

GOKYO LAKES GOKYO RI RENJO LA PASS - 14 DAYS

A challenging trek across the isolated and dramatic Gokyo Valley. Take a walk on the wild side....



Trip Level: Moderate | Group Size: Min. 1-12 People | Min. Age: 12 | Altitude : 5360 m

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

OVERVIEW

An unforgettable walk past the stunning Gokyo Lakes and Renjo La. This trekking adventure is for those looking for a challenging terrain. Walk past a wild and solitary trail filled with icy glaciers and jade green lakes. Cross a high mountain pass, Renjo La, and climb Gokyo Ri to savor views of Mount Everest and other 8000 metre peaks....

Trek to **Gokyo Valley** and walk through a surreal landscape filled with high-altitude lakes and frozen glaciers. Trekking above 4000 meters, you pass through some of the highest human habitations in the world. Enter the dramatic Gokyo valley and hike along the banks of the emerald **Gokyo Lakes**. Ascend **Gokyo Ri** to enjoy a 360-degree panorama of **Gokyo Valley** and Nzogumpa Glacier, the longest glacier in Nepal. A hike to the viewpoint of 'Scoundrel's View' takes you close to Tibet. Enjoy a glimpse of the rocky north-face Mount Everest. Moreover, a challenging ascent up the **Renjo La Pass** ups the thrill factor.

WHAT WILL YOU DISCOVER EN ROUTE?

The first day's trek takes you from Lukla to Phakding. You follow a trail filled with *mani* stones and mule packs and hike through Sherpa villages and pine forests. Cross swaying suspension bridges and walk alongside yak trains; the sound of their bells filling the quiet mountainside. Once you step into Gokyo Valley, you will be trekking in a treeless, high-altitude desert filled with glaciers and icy lakes. Pay heed to your experienced trek leader as he guides you up the challenging **Gokyo Ri and Renjo La**. Finally, celebrate the completion of your adventure in Lukla with your teammates and crew.

AN EVEREST ADVENTURE ALONG A QUIETER AND LESS CROWDED ROUTE

This trek (**Gokyo Lakes Gokyo Ri Renjo La Pass**) is ideal for those seeking an Everest adventure along a quieter and less crowded route. Within a short duration of just two weeks, you get to explore **Gokyo Valley**, climb a mountain pass and gaze at the summit of Mount Everest. Our itinerary ensures a comfortable acclimatization before you reach the higher elevations. Join this trek and let the nomad in you roam the vast frozen expanse of Gokyo Valley!

BEEN THERE, DONE THAT AND NOW LOOKING FOR OTHER SIMILAR OPTIONS?

Another challenging option is the [Manaslu Circuit Trek](#). You follow a less crowded route and walk from the verdant Budi Gandaki Valley to the arid Tibet like landscape of Nubri Valley. Experience the unique cultures of the mountain dwellers – the Bhotias and the Gurungs. If you are short on time but still want to walk in the mountains then you can book our luxury [Everest Heli Trek](#). You trek from Lukla to Namche and from there you board a helicopter. Fly over EBC and Gokyo Valley before finally landing in Lukla.

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

- Ascend Gokyo Ri for astounding mountain views
- Challenging crossing of Renjo La (5360m), a high mountain pass

- View the north-face of Mount Everest from ‘Scoundrel’s View’
- Visit the Gokyo Lakes and walk alongside Nzogumpa Glacier, the longest glacier in Nepal
- Experience Sherpa culture and hospitality

IS THIS TRIP SUITABLE FOR YOU?

- This is a challenging trek that takes you to elevations above 5000 metres. You need to be physically as well as mentally strong to do this trek.
- Though no technical climbing is involved, this trek takes you across a difficult and inhospitable terrain. Not for beginners.
- The actual trekking lasts for 10 days. Each day you will be spending around 5-6 hours on the trail.
- You will be stopping at teahouses (mountain lodges) run by locals for food and rest. Beyond Namche, the facilities offered at teahouses may be very basic and utilitarian.
- Not many trekkers choose this route. Expect to walk along a secluded trail. If you prefer to keep your distance from the hordes of trekkers, you will certainly love this trek.

MEALS

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

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

BEST TIMES

The best seasons 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. During Spring (pre-monsoon) walk on alpine meadows filled with flowers. The higher you go the colder it’s going to be. Above 4000 meters, one can expect snowfall and temperatures to plummet below zero degrees. Nighttime temperatures can drop to as low as -10 degrees.

ACCOMMODATIONS

Accommodation for 10 nights in the mountain is included in this package. You will be accommodated at clean and comfortable mountain lodges run by the locals. Though Everest Region lies in a remote corner of the Himalayas, the region has well-developed facilities for trekkers. Most of the local teahouses till Namche offer hot showers, wi-fi, rooms with en suite bathrooms and variety of meals. Please note one has to pay extra for hot showers and wi fi. While trekking you will be accommodated at these lodges - Mountain Resort in Phakding,

Hotel Namche in Namche, Machhermo Inn at Machhermo, Himalayan Eco Resort in Gokyo, the best available lodges at Phortse Thanga and Lumde, and Lukla Nombur Hotel in Lukla.

Accommodation in Kathmandu is not included in this package. Kathmandu has an abundance of accommodation options, from luxurious five star hotels to budget hostels. If wish to stay at a 3-star category hotel then we highly recommend the centrally located and popular Oasis Kathmandu Hotel. It lies close to the former royal palace and major sightseeing places. Do let us know if you want us to book rooms for you.

Accommodation is on twin-sharing basis. If traveling solo, you will share the room with someone of the same sex. In case you need a single room, it will be made available at an extra cost. Do 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.

MEALS

No meals included in this package. In Kathmandu there are many restaurants (high end as well as mid-range) serving international food. There are also many local eateries if you want to try out Nepalese traditional cuisines. If you need any help choosing a restaurant, do let us know. We will be more than happy to oblige. Meals will be at local teahouses during the trek. At most of the teahouses you will find these items- dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

ITINERARY

1: ARRIVE IN KATHMANDU (1,400 M/4,593 FT) & TREK PREPARATION

Filled with medieval pagoda-roofed temples and modern high-rises, the city of Kathmandu is Nepal's nerve centre. After landing at the airport, our representative will meet you and transfer you to your hotel. Rest and get refreshed. Later attend a pre-trek briefing and meet your trek leader and team members. Get answers to your queries (if you have any) and check your gear. Later on rest or stroll around Thamel and feel its lively vibe. Since you have an early morning flight to Lukla the following day, it is advisable to schedule your arrival to Kathmandu in the morning or during daytime. This will give you enough time to recover from jet lag and attend the pre-trek briefing. *Overnight in Kathmandu.*

Meal Included : | N/A

2: FLY TO LUKLA (2,840M/9,318FT) & TREK TO PHAKDING (2,652M/8,700FT)

The flight to **Lukla** offers panoramic views of the Himalayan range. After landing at the Tenzing-Hillary Airport meet the trekking crew. Get your stuff together and start trekking. Walk past the busy Lukla bazaar and head towards Phakding, a **Sherpa village**. Follow a busy trail filled with trekkers, locals, yak and mule trains. Head north, following a stony path down to the Dudh Koshi River Valley. Walk across a metal suspension bridge and watch the frothing waters of Dudh Koshi (Milk River) gushing below. After trekking for a few hours you reach Phakding. Make your way to a teahouse and take some rest. Later explore the village or head down to

the river and take pictures. *Overnight in Phakding.*

Meal Included : | Breakfast | Lunch | Dinner

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

From Phakding take the busy trail to Namche Bazaar, the economic heart of Khumbu Region. As the day's trek is quite a long one, you have an early start. Entering the Sagarmatha National Park at Monjo you follow a scenic trail filled with *mani* stones, *chortens* (Buddhist memorials) and snow-covered Himalayan peaks. Cross several metal suspension bridges decorated with Buddhist prayer flags and follow a zigzag path snaking past pine and rhododendron trees. You finally breathe a sigh of relief as you spy the stone cottages of Namche peering at you from above. Enter the town via a Buddhist traditional gate known as '*kani*' or 'gateway chorten'. Head to a teahouse and rest your sore muscles. *Overnight in Namche Bazaar.*

Meal Included : | Breakfast | Lunch | Dinner

4: AT NAMCHE BAZAAR - ACCLIMATIZATION HIKE TO EVEREST VIEW HOTEL (3,963M/13,000FT)

Take a day off to acclimatise. Carved around a steep mountainside, Namche is the business hub of *Khumbu Region*. Here you will find luxury and budget lodges, coffee shops, bakeries, internet cafes, ATM booths, bars and souvenir shops. If you happen to be in Namche on a Saturday, don't forget to visit the 'Saturday Market' - an open air market where traders from as far as Tibet and the Terai lowlands set up shop. Take an acclimatisation hike to the Everest View Hotel, located high above Namche, and enjoy stunning views of Mount Everest, Lhotse and Ama Dablam. The steep climb to the viewpoint takes you past the grassy airstrip of Shyangboche(3780m), one of the highest airfields in the world. If you are not too tired, visit the nearby Khumjung village and its monastery which houses the scalp of Yeti (the abominable snowman). *Overnight in Namche Bazaar.*

Meal Included : | Breakfast | Lunch | Dinner

5: TREK NAMCHE BAZAAR TO PHORTSE THANGA (3,680M/12,073FT)

Leave Namche and make your way to **Phortse Thanga**. Two trails radiate towards Phortse Thanga and you take the one chosen by your trek leader. The trail runs high above the confluence of the Dudh Koshi River and Imja Khola. Your ascent offers splendid views of Everest, Lhotse and other peaks. Walk past inspiring Himalayan scenery to reach the tiny hamlet of Phortse Thanga. Once you are at the village, head to a teahouse and rest your aching muscles. *Overnight in Phortse Thanga.*

Meal Included : | Breakfast | Lunch | Dinner

6: TREK PHORTSE THANGA TO MACHHERMO (4,470M/ 14,665FT)

Following a steep trail, take the path to Dole. The trail is lined with rhododendron and pine trees. You come

across alpine meadows and summer camps of yak herders and breathtaking views of Thamserku, Cho Oyu and Kantega as you walk past Dole. An uphill climb brings you to Machhermo. The village of Machhermo is a cluster of stone cottages situated below the terminal moraine of Nzogumpa Glacier. You have now reached the 4000 metre mark. Don't forget to keep yourself properly hydrated to ward off any signs of acute mountain sickness. *Overnight in Machhermo.*

Meal Included : | Breakfast | Lunch | Dinner

7: TREK MACHHERMO TO GOKYO (4,790M/15,715FT)

Wake up early and hit the trail to Gokyo. Today's trek takes you to a solitary and ruggedly beautiful terrain. Walking via Pangkha you take a breather to enjoy fascinating views of Cholatse. The trail follows the side of Nzogumpa Glacier, the longest glacier in Nepal which originates at the foot of Cho Oyu in Tibet and tumbles down to the Gokyo Valley in Nepal. As you traverse the glacier, tread carefully on the moraine and loose rocks. Continue on an even path and approach the first of the mesmerizing Gokyo lakes, Longbanga Tsho. Walk past the second lake and head to the settlement of Gokyo set on the eastern shore of the largest of the Gokyo Lakes, Gokyo Tsho or Dudh Pokhari. Make your way to a teahouse and take a well-deserved rest. *Overnight in Gokyo.*

Meal Included : | Breakfast | Lunch | Dinner

8: GOKYO VALLEY: GOKYO RI CLIMB (5,360M/17,585FT). OPTIONAL HIKE TO FIFTH LAKE AND 'SCOUNDREL'S VIEW'

Wake up early to climb Gokyo Ri, a small hill located near the settlement of Gokyo. Walk past the lake and a small rivulet that feeds the lake. It is a steep uphill climb to the summit of Gokyo Ri. If you make this **Gokyo Ri trek** before sunrise you will be rewarded with some of the most dramatic views you will ever come across in this planet. As the sun slowly rises, the dark purplish landscape gradually comes to life. Snow covered mountains turn golden and the emerald waters of the Gokyo lakes shimmer like a million diamonds. Get busy clicking as many pictures as you can !

After descending Gokyo Ri you have the option to hike to Ngozumpa Tsho (fifth lake) via Thonak Tsho (fourth and the deepest of the Gokyo Lakes) and visit the viewpoint known as 'Scoundrel's View'. As you approach the fifth lake you are at the threshold of Tibet. You almost reach Tibetan territory at 'Scoundrel's View,' a viewpoint from where you can enjoy close up views of Mount Everest's north-face, north ridge, west ridge and the south col. Also savour awe-inspiring views of two other eight thousanders - Cho Oyu (8210m) and Lhotse(8516m). 'Scoundrel's View' lies just few minutes hike from the fifth lake and is seldom visited by trekking groups. *Overnight in Gokyo.*

Meal Included : | Breakfast | Lunch | Dinner

9: TREK GOKYO TO LUMDE VIA RENJO LA PASS (5360M/17,585FT)

Leave **Gokyo** and take a steep, snow covered trail to Renjo La. Follow your guide and tread carefully on the steep incline littered with loose stones. Pause time and again to take in the majestic views. As you approach the high pass of Renjo La, you reach the highest point of your trek at 5360m. The thin air during **Renjo La Pass trekking**

makes every step a challenge. After reaching the top of the pass descend down and follow a zigzag route to the village of Lumde. *Overnight in Lumde(4368m/14330ft).*

Meal Included : | Breakfast | Lunch | Dinner

10: TREK LUMDE TO NAMCHE BAZAAR(3440M/11268FT)

Enjoy walking on a secluded trail. Few trekkers walk through this route and for the most part, you will have the trail to yourself. Trek past old gompas and chortens, walled fields and stone cottages. Stop at intervals to catch your breath and take in the lovely alpine views. Descend down the winding trail to Namche. Head to a teahouse once you arrive in Namche, and get refreshed. *Overnight in Namche Bazaar.*

Meal Included : | Breakfast | Lunch | Dinner

11: TREK NAMCHE BAZAAR TO LUKLA(2840M/9318FT)

From Namche retrace your steps to Lukla. In the evening have a get-together and celebrate the completion of your Everest adventure with the local crew. Make your last evening in Khumbu memorable by raising a toast and shaking a leg to local tunes sung by your Sherpa crew. *Overnight in Lukla.*

Meal Included : | Breakfast | Lunch | Dinner

12: FLY TO KATHMANDU

Return to Kathmandu by flight. Rest of the day at leisure. Lounge in your hotel room or take a leisurely stroll around Ason Market and Thamel shopping for souvenirs. You can visit the city's iconic sites on your own or book a half-day sightseeing tour at an extra cost.

Meal Included : | Breakfast

13: CONTINGENCY/ FREE DAY IN KATHMANDU

Today has been set aside as a contingency day, in case of emergencies like flight cancellation or delay, bad weather on the trail etc. If nothing untoward happens then you can use this day as you wish. Explore more of the city on your own or relax at your hotel. Evening, enjoy a complimentary farewell dinner at a traditional Nepali restaurant. *Overnight in Kathmandu.*

Meal Included : | Breakfast | Dinner

14: FINAL DEPARTURE

Our representative will drive you to the airport three hours before your flight departs. If you want to explore more of the Himalayas do let us know. We have just the right itinerary for you.

Meal Included : | Breakfast

Note on itinerary

WHAT'S INCLUDED

PRICE INCLUDES

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

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 :

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

- Is there an age limit for this trek?

The minimum age to do this trek is 14. One needs to be in good physical shape and should be free from respiratory and heart conditions. This **Gokyo Everest Trek itinerary** allows enough time for proper acclimatization. But to be on the safe side we advise you to visit a doctor and take proper consultation before booking this trip

- Do I need to bring additional medicine for trekking?

We carry a first-aid box with us while trekking. But if you want you can carry along some essential medicines like ibuprofen, codeine, paracetamol, lozenges, anti-diarrhea tablets and diamox for AMS.

- Is drinking water readily available during the trek? How safe is it?

During the trek, the teahouses or lodges serve you bottled and filtered water which is generally safe and have to be paid for. We encourage our guest to use iodine and other purifying agents to treat the water before drinking. Mineral water is also sold at the teahouses.

- Do I need to bring any personal equipment like sleeping bags, down jacket, walking poles etc?

If possible, we would suggest you to get your own trekking equipment. You can also buy them in Kathmandu or hire as well. Please note that Third Rock Adventures will not be providing you any equipment. We can definitely help you find stores to buy or rent

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.