkung Valley you can enjoy incredible sights of glaciers tumbling down the mountainsides. Or if you want to conserve your energy for tomorrow's trek you can ascend any of the small hills surrounding Dingboche. Overnight in Dingboche.

Meal Included : | Breakfast | Lunch | Dinner

8: TREK DINGBOCHE TO LOBUCHE (4900M/16,076FT)

Leave Dingboche and make your way towards Lobuche. Walk on a barren wide valley till you reach Dughla. Get close up views of Mount Pumori, Khumbila, Lingtren and Cho Oyu. At the top of Dughla Pass you will come across stone memorials of mountaineers and trekkers who have perished in these mountains. A steep climb later reach Lobuche, a tiny settlement with just a handful of teahouses. If you are not too tired you can explore the surrounding area. A small hill located nearby offers wonderful views of the Khumbu Glacier. Have an early night as you have a big day ahead of you tomorrow. Overnight in Lobuche.

Meal Included : | Breakfast | Lunch | Dinner

9: TREK LOBUCHE TO GORAK SHEP (5,140M/16,864FT), VISIT KALA PATTHAR (5550M/18209FT) OR EVEREST BASE CAMP (5,365 M/17,602FT)

Wake up early and head towards Gorak Shep. You walk alongside the Khumbu Glacier making your way slowly and steadily. The treeline has long vanished and you hike up a barren rocky desert. Watch your feet while stepping on the loose rocks and pebbles. The landscape is stark and beautiful. Upon reaching Gorak Shep head to a teahouse and have lunch. Later take a hike up to Everest Base Camp or Kala Patthar.

As Kala Patthar(5550m) lies towards the west, the sunset is absolutely amazing from Kala Patthar. One of the highest and most popular viewpoints in Everest Region, Kala Patthar offers 360-degree views of Himalayan Peaks including Mount Everest. The play of light and colours during sunset is spectacular and not to be missed. The sun turns into an orange globe and fires up the icy summits of Pumori, Nuptse, Changtse and Mount Everest before finally setting below the mountains. Stand at the base of some of the tallest peaks in the world and watch this incredible spectacle. This sight is one of those precious views that will remain with you forever! Take pictures and head down to Gorak Shep again. You can hike to EBC tomorrow if you visit Kala Patthar today and vice versa. Do inform your trek leader about your decision so that he can make arrangements accordingly. Overnight in Gorak Shep.

Meal Included : | Breakfast | Lunch | Dinner

10: TREK GORAK SHEP TO KALA PATTHAR OR EVEREST BASE CAMP (5,365M/17,602FT), BACK TO GORAK SHEP, FLY TO LUKLA BY HELICOPTER

If you have already hiked to Kala Patthar, today you will visit Everest Base Camp and vice versa. Wake up early and make your way towards your destination. The route to Everest Base Camp follows the Khumbu Glacier. Walk along a steep trail filled with loose rocks and gravel. Huge boulders lay strewn on the way. Everest Base Camp lies in an open field at the foot of Mount Everest right below the Khumbu Icefall. If you make this trek during the climbing season you will find colourful little tents propped up filling the grey landscape. Meet climbers who are preparing to scale the world's tallest mountain and take pictures. You have accomplished your goal and it feels amazing to stand beneath some of the tallest mountains on earth.

Later head down to Gorak Shep, board a helicopter and fly to Lukla. Get an aerial perspective of some of the most beautiful sights in the planet. Hover above the mighty peaks, the turquoise Gokyo Lakes and the rolling Khumbu and Nzogumpa glaciers. Finally at Lukla, celebrate the end of your incredible journey with your teammates and crew. Raise a toast and boogie to local tunes sung by the Sherpas. Overnight in Lukla.

Meal Included : | Breakfast | Lunch | Dinner

11: FLY TO KATHMANDU

Return to Kathmandu by flight. Once you get back to your hotel, rest or explore more of the city on your own. Stroll around Ason Bazaar and Thamel, and shop for souvenirs. Evening, enjoy dinner (complimentary) at a traditional Nepalese restaurant with cultural show. Overnight in Kathmandu.

Meal Included : | Breakfast | Dinner

12: FINAL DEPARTURE

Bid goodbye to your new found friends and Kathmandu. One of our staff will drive you to the international airport three hours before your flight departs. Do let us know if you want to visit more places in Nepal.

Meal Included : | Breakfast

Note on itinerary

On Day 9 you have the choice to hike up either to EBC or Kala Patthar. If you visit EBC on Day 9, you can hike to Kala Patthar the next day and vice versa. Please inform your trek leader where you want to head first so that he can arrange your trek accordingly.

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
- 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
- Third Rock Adventures' T-shirt, Duffel bag and trekking map.
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Domestic flight (Kathmandu-Lukla-Kathmandu).
- 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 you have the choice to hike up either to EBC or Kala Patthar. If you visit EBC on Day 9, you can hike to Kala Patthar the next day and vice versa. Please inform your trek leader where you want to head first so that he can arrange your trek accordingly.

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

- What is the difference between a luxury mountain lodge and a standard lodge or teahouse?

The luxury mountain lodges are set in picturesque surroundings, complete with landscaped gardens and majestic mountain views. These lodges have beautifully decorated dining halls and bedrooms with en suite bathrooms and western toilets. You can enjoy hot showers and sleep in comfortable beds. The staffs at these lodges are all trained in hospitality and offer a high level of service.

The bedrooms at standard teahouses are more utilitarian. The rooms are partitioned with walls made of plywood. While some teahouses may offer attached bathrooms, most have communal washrooms. You will have to pay extra for a hot shower. The dining area is the communal area and the only room with a heater (wood stove).

- What can I expect if I book a deluxe package?

If you book a deluxe package your accommodation will be arranged at a luxurious five star hotel in Kathmandu and at luxury mountain resorts while on the trail.

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.