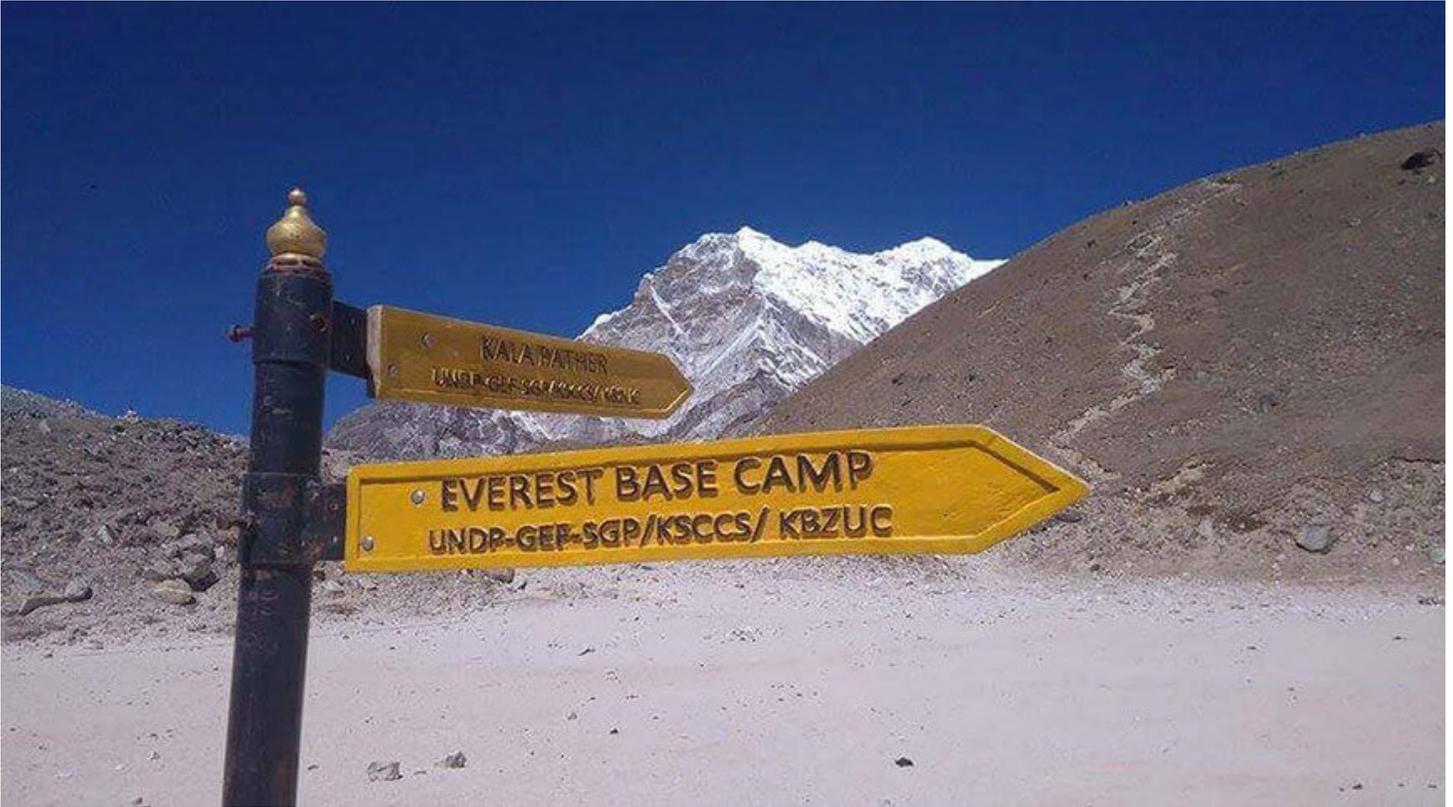


## EVEREST BASE CAMP TREK - 14 DAYS

**Hike to Everest Base Camp and reach some of the highest human settlements on Earth...**



Trip Level: Easy/Moderate | Group Size: Min. Max 2-16 | Min. Age: 12 | Altitude : 5550 m

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

### OVERVIEW

**Trek to Mount Everest Base Camp - Stand beneath the world's tallest mountain, Mount Everest !**

**Everest Base Camp Trek** is an unforgettable adventure that takes you to the base of the world's highest mountain, Mount Everest. **Trek to [Mount Everest Base Camp](#)** and marvel at the grand sights of the Himalayas. Snow covered mountains unfold at every bend, offering ample opportunities for great photography. As you trek along the ancient trail, discover charming old Buddhist Monasteries looming above Sherpa settlements. Walk beneath the shadows of four of the six highest peaks in the world and test your endurance.

Our **Everest Base Camp Trekking** itinerary offers you a fascinating teahouse trek. The first day of your **Everest trek** involves an easy hike from Lukla to Phakding. Stop by the picturesque Sherpa settlements of Namche, Tengboche, and Pangboche en route to **Everest Base Camp**. Interact with the locals and experience their unique culture. The highlight of this trek is your visit to the **base camp** of Mount Everest. If it's a climbing season, meet mountaineers at EBC trying to scale Mount Everest. Moreover, the incredible hike up to **Kala Patthar (5550m)**; the highest point of the trek; is sure to fuel your imagination. The frozen walls of Mount Pumori, Ama Dablam, Everest, Nuptse, and Lhotse surround this stunning viewpoint. Stand beneath some of the highest peaks in the world and celebrate your achievement with your team.

This **Mount Everest hike** is perfect for anyone yearning for an epic journey to the base of the world's tallest mountain. Join one of our fixed departures or allow us to customize this trip for you. Let our experienced local trek leader lead you on one of the most memorable journeys you will ever undertake! If you are looking for a challenging route then our [Gokyo Valley Renjo La Pass Trek](#) might just be right for you. And if you are strapped for time but still want to visit EBC, we recommend our popular [Everest Heli Trek](#). Our Everest Heli Trek allows you to visit EBC and return to Lukla via helicopter.

Note:

## HIGHLIGHTS

- Walk beneath the immense shadows of eight-thousanders - Mount Everest (locally known as Sagarmatha), Lhotse, Cho Oyu & Makalu
- Hike to Kala Patthar, the most popular viewpoint in Everest Region and gaze at the icy summits of 8000-meter peaks
- Get acquainted with Himalayan mountain culture and Sherpa hospitality
- Enter the sacred portals of ancient Buddhist monasteries
- Weave your way past rare Himalayan flora and fauna at Sagarmatha National Park, a UNESCO World Heritage Site

## Is this trip suitable for you?

- If you are reasonably healthy, can climb stairs and you have no trouble walking for a couple of hours, then you can easily do this trek.
- You spend 11 days on the trail. Each day's walk lasts for about 5 to 6 hours.
- The route is gentle with some steep portions and downhill descents. You walk on an unpaved gravel path. No technical maneuvers involved, just easy walking.
- While trekking there will be an elevation gain of 400 to 600 metres each day.
- The highest point you will reach during your trek is Kala Patthar at 5,550m.
- You will stop for food and rest at local mountain lodges or teahouses (deluxe lodges for deluxe package).
- This trip is ideal for hikers who are used to trekking on hilly terrain.

## MEALS

Breakfast, welcome dinner and farewell dinner will be complimentary in Kathmandu. On the trail, all meals (breakfast, lunch and dinner) are included in the package cost. While breakfast and dinner will be served at the

teahouse you will be staying in, lunch will be at one of the teahouses en route. Keep yourself energized with local food - Dal-Bhat (rice, lentils, curry), momo, Tibetan bread, chapattis etc, or choose an international platter (apple pie, pancake, pizza, mac & cheese, toast, noodles etc.).

## BEST TIMES

The ideal seasons for **Everest trekking** 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) wildflowers will be in bloom and it would be divine to walk on alpine meadows filled with flowers and colorful rhododendron blooms. The higher you go the colder it's going to be. Above 4000 meters, you can expect snow and temperatures to plummet below zero degrees. Nighttime temperatures can drop as low as -10 degrees.

## ACCOMMODATIONS

Accommodation is arranged on a twin-sharing basis. If traveling alone, you will share the room with someone of the same sex. In case you need a single room, it will be available at an extra cost. Just click on the 'single supplement' tab while booking your trip. Please be informed, 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.

**Standard Package:** Enjoy 2 nights' stay at the comfortable Oasis Kathmandu Hotel. The hotel is located in Thamel, in central Kathmandu, close to the former royal palace and all the sightseeing places. This boutique hotel lies next to an old and historic Rana Palace and the beautiful 'Garden of Dreams' (a landscaped garden). The rooms are fitted with air conditioners and have en-suite bathrooms. Other amenities include free wi-fi, restaurant, coffee shop, and bar.

On the trail, 11 nights at standard teahouses or mountain lodges with en-suite bathrooms. At higher elevations, there are only a few teahouses with basic facilities. These have shared washroom facilities which are generally clean.

**Deluxe Package:** Spend 2 nights in Kathmandu at the luxurious Dwarika's Hotel. The hotel showcases a fine collection of traditional Newari art. A luxurious five-star deluxe boutique hotel, Dwarika's features well-appointed rooms, spa, fitness center, swimming pool, restaurants, bar, café etc.

During the trek, you will be staying at the luxurious 'Yeti Mountain Home' at Lukla, Phakding, and Namche. The properties of Yeti Mountain Homes offer great views of snow-capped peaks. Stay in well-appointed rooms with en-suite bathrooms (with hot and cold water). The beds are warmed with electric mats. Enjoy farm fresh organic produce while dining. The resort features a spacious dining hall, living room, spa, bar etc.

At other stops, accommodation will be arranged at the best available lodges. Do remember you are trekking in the wilderness, far from civilization and most lodges will feature basic facilities.

## ITINERARY

## **1: ARRIVAL IN KATHMANDU (1,400M/4593FT) & TREK PREPARATION**

On arrival our representative will meet you at the airport and escort you to your hotel. After checking in, meet your trek leader and other team members. A briefing on your upcoming adventure will follow. Clear your doubts if you have any. Check your gear, do some last minute shopping or stroll down Thamel, a prominent tourist hub.

We recommend you to schedule your arrival to Kathmandu in the morning or during day time. This will give you ample time to rest and recover from jet lag before you begin your Everest Adventure. Note you have an early morning flight to catch for Lukla tomorrow. Arriving early (to Kathmandu) will also allow you to attend the pre-trek briefing. Enjoy a complimentary *welcome dinner* at an authentic Nepali restaurant. *Overnight in Kathmandu.*

Meal Included : | Dinner

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

Your **Everest adventure** begins with a thrilling flight to Lukla, a charming mountainside Sherpa settlement. Once in Lukla meet the rest of the crew and begin your trek. Walk through Chauri Kharka village and descend towards Dudh Koshi river. The scenic trail follows the bank of the river until Phakding(2,610m), a small Sherpa village nestled in the verdant Dudh Koshi Valley. If you are not too tired, stroll around the village and interact with the locals or head to one of the cafes and enjoy a hot brew or a drink. *Overnight in Phakding.*

Meal Included : | Breakfast | Lunch | Dinner

## **3: TREK PHAKDING TO NAMCHE BAZAR (3,440M/11,286FT)**

Set off to Namche Bazaar, better known as the “**Sherpa Capital**” of Nepal. The track crosses over the milky glacial river of Dudh Koshi. Walk above a suspension bridge, and the beautiful pine forest up to Monjo. Get your permits ready for a check after approaching the entrance to Sagarmatha National Park. Trek further down alongside to Dudh Koshi River up to Jorsale. After some rest it is a bit of a tough climb up the hill till Namche Bazaar. Brace yourself as you catch the first glimpse of Everest in all its glory. *Overnight in Namche Bazaar.*

Meal Included : | Breakfast | Lunch | Dinner

## **4: AT NAMCHE - ACCLIMATISATION DAY (3,440M/11,286FT)**

Spend a day at *Namche Bazaar*, your first acclimatisation stop. Your body needs to get acclimatised to the higher altitude better. Known as the Sherpa capital, the settlement is the economic hub of the Everest Region. Namche’s ‘Saturday Market’ is famous throughout Khumbu. Traders from as far as Tibet come to Namche to sell their wares at the Saturday Market. Mingle with the genial locals or hike up to any of the vantage points for incredible views of the Himalayas. An uphill ascent to Everest View Hotel serves as a good acclimatisation climb while offering you close up views of Mount Everest, Thamserku and Ama Dablam. Want to know more

about the Himalayas and *Himalayan culture*? Head to the Hillary Mountain Museum and the Sherpa Culture Museum. *Overnight in Namche Bazaar*

Meal Included : | Breakfast | Lunch | Dinner

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

Today's trail offers breathtaking views of the Himalayan ranges. Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde are some of the Himalayan giants you will see while you trek. Today's trek ends at the Sherpa village of Tengboche. Tengboche Gompa (monastery), the largest Buddhist monastery in Khumbu region, looms over the village. Visit the monastery and feel the calmness of the place descend over you. Listen to the trance inducing hum and chants of the monks. Moreover, the golden rays of the sun brushing over the snowy mountains during sunrise and sunset is not to be missed. *Overnight in Tengboche.*

Meal Included : | Breakfast | Lunch | Dinner

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

You cross over to the plains towards Pangboche. The village has the biggest settlement of Sherpas in the region. The typical Sherpa village ambience and the local food will keep you amused! If you want you can hike to the Pangboche monastery which is one of the oldest in the region. In the afternoon head towards Dingboche. *Overnight in Dingboche.*

Meal Included : | Breakfast | Lunch | Dinner

## **7: AT DINGBOCHE TO ACCLIMATISATION DAY (4,400M/14,436FT)**

We take a day off in Dingboche to acclimatise to the high altitude. A popular stop for trekkers and climbers headed to Mount Everest, Ama Dablam or ImjaTse, there's a lot to do here. You can take a leisurely stroll through the village or hike to any of the neighboring hills for great views of Makalu, Lhotse, Cholatse, Tawache and Ama Dablam. *Overnight in Dingboche.*

Meal Included : | Breakfast | Lunch | Dinner

## **8: TREK DINGBOCHE TO LOBUCHE (4,900M/16,076FT)**

Continue on over craggy mountain terrain to reach Lobuche, a small settlement with outstanding views of Lobuche, Pumori and Nuptse. En route stop for lunch at the small village of Thukla (4600m). Lobuche is made up of a small number of local homes and teahouses offering basic facilities. The nights are going to get colder, so it is wise to cover yourself up as you are now almost three miles above sea level. *Overnight in Lobuche.*

Meal Included : | Breakfast | Lunch | Dinner

## **9: TREK LOBUCHE TO GORAK SHEP (5,140M/16,864FT) (OPTIONAL VISIT TO EBC**

## **(5,365M/17,602FT) OR KALA PATTHAR (5,550M/18,209FT) FOR SUNSET**

Start the day with a relatively easy trek from Lobuche to Gorak Shep. After reaching Gorak Shep you can hike up to either Everest Base Camp or Kala Patthar. Please inform your guide where you want to head to so that he can make the arrangements beforehand.

As the popular viewpoint of Kala Patthar lies towards the west the sunset views are pretty amazing from this vantage point. The sun turns into an orange globe just before sunset and lights up the mountains, including Mount Everest in a fiery orange glow. Kala Patthar is the highest point of your trek at 5545 metres. Since the summit of Mount Everest is not visible from Everest Base Camp, trekkers usually hike to Kala Patthar to get a close up view of the world's tallest peak. Kala Patthar is surrounded by icy walls of Mount Pumori, Everest, Nuptse, Lhotse. Watch the fiery rays of the sun lighting the rocky pinnacle of Mount Everest from atop the Kala Patthar. Later, return to Gorak Shep. *Overnight in Gorak Shep.*

Meal Included : | Breakfast | Lunch | Dinner

## **10: TREK GORAK SHEP TO PHERICHE (4,220M/13,845FT)- AM: HIKE TO EBC OR KALA PATTHAR (5550M/18,209FT)**

If you visited **Kala Patthar** the previous day, this morning you head to **EBC** and vice versa. Wake up early and take the **Everest Base Camp route**. Walk alongside the Khumbu Glacier. There are loose stones and gravel and you should be careful where you step. The stunning Khumbu Glacier and icefall, located on the slopes of Everest will leave you awe-struck. At the final ascent to the Everest Base Camp, the views are out of this world; an ideal place to take 'selfies'. If you happen to make this trek during climbing season, you may get the chance to meet some famous climbers or celebrities attempting an Everest ascent. Later, return to Gorak Shep and head down towards Pheriche. *Overnight in Pheriche.*

Meal Included : | Breakfast | Lunch | Dinner

## **11: TREK PHERICHE TO NAMCHE (3,440M/11,286FT)**

It is comparatively an easy downhill trek from Pheriche to Tengboche. After an hour of scaling a hill, by late afternoon you will reach Namche Bazaar. Soak in the experiences and take a good night's rest. *Overnight in Namche.*

Meal Included : | Breakfast | Lunch | Dinner

## **12: TREK NAMCHE TO LUKLA (2,840M/9,318FT)**

After breakfast, trek towards the Hillary Suspension Bridge and then through several local villages till Lukla. In Lukla you can celebrate your conquest! This would officially be your last night in the mountains. We are sure you will experience the joy and celebrate the bonds that you have made. *Overnight in Lukla.*

Meal Included : | Breakfast | Lunch | Dinner

### 13: FLY LUKLA TO KATHMANDU (1,400M/4,593FT)

The scenic flight from Lukla to Kathmandu is like a dessert after a heavy dinner. After landing in Kathmandu you will be escorted to your hotel. Take some rest. In the evening celebrate the completion of your adventure with a complimentary farewell dinner at a traditional Nepali restaurant. *Overnight in Kathmandu.*

Meal Included : | Breakfast | Dinner

### 14: FINAL DEPARTURE

Our representative will drop you off at the airport three hours before your flight is scheduled to depart. Let us know if you wish to explore more of the Himalayas. We have a vast array of itineraries to amazing destinations for travelers bitten by the travel bug, just like you!

Meal Included : | Breakfast

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#### Note on itinerary

On "Day 9" you have the option to hike either to **Everest Base Camp or Kala Patthar**. If you visit Kala Patthar on "Day 9" you trek to EBC the next morning and vice versa. Please let your guide know where you want to head to first so that he can make arrangements beforehand.

## 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
- Airfare for domestic flights as per the itinerary
- **Standard Package**] Accommodation in Kathmandu at a 3 star hotel on twin-sharing basis, with breakfast
- {Deluxe Package] Accommodation at a 5 star hotel in Kathmandu
- Accommodation at luxury resorts wherever available while trekking for deluxe package. At other places the best available accommodation
- Teahouse accommodation during the trek on twin-sharing and sometimes dormitory-style clean and comfortable rooms for standard package
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Professional, English-speaking, government-licensed, well-trained in wilderness first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide), Sherpa porters to carry luggage (2 trekkers:1 porter) including their salary, insurance, flight fare, equipment, food and accommodation.
- 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

- National Park Entry Fee, TIMS and Trekking permit
- First Aid kit and essential medicines(paracetamol, diamox etc.) carried by the Trek Leader

## PRICE EXCLUDES

- Lunch and dinner in Kathmandu
- Travel and medical insurance
- Personal expenses (laundry, drinks, beverages, snacks, private calls, souvenirs, hot showers etc.)
- International flights
- Nepal Visa fee
- Excess baggage fee
- Extra night accommodation 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

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### Note :

On "Day 9" you have the option to hike either to **Everest Base Camp or Kala Patthar**. If you visit Kala Patthar on "Day 9" you trek to EBC the next morning and vice versa. Please let your guide know where you want to head to first so that he can make arrangements beforehand.

## 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-adapter 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 power.

## **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

- How much does it cost to get to Everest Base Camp?

Your **Everest Base Camp Trek cost** depends largely on the type of services you seek. If you want to go solo (without using the services of an agency and without guide or porters) it may cost you a lot less but you may have a lot to deal with. Like getting the permits, finding a suitable place to stay and eat at each stop or figuring out whether you are on the right trail. Booking with a trusted company like Third Rock Adventures may cost you a little more but this will make your travel less stressful. The agents also have insider knowledge and links to the best local service providers.

- What temperatures can you expect at the EBC during April and September?

These are best times to do this trek, as the weather is mild and the temperatures range from 12 to 15 degrees.

- Does your trek include a camp night at the Everest Base Camp?

No, it is not possible to include a camp night at the EBC. The only campers at the Base Camp are the expedition teams, who are preparing to summit Mount Everest. Also there are no lodges at the Everest Base Camp, and the temperatures could drop to subzero during the night.

- Can I do the Everest Base Camp Trek on solo basis or do I have to join a group?

Yes, you can opt for solo or group trek to the EBC, however it is always more affordable on group basis.

- Can you see the summit of Mount Everest from base camp?

No, the summit of Mount Everest is not visible from Everest Base Camp. Rising above 8000 metres, the mountain is just too gigantic to be viewed in its entirety from its base. The summit of Everest can be viewed from Kala Patthar and from places en route to EBC.

## **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.