

Everest Luxury Lodge



COUNTRIES VISITED: NEPAL

TRIP TYPE: Trekking

TRIP GRADE: Moderate

TRIP STYLE: Luxury Lodge

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 27 Feb 2021

Everest Luxury Lodge trek visits Ama Dablam Base Camp while staying in higher quality lodges with visits to Sherpa villages and Buddhist monasteries along the way

Our Everest Luxury Lodge itinerary uses the Everest Summit Lodge and Yeti Mountain Homes for accommodation which are at a standard far better than anything else available in the area. The lodges provide a high level of service with attractive gardens, comfortable lounges and bedrooms as well as hot showers and western toilets. We have included two nights in Pangboche village from where you can walk to Ama Dablam Base Camp.

Your holiday begins with a guided sightseeing tour exploring Kathmandu, the vibrant capital of Nepal. On the third day of the trip you fly high into the Himalaya to the mountain airstrip at Lukla on a breathtakingly exciting flight on a Twin Otter plane and begin your trek in the heart of Sherpa Country, the Khumbu.

The Everest region is the most famous area in Nepal and probably the entire Himalaya, as it is the centre for many mountaineering expeditions. Here the Himalayan giants from Everest to Ama Dablam tower above the Khumbu Valley, making this one of the world's most magical and inspiring places to visit and trek.

We will follow in the footsteps of famous mountaineers and trek the good trail from lodge to lodge through

beautiful Nepalese villages with spectacular views of Mount Everest and many other peaks of the Khumbu and also have time to visit the main Sherpa villages and monasteries. You have the opportunity to trek to Ama Dablam Base Camp which is off the beaten track and well worth the walk for its rewarding views.

Sagarmatha (Everest) National Park covers the area known as the Khumbu and is situated in the north-eastern region of Nepal. It is spectacular mountainous country and most of the park is steep and rugged with paths that traverse and wind round the hillsides, the terrain broken by deep gorges and glacial valleys, while the major valleys have some relatively level areas which are used for growing crops and grazing.

This really is a remarkable trek which will be remembered, along with the people you meet, long after you return home.

REASONS TO CHOOSE US

- Our Everest Luxury lodges trek uses the Everest Summit Lodges (“ESL”) and Yeti Mountain Homes (“YMH”) lodges, they are ecologically sympathetic and carefully located for their scenic views. Both ESL and YMH provide accommodation at a standard far better than anything else available in the area.
- The acclimatisation schedule for our 11 day trek to Everest Luxury Lodge trek has worked well for our groups in the past with an excellent success rate of our trekkers reaching Ama Dablam Base Camp. With this itinerary you spend two nights in lodges before ascending to Namche Bazaar and this helps with acclimatisation process and shortens the days.
- We are Himalayan trekking specialists and we have been operating trips in Nepal for many years. [Roland Hunter](#), owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of the Everest region.
- Read our [AITO Traveller Reviews for Everest Luxury Lodge](#) where our overall holiday rating is 100%. Our approach to organising trips in the Himalayas has helped The Mountain Company win awards such as 2018 Gold Award as AITO Tour Operator of the Year and 2015 Bronze Award as AITO Tour Operator of the Year.
- The Mountain Company will receive bespoke weather forecasts for the Everest region from EverestWeather.com and from our in house forecasting throughout the duration of this trek.
- We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
- We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group (“IPPG”) guidelines.
- We bring a comprehensive first aid kit plus high altitude medicine, antibiotics and other medicines.
- Pre trip support will be given by our Operations team with first hand knowledge of Everest Luxury Lodge trek. During high season we have a TMC representative from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- Internal flight to/from Lukla and Kathmandu including baggage allowance of 15kg for your main bag checked into the hold and 5kg for day pack carried with you inside the aircraft.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Shangri La in Kathmandu.
- Breakfast only in Kathmandu, all meals included while on trek.
- While on trek twin share room at Everest Summit Lodge and Yeti Mountain Homes lodges.
- Complementary drinking water and electricity for charging batteries.
- All trekking arrangements including permits and fees, trekking guide(s) and porter(s). We provide one trekking guide for group size of two people and two guides for a group size of three people and three guides for group size of six people plus.
- Bespoke weather forecasts for Everest region from EverestWeather.com throughout the duration of this trek.
- Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning and group safety.
- Everest trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tags posted to you before departure.
- Full financial protection for all monies paid to us through our membership of Association of Bonded

Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).

- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days.
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in our "Nepal Pre Trip Information" notes).
- If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into Lukla STOL mountain airstrip the cost for your overnight accommodation in Kathmandu is not included so you will have to pay extra for this.
- If there are cancellations with the airplanes flying into Lukla it may be possible to fly in a helicopter. There would be an extra cost for this service between US\$200 to US\$500 per person depending on which helicopter company is used and the demand at the time.
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Shangri La in Kathmandu

Flying into Kathmandu along the northern border of Nepal on a clear day is in itself an unforgettable experience, with the entire Nepalese Himalaya sprawling out below you. After customs, you will pass out of the restricted area and into the passenger pick-up area outside the building. You will see a Mountain Company signboard and our representative will be waiting to welcome you to Nepal.

After transferring to your hotel, you will be given a chance to catch your breath and then be given a full briefing. The rest of the day will be yours to explore and to shop for any items that you require. Today you will hear the Nepalese word for hello 'Namaste', you will probably never forget that word after this trek.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Shangri La in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu as well as to pack your bags for the trek starting tomorrow morning. You can leave a bag at the hotel with items not needed on

trek.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the streets of Kathmandu there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit as well as products imported from China and India. While the city has expanded dramatically over last 10 years, on the outskirts of the Valley it is still possible to see traditional houses set in landscape sculpted by the contours of the paddy fields. These villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun.

DAY 3: FLY TO LUKLA (2,840M), TREK TO PHAKDING (2,610M)

Fly to Lukla

Walking 7km (4 to 5 hours)

Breakfast, Lunch and Dinner

Yeti Mountain Home in Phakding

Our morning flight by Twin Otter aircraft takes us to Lukla, the most renowned mountain airstrip in the world. Originally conceived by Sir Edmund Hillary's Himalayan Trust, Lukla is now one of the busiest runways in Nepal. On the flight we watch the rugged foothills give way to the snowline of the Himalaya; many of the world's highest mountains, including Cho Oyu (8,153m), Lhotse (8,516m), Gauri Shankar (7,145m), Menlungtse (7,181m) and of course Mount Everest may sometimes be seen from the window of the plane.

After an exciting landing at Lukla and a warm welcome you will meet your porters that will carry your luggage every day until you return to Lukla. Make sure you make time to get to know them and to acknowledge them even if it is through smiles and hand signs. After a cup of tea in Lukla giving the porters a chance to load up we depart Lukla on the typically stony path that descends from the forested terraces of Lukla which takes us right into the Dudh Kosi (river of milk) valley. Along the way you will pass large stones carved and painted with prayers, carved mani stones and prayer wheels which are typical of Sherpa Buddhist country. Buddhists hold these sacred and you must as a sign of respect, pass these in a clockwise direction.

After passing through the small hamlets of Chaurikharka, Cheplung and Thado Khosi we continue onto the village of Phakding where we stay our first night at the Yeti Mountain Home (YMH) lodge.

The trail from Lukla to Phakding is moderate walking and follows undulating terrain along a stone path. Memories of the first day will include the sounds of porters, a cacophony of different languages, and strange sounding birds, the sights of porters with loads resting on sticks (known as "dolma" in Nepalese language) outside tea houses, tired trekkers on their way back to Lukla, prayer flags, the gaudy colours of the tea houses and of course the dramatic scenery.

DAY 4: TREK TO MONJO (2,850M)

Walking 5.5km (3 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Monjo

On leaving YMH lodge we follow the trail along the Dudh Kosi valley north and soon there is a good view of Thamserku (6,608m). After a walk uphill and over a ridge there is a 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 to reach the small hamlet of Monjo at the entrance to the Sagarmatha (Everest) National Park.

You will arrive to Everest Summit Lodge in Monjo by mid-morning and after lunch you have time to explore the village or walk further afield to the monastery. By having two nights below Namche Bazaar it is very helpful to aid your acclimatisation to the high altitude and by staying at Monjo shortens tomorrow's walk up to Namche Bazaar (as most Everest Base Camp walk up from Phakding).

DAY 5: TREK TO NAMCHE BAZAAR (3,445M)

Walking 5km (5 hours)

Breakfast, Lunch and Dinner

Yeti Mountain Home in Namche

Today we trek into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with the local protocol for passing chortens, mani stones, yaks and spinning prayer wheels and enjoying the hustle and bustle of trekking and everyday life that exists in the Khumbu.

Getting up to Namche Bazaar will be one of the tougher days but by walking slowly at altitude is the key to acclimatise so this will become the norm for the trek. Five minutes beyond the lodge, you enter into Everest National Park area, where entry formalities have to be completed and the scenery is stunning. We then follow the right bank of the river to where it starts to climb to the Hilary Bridge which is a tremendously impressive suspension bridge spanning a deep chasm. To reach Namche from here there is a long climb on a trail that zig zag and switchbacks up through the forest, but with a slow plod and several stops to catch our breath, we make our way steadily upward. Half way up there is a view point which will give us our first view of Everest.

We then pass through another entry point and as we traverse the hill we get our first views of the capital of the Khumbu, Namche Bazaar, which is built on the steep sides of a sloping mountain bowl. It really is an impressive sight of colourful houses and lodges and prayer flags. Namche is a busy and vibrant place as most treks pass through here. Later in the afternoon you will be free to explore the village and or visit the Sherpa Museum.

DAY 6: TREK TO TASHINGA (3,450M)

Walking 5.5km (4 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Tashinga

This morning after a short, steep climb we leave Namche on the classic approach route to Everest which contours the hillside high above the Imja Khosi. Today's walk continues to contour the hillside with short steep sections as it crosses over ridges.

There are spectacular views of Everest, Lhotse and Nuptse and also the beautifully shaped Ama Dablam (6,812m). Ama Dablam means 'Mothers necklace', the long ridges on each side like the arms of a mother protecting her child, and the hanging glacier thought of as the dablam, the traditional double-pendant containing pictures of gods worn by Sherpa women. There is no doubt that the majestic Ama Dablam is

one of the most beautiful mountains in the world. The lodge is located outside the village of Tashinga with views down the valley to Ama Dablam and Everest.

DAY 7: TREK TO PANGBOCHE (3,875M)

Walking 6.5km (5 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Pangboche

Looking across the valley, you can see the path sloping diagonally up towards the famous monastery of Tengboche. We begin today's walk by descending down to the small hamlet of Phunki Tenga, which lies beside a tributary of the Dudh Kosi river. Here we cross a suspension bridge before beginning a climb with a steep ascent for about two hours all the way up to the monastery. This part of the trek is forested by rhododendron and pine so it is well shaded and quite cool.

The setting of Tengboche monastery is nothing short of magical. It is a spectacular building and it is incredible to think that the temple was burnt down only a few years ago and re-built largely through the efforts of the Sir Edmund Hillary Trust. We will explore the surrounding area and visit the monastery.

On leaving Tengboche, your path descends through trees to Deboche where the small and atmospheric nunnery is well worth a visit. You pass further houses and 'mani' walls as the path continues along the river valley amongst the trees. After crossing the bridge over a picturesque gorge, the path gradually climbs, with stunning views of Ama Dablam ahead. There are numerous fantastic photo opportunities in both directions, and frequent chortens and mani walls to pass as height is gained to reach the village of Pangboche.

After arriving at the lodge, if you have time in afternoon it is well worth exploring the village. Pangboche is a photogenic with stone walled fields and in upper village there is the oldest monastery in Khumbu set among very old juniper trees.

DAY 8: DAY WALK TO AMA DABLAM BASE CAMP (4,576M)

Walking 7km (5 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Pangboche

After breakfast we start the walk towards Ama Dablam Base Camp. This is an opportunity to get off the main Everest Base Camp trail and explore a quieter area in the Khumbu below one of the most beautiful mountains in the world. By walking up to Ama Dablam Base Camp this will help your acclimatisation by following the golden rule of "climbing high and sleeping low".

For the walk to Ama Dablam Base Camp you start by crossing the Imja Drangka river on a suspension bridge, followed by a gradual ascent until Lhabarma where you are suddenly standing right in front of the mountain ridge. You can walk to its foothill and absorb the enormity of the mountain.

Ama Dablam Base Camp sits at 4,576m on an open yak pasture beneath the west face, with the summit some 2,300m almost straight up above. The climbing route follows the southwest ridge - the right hand skyline as you look at it - moving onto the face above the hanging glacier three-quarters of the way up. Base Camp affords particularly fine views of Kangtega (6,783m), Thamserku (6,618m) and Taboche (6,542m).

Your trek may coincide with the main climbing season and it is more than likely that you may find climbing groups at Ama Dablam Base Camp either acclimatising or fixing the route. With a pair of binoculars it may well be possible to see climbers descending the 50/60 degree ice-slopes from the summit. After enjoying some time at Ama Dablam Base Camp you return by the same trail back to Pangboche.

DAY 9: TREK TO TASHINGA (3,450M) VIA PHORTSE (3,810M)

Walking 9km (6 to 7 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Tashinga

Today we walk back down to the lodge at Tashinga via a different route passing through the less visited Phortse village. From Pangboche you take a wonderful high trail above the Imja Drengkha river. This trail undulates along the valley side and you have fabulous views across to the mountains and Tengboche perched on its ridge.

Finally, after about two to three hours, you round a corner and the isolated village of Phortse lies below you, situated in a spectacular spot on a promontory overlooking the Dudh Kosi in one direction and the Imja Drengka in the other. You continue your trek from Phortse (3,810m) towards Tashinga. Walk down to the valley and climb up towards Mong La. This part of the trek is heavily forested, look out for Danphe pheasant and musk deer. From Mong La the commanding views of the mountains are breath-taking. We then descend to our lodge in Tashinga for the evening.

DAY 10: TREK TO MENDE (3,700M) VIA SHERPA VILLAGES OF KHUNDE AND KHUMJUNG

Walking 10km (7 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Mende

Today you will trek by the Sherpa villages of Khumjung and Khunde, above Namche Bazaar and then up the Nangpo Dzangpo valley to the lodge at Mende. Leaving Tashinga lodge you contour on a small path to reach the main trail leading to Khumjung in approximately one hour. The path leads gently up the shallow valley and Khumjung itself is another village built into a mountain bowl.

These villages have a regular pattern of terraced fields and are overlooked by the Sherpa holy mountain called Khumbui Yul Lha (5,761m). The village of Khunde is a short walk further on and contains the famous medical centre instigated by the Sir Edmund Hillary Trust. Take time also to visit the Edmund Hillary School in Khumjung which was the first one to be built.

The path continues quite easily and, rounding a corner, you look down at the small hamlet of Tshro. You now turn off the main trail and make your way slowly up a closed valley. As you move up to the head of the valley you come to one or two lone houses and small fields and then you will cross the river pass through the small hamlet of Mende and then climb steeply up a hillside to the lodge. This is the sting in the tail at the end of the day! The lodge has a commanding position and very fine views of the surrounding mountains and once reached you will feel the effort has been well worth it.

DAY 11: TREK TO THAME VILLAGE AND MONASTERY (3,820M)

Walking 4.5km (3 hours)

Breakfast, Lunch and Dinner

Yeti Mountain Home in Thame

Thame valley is beautiful and is less visited by trekkers than the main trail to Everest Base Camp so we walk up to Thame village where we will also visit the monastery.

Just half an hour walk from the lodge is an old Tibetan trade route where you may well pass some Tibetans who come over the Nangpa La to trade in Namche. This well-formed, wide path makes for a mostly easy walk all the way to the village of Thame. Today you are more than likely to see Griffin vultures and mountain goats.

Before you reach the village of Thame the path descends to a bridge over a narrow fissure with water roaring below. Here there are large wall paintings of Guru Padmasambhava. The path then climbs steeply to the picturesque village of Thame with a backdrop of massive snow covered peaks. Sherpa Tenzing Norgay's house is situated near the top of the village where he lived with his first wife. Apa Sherpa who has climbed to the summit of Mount Everest twenty one times also lives in Thame village.

After lunch we will then walk to the monastery (3,940m) which takes about one hour and is situated above the village. The monastery is over 600 years old and is one of the four oldest in Sherpa country. The trail climbs steeply from Thame to join the ridge on which there are many hand carved mani stones. The views from this ridge are spectacular and well worth taking an opportunity to sit peacefully for a while to reflect on your trip.

DAY 12: RETURN TO MONJO (2,850M)

Walking 9km (6 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Monjo

Before beginning our descent back down to Monjo, we will first visit the Laudo Monastery, a 15-minute walk above Mende. The main temple is only 40 years old, it has a remarkable meditation room built beneath a huge rock, where people go on retreat for 3 years / 3 months/ 3 days. Until recently it was used as a meditation school for western Buddhist students. The friendly caretaker will be more than happy to serve butter tea and explain a little about the monastery. After our visit we will retrace our route and continue to Phurte, from here we will take the lower trail to Namche. After three hours of easy walking we will arrive at Namche Bazaar for lunch and a short time to do some shopping should you choose before making the return descent to Monjo crossing the Sir Edmund Hillary Bridge and to the Monjo lodge.

DAY 13: RETURN TO LUKLA

Walking 11km (5 to 6 hours)

Breakfast, Lunch and Dinner

Everest Summit Lodge in Lukla

From Monjo we carry on the descent down the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At Chaurikharka we start ascending the final hill of the trek to reach the busy village of Lukla. On getting to the lodge you can relax, look round Lukla and enjoy your last evening with your Sherpa guides and porters.

DAY 14: FLY TO KATHMANDU

Fly to Kathmandu

Breakfast

Hotel Tibet in Kathmandu

If the weather is fine in Lukla then we will get a morning flight back to Kathmandu which takes 40 minutes. You will be met at the airport and transferred to our hotel in Kathmandu where you can then spend the rest of the day doing what you please.

DAY 15: AT LEISURE IN KATHMANDU

Breakfast

Hotel Tibet in Kathmandu

Today is a free day to rest and relax in Kathmandu after the trek, go shopping or to do more sightseeing around the city by yourselves. However the main reason for having this extra day is as a buffer in case of any delays or cancellations flying back from Lukla in order to minimise the risk of missing your flight back home.

DAY 16: FLY BACK HOME

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

DATES & PRICES

2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
27 Feb 2021 to 14 Mar 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
20 Mar 2021 to 04 Apr 2021	Local Leader	US\$3,695pp	US\$995pp / NA	2 Left to Guarantee
03 Apr 2021 to 18 Apr 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
17 Apr 2021 to 02 May 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
01 May 2021 to 16 May 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
02 Oct 2021 to 17 Oct 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
16 Oct 2021 to 31 Oct 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
30 Oct 2021 to 14 Nov 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
13 Nov 2021 to 28 Nov 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
27 Nov 2021 to 12 Dec 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee
11 Dec 2021 to 26 Dec 2021	Local Leader	US\$3,650pp	US\$995pp / NA	2 Left to Guarantee

2022

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
26 Feb 2022 to 13 Mar 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
19 Mar 2022 to 03 Apr 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
02 Apr 2022 to 17 Apr 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
16 Apr 2022 to 01 May 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
30 Apr 2022 to 15 May 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
01 Oct 2022 to 16 Oct 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
15 Oct 2022 to 30 Oct 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
29 Oct 2022 to 13 Nov 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
12 Nov 2022 to 27 Nov 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
26 Nov 2022 to 11 Dec 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee
10 Dec 2022 to 25 Dec 2022	Local Leader	US\$3,675pp	US\$995pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Clothing and Equipment List

CLOTHING AND EQUIPMENT LIST FOR EVEREST LUXURY LODGE

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Everest Luxury Lodge trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on Everest Luxury Lodges trek you are likely to experience quite warm conditions and you will experience the coldest temperatures at Pangboche at an altitude of 3,875m where overnight lows can get down to around -10°C.

Each trekker should bring one backpack for gear 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 maximum weight allowance for back pack is 5kg.** The rest of your personal equipment packed in a duffel or kit bag will be carried by a porter. **The maximum weight allowance for your duffel bag is 15kg.** Please ensure that your bag is marked clearly on the outside for easy identification.

We suggest you print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear:

- Walking boots. Please use and break in before arrival to Nepal.
- Walking socks.
- Trainers or trail shoes. Can be used in lodge in the evenings. Please note the ESL lodges provide slippers for use around the lodge.

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 base layer for top & bottom (merino wool or synthetic).
- Medium weight down jacket (optional- depends on time of year)

Handwear:

- Fleece gloves.

Headwear:

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf.
- Head torch. Bring extra batteries.
- Sunglasses.

Personal Equipment:

- Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing such as down jacket etc. It is also a good idea to bring a rain cover to keep the contents dry.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold- drybags such as from Exped.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Water purification tablets (Pristine, Biox Acqua or Acqa Mira). **Please note you will be given complementary drinking water at Everest Summit Lodges and Yeti Mountain Homes.**
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles (Black Diamond with "Flick Lock" are best).
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (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. You can leave these at the hotel in Kathmandu while trekking.
- Toiletries.

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.
- 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).

Threat and risk assessment

THREAT AND RISK ASSESSMENT FOR EVEREST TREKS

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. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Everest Base Camp trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Everest Base Camp we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Everest Base Camp is available on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE and HAPE.
- Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).

- Lightning strike.
- Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic or flight accident [*see paragraph "Lukla flight" for further information about STOL flights*].
- Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation 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.

Internal Flights

LUKLA FLIGHTS

Please note that flights to and from Nepal's Short Take-Off & Landing ("STOL") mountain airstrips such as Lukla are dependent on the weather. Delays often happen if there is poor visibility or high winds.

If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into a STOL mountain airstrip the cost for your overnight accommodation in Kathmandu is not included so you will have to pay extra for this. If there are cancellations with the airplanes flying into Lukla it may be possible to fly in a helicopter. There would be an extra cost for this service between US\$400 to US\$600 per person depending on which helicopter company is used and the demand at the time.

In all of our itineraries visiting areas with STOL mountain airstrips such as Everest region we include one extra day in Kathmandu at the end of the trip in case of delays flying back. If you are delayed longer than this our office in Kathmandu 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 of your additional costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

British Foreign & Commonwealth Office ("FCO") travel advice to Nepal states that "STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft." For their latest advice please take a look at their Safety & Security section under Air Travel, link at: <https://www.gov.uk/foreign-travel-advice/nepal/safety-and-security>

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal's air safety profile take a look at Aviation Safety Network, link at: <http://aviation-safety.net/database/country/country.php?id=9N>

Weather and climate

WEATHER AND CLIMATE FOR AMA DABLAM BASE CAMP

Treks to Ama Dablam Base Camp 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 -10°C.

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.

ACCOMMODATION

HOTEL SHANGRI LA IN KATHMANDU



Shangri La is our usual hotel for our Luxury trips in Nepal as our clients enjoy staying in this property with well-appointed rooms, lovely garden and swimming pool plus good restaurants and Lost Horizon bar.

Hotel Shangri La is located in Lazimpat and within 20 minute walking distance from the tourist hub of Thamel.

LUXURY LODGES IN EVEREST REGION



In the Everest region we use both the Everest Summit Lodge (“ESL”) and Yeti Mountain Homes (“YMH”) lodges. These properties provide a high level of service with attractive gardens, comfortable lounges and bedrooms as well as hot showers and western toilets

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Notes downloaded on: 14-08-2020

