

Harvey World Travel Northlakes Everest Base Camp October 2010

When the trails of Nepal were opened, Everest Base Camp became the premier goal for many adventurous walkers. This stunning trek visits both the base camp and Kala Patar (5630m), a viewpoint recognised as the best vantage point to see Mount Everest. After exploring the temples, shrines, bazaars and restaurants of



Kathmandu we take an exciting mountain flight to Lukla, the gateway to the Everest region. From the airstrip we trek north through pine forest to the bustling Sherpa 'capital', Namche Bazaar, from where we head to the magnificent Thyangboche Monastery. Here, in the shadow of the Everest massif and Ama Dablam and surrounded by mani walls, chortens and prayer flags, our stay is sure to be one of the highlights of our trek. As we ascend, the alpine scenery becomes more rugged and we climb above the tree line to reach Dingboche in the Imja Valley for further acclimatisation and exploration. It is then a steady ascent following glacial moraines to Lobuje and then to our lodge at Gorak Shep, from where we then trek to the historic site of Everest Base Camp. Finally we ascend to the summit of Kala Patar for brilliant views of Mount Everest and a breathtaking 360-degree panorama of the world's highest mountains, before returning to Pheriche and then on back to Kathmandu.

DAY BY DAY ITINERARY

Day 1 / Kathmandu (1360m)

Upon arrival in Kathmandu, you are met at the airport and transferred to your hotel. Our airport representative will be waiting for you in the arrival hall, located after passing out of the customs area. Look out for the note on the hotel signboard. The drive from the airport to the hotel is around 20 minutes. A briefing given by our group leader is scheduled for the late afternoon. He will discuss our trekking program and co-ordinate any last minute arrangements. The evening is free, but usually our tour leader will organise an evening meal (optional) at one of Kathmandu's fine Nepali restaurants. Alternatively you can enjoy a dinner at the hotel.

Day 2 / Kathmandu (1360m)

In the morning we explore Kathmandu on an organised sightseeing tour. We visit Bodhnath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa. We also visit Pashupatinath, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. The rest of our time in Kathmandu is free for further sightseeing and exploration. You may wish to take the option of wandering into the centre of town and exploring the Durbar Square area or just relaxing in the spacious hotel gardens. Alternatively you may wish to arrange for a taxi to take you out to Bhaktapur, probably the most fascinating of the medieval towns in the Kathmandu Valley. A visit to Thamel gives you a chance to do some last-minute shopping. Later, we are supplied with our Trek Pack and departure information for tomorrow.

Meals included: 1 breakfast

Day 3 / Phakding (2652m)

(Trekking: approx 3 hours)

In the early morning we take the spectacular flight from Kathmandu to Lukla (2827m), flying parallel to giant Himalayan mountains bordering Nepal and China (Tibet). The flight time is about 40 minutes and we land at an airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s. After landing we have time to explore the village while our Sherpa crew sort and load our trekking equipment. In the afternoon we begin our trek by descending towards the Dudh Kosi River where we join the main trail to Namche Bazaar, located just above Chaunrikharka (2713m). The walking is easy and after passing through the small village of Ghat (2550m) it is a short walk to Phakding.

Meals included: 1 breakfast

Day 4 / Monjo (2835m)

(Trekking: approx 3½ hours)

From Phakding we cross the river and head up the valley, following porters from the south that are ferrying supplies to Namche Bazaar. The trail keeps close to the river valley and is lined with beautiful blue pine and rhododendron forest that is very spectacular in the spring months, when the flowers are in bloom. We cross the Dudh Kosi River at Benkar, where there are tantalising glimpses of the snow-capped peaks of Kusum Kanguru (6369m) and Thamserku (6623m). From here it is only a short walk to Monjo (2835m), where we arrive in time for lunch. We spend the night in Monjo with the afternoon free, giving us an opportunity to do some exploring around the village. The day has been deliberately kept short to aid acclimatisation, which is a very important process.

Day 5 / Namche Bazaar (3446m)

(Trekking: approx 4 hours)

Today the walking is a little tougher and includes a steep ascent to Namche Bazaar. From Monjo it is a short walk to the entrance of the national park, before we cross the Dudh Kosi River to Jorsale (2805m). The trek continues upstream on generally flat terrain, crossing back to the right bank to the confluence of the Bhote Kosi and Dudh Kosi Rivers, where we start the steep climb to Namche Bazaar. After crossing a large and stable suspension bridge high above the river, we slowly ascend at a steady pace. There are some fantastic photographic opportunities as the peaks of Everest, Lhotse, Nuptse and Taweche (6542m) come into view for the first time. After arriving in Namche Bazaar, we enjoy lunch with the afternoon is free to bargain in the shops for Tibetan artefacts or simply relax and marvel at the beautiful scenery.

Day 6 / Namche Bazaar (3446m)

(Acclimatisation Day)

We remain at Namche Bazaar for a second night to allow for proper acclimatisation to the altitude. Namche is a prosperous village situated in a large protected hollow. It gained its importance during the period when Tibetan salt was traded for the lowland grains of Nepal. Today a limited amount of trade still exists at Namche and Tibetans are often seen in the village trading rugs and Chinese-made goods, clothing, salt and dried meat.

It is recommended that you take the opportunity to see both the sunrise and sunset views from the national park headquarters above the village. The stunning vista includes a superb panorama of the Khumbu peaks and great views of Everest. After breakfast, a variety of options exists. Perhaps a walk towards Thami (3810m) above the beautiful Bhote Khola River Valley or a visit to the national park headquarters to see the interesting displays of Sherpa lifestyle and culture. There is also a mountaineering display and information on the park's flora and fauna. Your guides are on hand to offer advice and escort you on walks.

Day 7 / Thyangboche (3875m)

(Trekking: approx 6 hours)

From Namche Bazaar, we climb towards the park headquarters and follow a contouring trail high above the Dudh Kosi River. Above Namche the route to Thyangboche becomes visible with the monastery seen nestling below the summit of Everest and surrounded by other Himalayan peaks. On today's walk there are opportunities to spot local wildlife including the beautiful Danfe pheasant, often seen among the birch and silver fir forest between Shanasa and Trashinga, and Himalayan tahr, on the high ground above the trail. After reaching the reforestation nursery at Trashinga, the trail drops steeply before crossing the Dudh Kosi River at Phunkitenga (3250m) where we take lunch. In the afternoon we ascend, initially steeply, through pine, fir, black juniper and rhododendron forests towards Thyangboche. The monastery and our lodge are located in a beautiful meadow surrounded by towering Himalayan peaks in a truly peaceful and tranquil setting. The most notable peaks seen from here are Kantega, Ama Dablam (perhaps the most beautiful peak in the region) and, of course, Mount Everest.

Day 8 / Pangboche (4040m)

(Trekking: approx 2 hours)

According to legend, Thyangboche Monastery was founded in the 17th century by Lama Sange Dorjee, who came from Tibet's Rongphu Monastery. Thyangboche was destroyed by an earthquake in 1933, rebuilt and again badly damaged by fire in 1989. Construction of the present monastery was completed in 1992. We spend the first part of morning at Thyangboche to visit the monastery and the nearby museum. There is a small entrance fee for the museum and a small donation to the monastery is appreciated. Later in the morning we descend through alpine forests to the settlement of Deboche, where there is a convent, and then through to Milingo to cross a bridge over Imja Khola. From here the trail gradually climbs up, with great views of Ama Dablam, to the village of Pangboche where we stop for the night. In the afternoon we visit the village of Upper Pangboche. We then head off towards a ridge below Tawache to aid our acclimatisation before returning to our lodge for tea and biscuits.

Day 9 / Dingboche (4360m)

(Trekking: approx 4 hours)

Today we have a pleasant walk, ascending gradually high above the Imja Khola River and passing the tea houses at Orsho before crossing the river and old glacial moraines on our way to our lodge in the settlement of Dingboche. The scenery is spectacular and although Everest here disappears behind the Lhotse-Nuptse ridge, the huge peaks that tower above the eastern end of the valley are ample compensation. We are now almost completely above the tree-line and, in clear conditions, can look out for spectacular sunsets here and on Ama Dablam. Today's walk is quite tiring due to the altitude, so it is important to take notice of your trek leader's advice and recommendations regarding rest and fluid intake.

Day 10 / Dingboche (4360m)

(Rest and Acclimatisation Day)

Dingboche is a beautiful patchwork of small fields enclosed by stone walls protecting the crops of barley and potatoes from the cold winds. It is occupied mainly through the monsoon months, when large numbers of yaks are brought here to graze in the valley pastures. Behind our lodge the huge rock faces of Tawache seem to soar to the heavens. Our trek leader will advise us on activities for today, but the short excursion up the valley towards Chukkung is a worthwhile option. The views are fantastic in this valley; the towering south face of Lhotse to the north, Island Peak in the centre of the valley and the fluted ice walls of unnamed peaks that line the southern end of the valley, all form a hauntingly beautiful sight. In the afternoon an optional hike up the hill behind our lodge will enable us to view the world's fifth highest mountain, Makalu (8481m), which is not visible from the valley floor.

Day 11 / Lobuje (4930m)

(Trekking: approx 6½ hours)

In the morning we ascend the small ridge behind the village above Pheriche Valley. From the chorten at the top, Tawache and Cholatse (6440m) make for a striking scene as they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of Cho La dominate the skyline. The walking is now generally fairly flat on wide-open fields, but do take your time and ensure you are well hydrated. Late in the morning we cross the Khumbu Khola at Dughla (4620m) and take a light lunch at the foot of the huge terminal moraines of Khumbu Glacier, which flows off Everest. In the afternoon, there is a solid and quite steep climb on a rocky trail to the top of the moraines. On the crest of the ridge, we pass a line of memorial cairns, built in memory of Sherpas and other climbers who have died on the various Everest expeditions over the last 50 years. From here the view is spectacular - Pumori (7145m), Lingtren (6697m), Khumbutse (6623m) and, across the border in Tibet, Changtse (7550m), are seen at the head of the valley whilst Everest remains hidden behind the towering walls of Nuptse and Lhotse. We then follow the valley stream to our lodge at Lobuje, arriving early afternoon. Today is a tiring day but the fantastic scenery makes it all very worthwhile. If you still have some energy and conditions are clear, a walk, taken gradually, up on to the large ridge at the rear of the lodge can reward you with even more spectacular views.

Day 12 / Gorak Shep (5160m) - Everest Base Camp

(Trekking: approx 3 hours to Gorak Shep, 5 hours round trip to Everest Base Camp)

As the trek to Gorak Shep is relatively short, we have the opportunity for a leisurely breakfast before beginning the day's walk. From Lobuje we follow the broad valley that runs parallel to Khumbu Glacier. A gradual ascent enables us to build the slow, steady rhythm required when walking at high altitude. When we reach the moraines of Changri Nup Glacier, we make a series of small ascents and descents over a rocky trail lined with cairns that leads eventually to the surprising glacial sands of Gorak Shep (5160m) - reached after about three hours of walking. After a quick bite we gear up accordingly to head off towards the Everest Base Camp. The trek to the base camp can be achieved in around three hours and if trekking in the popular climbing period of March to May, we will almost certainly encounter yaks and porters supplying food and equipment to expeditions here. From Everest Base Camp we do not get views of Mount Everest, but we are able to see the notorious Everest Ice Fall that flows from the Western Cwm, which is regarded as technically the hardest and most dangerous section of the mountain.

The return journey from the Base Camp to Gorak Shep takes the same amount of time. We have an early dinner so that we are able to get up early the next day for awe-inspiring views of the Himalayan giants from Kala Patar.

Day 13 / Kala Patar - Pheriche (4270m)

(Trekking: approx 8 hours)

We wake up early the next day for the trek to Kala Patar (5545m) to experience sensational sunrise views from this amazing vantage point. From the lodge the ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It is a tough walk because of the altitude, but the view from the top surpasses the wildest imagination. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints can provide views that are almost as good. Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest, the highest mountain in the world, surround us. About three kilometres away and some 200 metres below, the area of the Everest Base Camp can be seen in a bowl at the bottom of the Khumbu Ice Fall. For many trekkers, reaching Kala Patar is a very emotional experience and it is worthwhile spending as long as you wish in order to savour this special moment. The descent back down to Gorak Shep is easy and once back at the lodge we have a quick drink and head off to the rooms to pack our kit bags whilst breakfast is being prepared. After breakfast we set off to Lobuche and Thugla, where we stop for lunch. After lunch we cross the Khumbu Khola and head down the valley below Cholatse to Pheriche, where we stop for the night.



Day 14 / Namche Bazaar (3446m)

(Trekking: approx 6 hours)

From Pheriche we cross the Khumbu Khola River and ascend a short steep trail to the top of a small ridge for great views of Imja Valley, Ama Dablam and Kantega. We then descend to the small settlements at Orsho and Shomare before passing through Lower Pangboche to reach the suspension bridge over the Imja Khola River to ascend back to Thyangboche for lunch. In the afternoon we descend steeply through beautiful forest of juniper, rhododendron and fir to Phunkitenga. After a welcome break and perhaps a cup of tea we cross the Dudh Kosi river and ascend to Trashinga. From here the trail contours high above the valley through Shanasa and on to Namche Bazaar where we spend the night.

Day 15 / Phakding (2652m)

(Trekking: approx 4 hours)

We enjoy a leisurely departure from Namche Bazaar with a final opportunity to visit the shops in the bazaar before we descend steeply down to the large suspension bridge over the Dudh Kosi River. We follow the trail through Jorsale and back to Monjo, where we take lunch. In the afternoon it is a short walk via Benkar through blue pine and rhododendron forest, with great views of Kusum Kangaru, back to our lodge in Phakding.

Day 16 / Lukla (2800m)

(Trekking: approx 3½ hours)

This is our last day of trekking, where it is only a short walk on the valley before making the final climb up to the airstrip at Lukla. We then take lunch at our lodge and the afternoon is free to wander around, relax or perhaps enjoy a hot shower! In the evening we enjoy a farewell dinner, followed by a few celebratory drinks and dancing with our Sherpa companions.

Day 17 / Kathmandu (1360m)

We rise early in the morning to be ready for the arrival of our aircraft for the flight back to Kathmandu. On arrival in Kathmandu we are met and transferred back to our starting hotel. The rest of the day is free to do souvenir shopping or further sightseeing. Located in the south of the city, Patan is also worth a visit with its own Durbar Square full of historic structures and statues of past kings. Our final night in Kathmandu gives us a chance to go out on the town and enjoy a final dinner (optional) with our travelling companions and new-found friends.

Day 18 / Kathmandu (1360m)

Our trip ends today after breakfast. Your leader will be on hand to advise and assist with your onward travel arrangements. A departure transfer to the airport is not included and Kathmandu has so much to offer and occasionally flights from Lukla can be delayed, so we recommend that you consider booking pre-tour or post-tour accommodation and a departure transfer before you commence your travels.

Meals included: 1 breakfast

About Peregrine

Peregrine has been operating adventure holidays since 1977. Today we can help you discover all four corners of the globe, from the Polar regions, to Africa, Latin America, Asia, Europe, the Middle East and beyond. We offer high-quality, excellent-value, small-group adventures to interesting areas of the world, in harmony with the local people and the environment.

Trip grade

Adventurous trek

A good level of fitness is required for these adventures. We typically trek for up to seven hours a day and occasionally more. Terrain can be hilly.

Included

Peregrine tour leader, local guides, airport arrival transfer, transport, portage on trek, sightseeing and entrance fees.

Accommodation: 3 nights comfortable hotel, 14 nights trekking lodge

Meals: 3 breakfasts

Equipment: personal trek equipment (sleeping bag, duvet jacket, sleeping sheet, kit bag), specialised medical kit, portable altitude chamber

Not included

International flights, airport departure taxes, airport departure transfer, visas, insurance, meals not listed, any optional tours and activities during free time, camera fees, excess baggage charges, showers on trek (if available), tips or gratuities and items of a personal nature.

Please allow US\$350 for meals.

Additional accommodation

Extend your holiday by booking some pre or post tour accommodation - ask Peregrine or your travel agent.

Other information

CLOTHING: Please refer to our 'What to Bring' list. It is imperative that you bring along the appropriate clothing. For December. January and February departures, it is absolutely essential you must bring extra warm clothing, as it will be bitterly cold.

Walking times: This itinerary is intended as a guide only. Local conditions and weather may necessitate variations to the program and can affect the availability of views and panoramas described. Be aware that all times stated are approximate and may vary with individual and group fitness, weather and track conditions.

Tipping and Tipping Kitty

Although the culture of tipping may not be part of your own culture, it is nonetheless part of the culture in this area of the world and it is often the way some people supplement their earnings. Tipping has also become an accepted part of the tourism culture in the region. On our trips your tour leader can advise you on this matter; however, as a guideline we would recommend a tip of 5-10% in restaurants and US\$1 to US\$2 per person, per day for a local guide. The bellboys at hotels will appreciate a small tip for carrying your bags. Taxi and rickshaw drivers do not expect a tip. If you are unhappy with a service, of course, you are under no obligation to leave a tip. However, if the service has been satisfactory, a tip is always appreciated...with a smile! To protect you from the sometimes seemingly endless soliciting of tips, we suggest you discuss with your tour leader about setting up a tipping kitty whereby everybody contributes an equal amount (this amount can vary from trip to trip, but a good approximate is US\$4 per person per day). Your tour leader can then distribute tips along the way (except restaurant tips) to local guides and hotel porters, etc. and keeps a record of all moneys spent. Please note that this kitty is not designed to provide a tip for your tour leader.

Tipping Your Tour Leader

It is also customary to tip your tour leader at the end of the trip, if you are happy with his/her service. A minimum tip of US\$3 per day from each member of the group is the standard amount expected.

Travelling responsibly

We care about the places and people that we meet on our journeys, and we try to ensure that we give something back, as well as taking away so many incredible memories. For more information on our commitment to responsible tourism, visit www.peregrineadventures.com/rt

Peregrine Community Trust

The Peregrine Community Trust, a division of Peregrine Adventures, provides funds for local community projects and initiatives that promote responsible and sustainable tourism development in the destinations in which we operate. First and foremost, but not exclusively, the Trust supports projects and initiatives that advance education and employment within the tourism and hospitality industry. The Trust operates on a not-for-profit basis, with funds donated by Peregrine, our staff and our travellers, with every cent going to the nominated projects.

By donating to one of the projects supported by The Peregrine Community Trust you will help promote responsible

and sustainable tourism and make a positive difference for communities and travellers right now, and for the future. For online donations go to: www.peregrineadventures.com/trust

Subscribe to e-news

About once a month, we send out an electronic newsletter with news, specials and interesting articles. Subscribing is easy, and you can unsubscribe just as easily at any time.

Visit <http://www.peregrineadventures.com/subscribe> to subscribe to our enews and for your chance to win a great adventure!

Passport

Well before travelling, please ensure that you have a current passport, with an accurate photo, that is valid for at least six months after your scheduled return home. Also check that your airline tickets are in exactly the same name as your passport. Some countries may require that you have a return air ticket, or have sufficient funds to purchase such a ticket.

Insurance

On all our holidays you must have comprehensive travel insurance which we recommend you take at the time of paying your deposit. Peregrine can help recommend a suitable policy for your tour or you may choose to take other cover. Participants without adequate insurance cover will be asked to arrange cover immediately before commencing their holiday - this can be very difficult and expensive to arrange locally.

For trekking trips your policy **MUST** cover evacuation by helicopter and repatriation. In the event of emergency evacuation, you are liable to the helicopter operating company and to Peregrine for both the helicopter operating company's direct costs - which can amount to thousands of U.S. dollars - and also to Peregrine for an additional amount of 10 per cent, to cover Peregrine's costs for organising the evacuation. Passengers requiring emergency evacuation will be billed for the cost and required to pay prior to departing Kathmandu or the relevant point of exit. Peregrine will supply all necessary supporting documentation to enable you to make an insurance claim but the primary obligation for payment rests with the passenger.

In particular, your policy should cover you for medical and evacuation expenses, lost luggage and cancellation fees. Please check your policy carefully before leaving home and familiarize yourself with the procedures that you may need to follow in the unlikely event that you need to make a claim.

IMPORTANT NOTE - Those on some "Challenging or "Mountaineering" expeditions should be aware that standard travel insurance policies do not cover general mountaineering requiring the use of ropes, etc. You will need to take out additional higher risk cover for this. Please consult Peregrine or your travel agent for further details.

If you are covered by a policy arranged through your credit card company you will be asked to provide evidence of this cover, as well as a 24-hour emergency contact number. Many credit card companies do not provide an insurance policy number. In this instance, the tour leader will need to record your credit card number, as this is required to activate any request for emergency assistance. You should also bring along the travel insurance information booklet provided by your credit card company. It is your responsibility to ensure that you meet the requirements set out by your credit card company in order to be effectively covered and that the cover offered is of a suitable standard.

Visas

Australians, Americans, British, Canadians currently require a visa for Nepal. For all other nationalities please reconfirm your visa requirements with your travel agent.

We strongly recommend you apply for your visa prior to arrival in Nepal (there are consulates in many countries), although you can obtain a visa on arrival at Kathmandu Airport for \$US30 for a Single Entry, and \$US45 for a Double Entry. You must have US Dollars cash to the exact amount and one passport photo. **Expect some delays in processing the visa application at the airport.** Passengers then travelling to Tibet or Sikkim (these trips start and finish in Nepal) should obtain a Double Entry Nepal visa.

It is your responsibility to ensure you have all required visas for your trip. Rules and regulations governing the issuance of visas are constantly changing, and vary for different nationalities and you should check visa requirements with your travel agent or relevant consular authority well before travel.

Vaccinations

Vaccinations may be required for this trip. Please consult your doctor or a travel health specialist. The choice of vaccinations can depend on a range of issues including the specific destination, the duration of the trip, your personal health and of course what vaccines you have had before.

Compulsory vaccines: These days the only compulsory vaccine is for yellow fever, which is required for many countries in Africa and South America. It should be done at least 10 days before travel and must be recorded in an official certificate book. Please note that very often you may not need to show this certificate book when entering these countries, but you will need to produce it to immigration/customs on returning to your home country.

Routine Background Vaccines: We strongly endorse current public health recommendations that all travellers should be up-to-date with their routine vaccines such as tetanus, diphtheria, measles/mumps/rubella, polio and influenza, and paediatric vaccinations for children.

Travel Vaccinations: While the food and water-borne diseases such as hepatitis A and typhoid will apply to most of our travellers, other travel vaccines such as hepatitis B, rabies, meningitis, Japanese encephalitis and cholera may apply to select travellers, especially long-term travel. Travel health experts can advise on what is required and also what is not required!

Malaria: There is no vaccination against malaria, which is transmitted by mosquito bites and is a risk in many less-developed tropical areas, particularly in Central, East and West Africa, Melanesia (especially Papua New Guinea) and the Amazon region. In Asia (particularly India) and Central America it may be a problem in rural areas. Protection against mosquito bites is essential and where the risk is considered high, anti-malarial medications are recommended. Anti-malarial medications should be discussed with experts as there are different medications available and not all medications suit all people or all destinations. We prefer that trekkers to altitude try to avoid the use of mefloquine (Lariam) if possible.

For travellers from Australia and New Zealand, we strongly recommend Travel Doctor-TMVC clinics to obtain the most up-to-date advice on health risks and vaccinations (see www.traveldoctor.com.au for locations and detailed vaccine information or phone 1300 658 844 for an appointment in Australia). Some vaccines require more than one dose, so arrange for your visit at least 4-6 weeks before you travel. Travellers living outside Australia and New Zealand will need to consult a similar organisation in their own country (please ask your travel agent for recommendations), but can still access the following link for information:

www.traveldoctor.com.au/travelreport.asp?UnqID=0.4630191&PageID=10&nav=personal-traveller

Acclimatisation to high altitudes (generally for trips over 3500 metres)

We take this very seriously, which is why we have one of the best safety records in the Himalaya. We have 30 years' experience in the region and our success rates on high altitude treks are very high. Our itineraries allow for a safe approach to high altitudes, following the guidelines set out by the Himalayan Rescue Association. We even carry Portable Altitude Chambers (PAC bags) for your safety and peace of mind on all treks proceeding above 4000 metres.

Our leaders are highly experienced mountain guides. Please follow their instructions very carefully as you ascend to high altitudes: walking slowly rather than hurrying, wearing sunglasses during the day, maintaining a high level of (non-alcoholic!) fluid consumption, not sleeping during the day, wearing adequate warm clothing are all factors of importance. Your leader will brief you fully on these considerations prior to the start of your trek.

In addition, if you are taking any medications with you which may have been suggested as an aid to acclimatisation - Diamox is quite commonly suggested - it is vital that you advise your leader in Kathmandu before you leave for the start of the trek. He will then discuss with you the advantages and disadvantages of taking this medication, and in particular when you should consider starting it and the duration for which it should be taken. Be aware that many trekkers have no need for such medication.

About this information

It is important that you should read these notes in conjunction with the detailed trip specific **Pre Departure Information**. This information is supplied to you at the time of booking and contains extensive information about subjects such as climate, clothing and gear, medical and visa matters, currencies, and other information about the countries visited.

The information provided here is given in good faith and has been compiled with all reasonable care. However, things change and some of the information may become out of date. Please keep this in mind when you read it and check with us if you want to be sure about something. The document was correct at time of printing, but you can check online for the most up to date version. If you have any queries, please contact your travel agent or our staff in Australia. We are here to help you!