

EVEREST DISCOVERY, NEPAL



Terrace of Everest View Hotel with Mount Everest and Mount Ama Dablam down the valley



HIGHLIGHTS

- A leisurely trek that allows ample time to enjoy the views and experience the culture of the Khumbu region of Nepal. The trek visit Sherpa villages of Namche Bazaar, Khunde, Khumjung as well as visiting the quieter Thame valley.
- There are opportunities to visit the main Buddhist monasteries of the Khumbu region at Tengboche and Thame
- There are spectacular views of Everest, the highest mountain in the world, and a range of other classic peaks including Lhotse, Nuptse, Ama Dablam, Kang Tega, Thamserku and Pumori.
- There is a day to explore Kathmandu with a sightseeing tour to Swyambhunath, Pashupatinath and Boudhanath.
- The Mountain Company use the best lodges in each location such as the wonderful Zamling Guest House in Namche Bazaar.
- Roland, owner and founder of The Mountain Company, has led this trip many times and modified the itinerary based on this experience. He will be able to answer any questions you might have.



EVEREST DISCOVERY

Total number of days	14 days
Grade & days trekking	Moderate, 10 trekking days
Accommodation	3 nights hotel, 10 nights teahouse lodges
2010 price from Kathmandu	£895 (US\$1,495)
Minimum group size	2
Dates	March 14 th to 27 th 2010 October 10 th to 23 rd 2010 March 13 th to 26 th 2011 October 9 th to 22 nd 2011



THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight to/from Lukla and Kathmandu.
- All transfers including airport collections.
- Twin share room at Hotel Tibet in Kathmandu.
- Breakfast only at Hotel Tibet in Kathmandu, all meals included while on trek.
- Twin share room in teahouse lodges while on trek.
- All trekking arrangements including permits and fees, TMC guide and porters.
- Complimentary Everest trekking map.
- Financial protection insurance from International Passenger Protection.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement in Kathmandu £80

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu (London from £515).
- Travel & trekking insurance (eg Snowcard).
- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.



- Tips (guidance on amounts included in Nepal pre departure information).
- Other items not listed in “What is included”.

YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Company are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers. A certificate detailing this cover will be given to each passenger as evidence of cover.



PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. Lack of acclimatisation to high altitudes could also be a risk factor. Our itineraries allow optimum time for acclimatising although it is possible that some individuals might be slow acclimatisers.



The majority of our trips visit remote areas where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

INTRODUCTION

Everest Discovery trek is a leisurely trek to Everest region with visits to Sherpa villages and Buddhist monasteries.

The trek starts with an exciting flight in a Twin Otter plane to the mountain airstrip at Lukla, from here we follow in the footsteps of famous mountaineers along the trail to Namche Bazaar. We are now in Buddhist Sherpa country where you will see colourful prayer flags, mani walls and monasteries along the way.

Our Everest Discovery trek takes you to some of the prettiest Sherpa villages and to Namche Bazaar, the colourful and vibrant heart of Sherpa country. You have the opportunity to visit the main monasteries of the Khumbu region at Tengboche and Thame.

The trail between lodges takes you through beautiful Nepalese villages with spectacular views of the Khumbu and Everest region. This trek is a moderate walk designed for the first time trekker which follows a section of the classic Everest Base Camp trail and then heads into the quieter Thame valley. The mountain scenery is stunning with a range of the famous peaks visible including Everest, Ama Dablam and Thamserku.



DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Kathmandu and join the tour at the hotel.

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer. A full expedition briefing will be given in the afternoon.

Day 2. Fly to Lukla (2,840m), trek to Phakding (2,610m), afternoon option to visit Thulo Gumela monastery - 2 to 3 hours walking.

After the exciting landing at Lukla, you will start the trek to the village of Phakding. On the way you will cross several suspension bridges and pass many painted mani stones. Kusum Kangru (6,367m) is visible from the trail which is known as one of the harder trekking peaks. In the afternoon, if you are feeling energetic you can walk to the monastery at Thulo Gumela on the other side of the valley.

Day 3. Trek to Monjo (2,850m), afternoon option to visit Uche Chholing monastery - 3 hours walking.

From Phakding the trail follows the Dudh Kosi valley north, staying on its west bank and soon there is a good view of Thamserku (6,608m). Climb steeply over a rocky ridge then traverse high above the river to Benkar, and a little further on you cross over a suspension bridge to the east bank of the Dudh Kosi.

In the afternoon there is the option to hike up Thakcho Hill behind the village for spectacular views of Numbur, Thamserku and Kongdi Ri. It is also worth visiting the Uche Chholing monastery near the village.

Day 4. Trek to Namche Bazaar (3,445m)- 3 to 4 hours walking.

At the top of Monjo village we will pass through the Sagarmatha National Park entrance and on past Jorsale. After crossing the Hilary suspension the trail starts the climb to Namche Bazaar, there is a good excuse for a break half way up where Everest becomes visible for the first time. Today there are views of Everest



(8,848m), Lhotse (8,511m) Kwangde (6,224m) and the sacred mountain Khumbila (5,707m).

Day 5. Rest & acclimatisation day in Namche Bazaar

Today we explore Namche Bazaar or can go for a day walk in the area. The extra day in Namche helps the acclimatisation process.

Day 6. Trek to Thame (3,801m)- 4 hours walking.

Today we follow the Bhote Khosi in a north west direction, the trail passes some picturesque mani stones on the way to Thame. It contours around a hill and passes through a forest to Phurte with Laudo gumpa on the hill above.

After crossing a ridge marked by a chorten you trek into another side valley to the village of Thamo. Climb past the Khari monastery to the fields of Thomde and to a few teashops at Somde. The scenery is splendid with views of Tesi Lapcha and the peak of Phacharmo above it.

From Somde the trail traverses high along the side of the valley, then makes a sharp descent to a bridge high above the river, once over the trail climbs steeply to Thame. To the south there are views of Teng Kangpoche (6,500m) and Kwangde (6,500m) and to the north lies the important trading pass of the Nangpa La which leads into Tibet. In the afternoon it is well worth visiting the important monastery above Thame.

Day 7. Trek to Khumjung (3,791m)- 5 to 6 hours walking.

After returning to Thamo, cross the Kyajo Khola and take the high trail which bypasses Namche and climbs to the airstrip at Syangboche past Khunde to Khumjung. Khumjung is a beautiful Sherpa village with stone houses and lies at the foot of the sacred peak of Khumbila.

Day 8. Trek to Deboche (3,770m)- 5 hours walking.

The trail descends from Khumjung past chortens and impressive views of Ama Dablam, Kangtega, Nuptse, Lhotse and Everest! You descend through moss covered rhododendron forest and cross the Dudh Khosi and climb to a saddle on a forested ridge to the Tengboche monastery. The lodge at Deboche is 15 minutes from Tengboche.



Day 9. Spare day for exploring the area.

There is an optional day trek to Pangboche and back for the night to Tengboche or you can relax in Tengboche with another visit to the monastery.

Day 10. Return to Namche Bazaar.

Day 11. Return to Lukla.

Day 12. Fly to Kathmandu, rest day of at leisure

Day 13. Sightseeing in Kathmandu.

- Today we explore Kathmandu with a local guide, the day is flexible depending on what you would like to see but the most popular places generally are:
- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples.

Day 14. Fly back home.

Transfer to Kathmandu airport for the flight back home. End of trip



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.

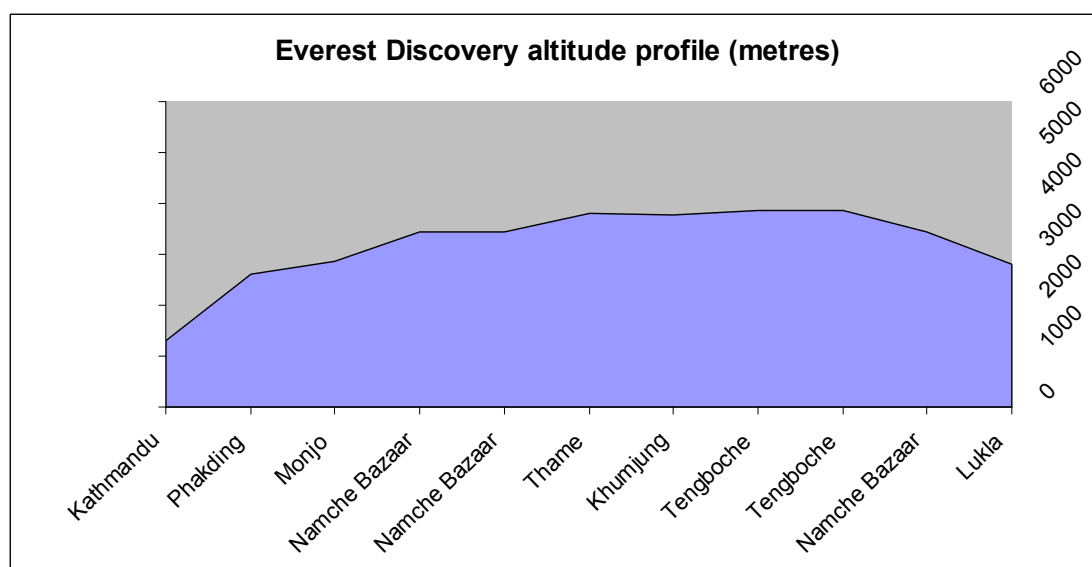




PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Everest Discovery itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

- Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
- Drink lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
- Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.



For further information we suggest you take a look at the following websites:

Base Camp MD website:

<http://www.BaseCampmd.com/expguide/highalt.shtml>

High Altitude medicine website:

<http://www.high-altitude-medicine.com>

Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

ACCOMMODATION IN KATHMANDU

In Kathmandu we use Hotel Tibet (three star). The hotel is located close to the British Embassy near to the centre of Kathmandu. It is within walking distance of the Royal Palace and the tourist hub of Thamel.

LUKLA FLIGHT

Please note that the flights to and from Lukla are dependent on the weather and delays can happen. If you have to wait in Kathmandu at the beginning of the trip your overnight accommodation is included and you will not have to pay extra for this.

In our itinerary one extra day in Kathmandu is included at the end of the trip in case of delays flying from Lukla. If you are delayed longer than this we can help reschedule your international flights however there is likely to be a fee charged by the airline for this. You will also have to pay for all additional costs incurred in Kathmandu such as accommodation and meals.



FOOD

In Kathmandu there is a wide range of excellent restaurants, some of the more popular ones are: K Too Steak House, Everest Steak House, Rumdoodles, Fire and Ice, La Dolce Vita, Mike's Breakfast and New Orleans. Breakfast is provided each morning by the hotel.

While on the trek, the lodges provide good quality food in sufficient quantities. For breakfast you will get porridge, cereal, toast or chapattis, omelette and a range of hot drinks. On arrival at the lodge in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -20°C.

CLOTHING AND EQUIPMENT

A list of suggested clothing and equipment for the Everest Discovery trek has been included in Appendix II below. This is a comprehensive list and experienced trekkers will often take only a selection of these items based on what has worked in the past. It is worth pointing out that you will need a sleeping bag for this trip although you can arrange to rent one in Kathmandu.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire is a company that rents out high quality items at competitive prices which would save you the expense of buying. The link to their website is <http://www.trekhireuk.com/>



Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport.

You will need one passport photo and the following fees dependent:

15 days USD\$25 or equivalent convertible currency

30 days USD\$40 or equivalent convertible currency

90 days USD\$100 or equivalent convertible currency

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit from UK (Life Systems Mountain Leader) plus high altitude medicine, antibiotics and other medicines.



FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website* <http://www.traveljungle.co.uk/>

Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC





Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.

CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- When visiting a monastery or gompa it is customary to give a donation for its upkeep.



SUGGESTED READING

Please take a look at The Mountain Company's online bookstore for a wide selection of books and maps to Nepal, the link is at:

<http://astore.amazon.co.uk/themountainco-21>

Everest- 50 years on top of the world by George Band

Above the clouds by Anatoli Boukreev

Eric Shipton- Everest and beyond by Peter Steele

Touching my father's soul by Jamling Tenzing Norgay

Into Thin Air by John Krakauer

The Ascent of Rum Doodle by WE Bowman

MAPS

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 **This map will be included in your welcome pack when you arrive in Nepal.**

Everest Base Camp trekking National Geographic 1:135,000

Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000

Mount Everest National Geographic Society 1:50,000



APPENDIX

SUGGESTED CLOTHING AND EQUIPMENT LIST

Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Gaiters. A pair used to keep boots dry if walking through deep snow or on wet ground.
- Wool and liner socks.
- Trainers/sneakers or sandals. Can be used in lodge in the afternoons/ evenings.

Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers.
- Long sleeve shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or baselayer for top & bottom (merino wool or synthetic).
- Fleece pants.

Handwear:

- Fleece gloves.
- Warms mittens and/or gloves.

Headwear:

- Wool or fleece hat.



- Sun hat.
- Bandana or scarf.
- Headtorch. Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Sleeping bag.
- Backpack large enough to carry water bottles, camera, lunch and extra clothing.
- Stuff sacks for keeping your gear dry and organised.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira).
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer (optional).

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.



- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).