

Himalaya
Indian
Sub-continent

everest base camp & island peak



trip highlights

- Climb Island Peak (6189m), a classic Himalayan trekking peak
- Trek to Base Camp before venturing to the next level on Island Peak
- Summit via the South Ridge for commanding views of the Everest region
- Enjoy a complete expedition service including climbing sherpas and meals
- Learn of Sherpa culture at its vibrant 'capital' Namche Bazaar
- Visit the stunningly situated monastery village of Thyangboche
- Maximise your chances of summit success with ample acclimatisation days built in
- Experience a breathtaking Himalayan mountain flight from Ramechhap to Lukla
- Immerse yourself in the sights and sounds of Kathmandu



Trip Duration	22 days	Trip Code: EIS
Grade	Entry level Mountaineering or Exploratory Treks	
Activities	Trekking	
Summary	22 day trip, 18 day trek/mountaineering, 16 nights private campsite/wilderness camping, 2 nights hotels, 3 nights eco lodge	

welcome to World Expeditions

Thank you for your interest in our Everest Base Camp & Island Peak trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost. Single supplement charges relate to nights spent at the Radisson Hotel in Kathmandu and our permanent eco-campsites. In other locations single rooms are allocated when available, during peak periods single rooms cannot be guaranteed in Lobuche and Gorak Shep.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

the trip

Step into the world of high altitude mountaineering with a climb on Island Peak! Our carefully devised itinerary offers an exceptional way to acclimatise safely, absorbing the incredible scenery of the Everest region before climbing Island Peak. To aid our acclimatisation for the upcoming climb, our first goal is to trek to both Everest Base Camp and nearby Kala Pattar for spectacular views of Mount Everest. To do this, we ascend slowly through Sherpa villages beyond the treeline into a barren, but dramatic land of ice, rock and towering peaks. For us, reaching Everest Base Camp is just the midpoint of our adventure. We then descend back down the valley and turn our attention towards our main goal, the climb of Island Peak. Summit day on Island Peak is moderately challenging, steeper than Mera with an airy summit ridge and the views from the summit are truly unforgettable. This trip is much more than just a hike through the Everest region. Island Peak is a great climb, with a rewarding summit day, and an ideal way to launch into the lofty world of Himalayan mountaineering.

at a glance

DAY 1	JOIN KATHMANDU
DAY 2	GEAR CHECK AND FREE DAY IN KATHMANDU OR DRIVE TO RAMECHAP (APPROX 5 HOURS)
DAY 3	FLY LUKLA (2800M). TREK TO GHAT (2530M). WALK APPROX 2 HOURS
DAY 4	TO MONJO (2850M). WALK APPROX 4-5 HOURS
DAY 5	TO NAMCHE BAZAAR(3440M). WALK APPROX 4-5 HOURS.
DAY 6	TO KYANGJUMA (3550M) - WALK APPROX 3-4 HOURS
DAY 7	TO PANGBOCHE (3930M), WALK APPROX 5-6 HOURS
DAY 8	TO DINGBOCHE (4360M)
DAY 9	REST DAY IN DINGBOCHE.
DAY 10	TO LOBUCH (4930M). WALK APPROX 6 HOURS
DAY 11	TO GORAK SHEP (5288M) AND KALA PATTAR (5545M). WALK APPROX 5 HOURS
DAY 12	TO BASE CAMP (5360 M). WALK APPROX 7 HOURS.
DAYS 13-14	TO CHUKKUNG & REST DAY
DAY 15	TO ISLAND PEAK BASE CAMP (5090M)
DAY 16	PREPARATION DAY AT BASE CAMP (5090M)
DAY 17	SUMMIT ISLAND PEAK (6189M) & RETURN TO BASE CAMP (5090M)
DAYS 18-19	RETURN TO NAMCHE
DAY 20	TO LUKLA (2800M). WALK APPROX 8 HRS.
DAY 21	FLY TO KATHMANDU OR RETURN VIA RAMECHAP
DAY 22	IN KATHMANDU, TRIP CONCLUDES

what's included

- 21 breakfasts, 19 lunches and 19 dinners including all meals on trek valued at US\$900
- World Expeditions mountaineering leader
- the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- World Expeditions duffle bag
- climbing pack including ice axe, crampons, harness and helmet
- airport transfers if arriving on day 1 and 22 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- Return flights to/from Lukla included
- 25kg luggage allowance on Lukla flights
- expert bilingual guide and group medical kit
- Portable high altitude chamber



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trip dates

2020 11 Oct - 01 Nov

2021 04 Apr - 25 Apr
10 Oct - 31 Oct

important notes

H - High Season

fast facts

Countries Visited:
Nepal

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is available for this trip*

Leader:
World Expeditions Accredited Mountaineering Leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

- good quality accommodation in Kathmandu
- all park entrance fees and trekking permits
- porters to carry personal and group equipment and porter's insurance

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

detailed itinerary

DAY 1 Join Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel
meals: NIL

DAY 2 Gear check and free day in Kathmandu or drive to Ramechhap (approx 5 hours)

This morning final gear checks will be held and afterwards we will depart for Thamel where any necessary items will be hired, ie plastic boots, or purchased. After the gear check we will depart for Ramechhap, a small town that operates flights to Lukla, the gateway of trekking in the Khumbu region. Our campsite will be in close proximity to the runway for our early morning flight to Lukla.

Overnight: Private eco-camp

* NB: At time of writing, flights from 1 December 2019 remain operational from Kathmandu to Lukla. This situation is subject to change and your leader will brief you on flight arrangements locally.

meals: B

DAY 3 Fly Lukla (2800m). Trek to Ghat (2530m). Walk approx 2 hours

We cross the road to take the short flight to the STOL airstrip at Lukla. This was the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvellous views of the Eastern Himalaya. At Lukla we are immediately impressed by the scale of the huge peaks that surround the village but

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thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Entry level Mountaineering or Exploratory Treks

These adventures are classed as expeditions. They involve either extreme trekking and or basic mountaineering. Expect remote and poorly defined trails in variable weather conditions for up to 12 hours a day (possibly more subject to weather conditions and altitude). This may include a number of demanding high pass crossings and evacuation may be difficult from remote areas. Suitable for first time mountaineers wishing to take the step from trekking into the realm of mountaineering. Prior experience trekking at altitude is desirable and you should be comfortable in adverse weather conditions. Prior technical mountaineering experience is not necessary. Terrain will involve low angle snow slopes. Ropes may be used during treks for glacier travel and steeper sections of ice and snow. When mountaineering, basic instruction is given by our mountaineering guides.

technical grading

Basic

The conditions are relatively straightforward and not technically difficult. Expect generally low angled slopes with no prolonged steep or exposed sections and glacier travel where participants are roped together. Abseiling may be required in short sections.

this is only a foretaste of what is to come. Our crew assemble and we head downhill towards the Dudh Kosi, a raging river that flows from the highest peaks. The broad and well-marked trail meanders around fields of potatoes and buck-wheat and passes through small villages, as we pass rows of tree dahlia to make our way to our first overnight stop at our private permanent campsite at Ghat.

meals: B,L,D

DAY 4 To Monjo (2850m). Walk approx 4-5 hours

Today we cross and re-cross the thundering glacial river, named "Dudh" (milk) Kosi (river) because of its colour. Sections of today's walk are through pine forest and cleared areas reveal terraced fields and a variety of crops. We pass small groups of donkeys and yaks carrying trading goods and trek-gear along the trail. We pass small groups of donkeys, yaks and dzopko carrying trading goods and trek - gear along the trail. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, more commonly found at higher altitudes. Spectacular mountain peaks unfold above us and seem to hover above the tree-line as they rise above the deep river valley. Shortly after leaving camp we cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamserku (6808 m) rises majestically, seemingly from the river floor.

We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus", and is mantra (chant) venerated by Buddhists and Brahmans alike.

Buddhists will walk to the left of these Mani Walls and chortens, but you may notice that people of the lowlands who have no knowledge of Buddhism do not follow this practice.

The allure of the mountains is hard to resist, but we must be patient, as it is very important to acclimatise slowly and thereby fully appreciate our time at higher altitude. Today's walk is not a long one, and you will be eager to press on. Slow down, and enjoy the journey. Overnight at our private permanent camp site above Monjo.

meals: B,L,D

DAY 5 To Namche Bazaar(3440m). Walk approx 4-5 hours.

This morning we pass through the gates of the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of firewood in the area and the few local people who have a permit to cut wood must gain approval from the authorities on the basis of personal usage. We follow the river course to the confluence of the Dudh Kosi and the Bhote Kosi, and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche, and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain.

Overnight: Eco-lodge

meals: B,L,D

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 6 To Kyangjuma (3550m) - Walk approx 3-4 hours

Our trek will start with an incline to Syangboche airstrip and along the ridgeline towards Everest View Hotel. This pleasant walk has magnificent views of the surrounding mountains including Everest, Lhotse, Thamserku, Khangtega, Ama Dablam and many more. After enjoying a quick tea and coffee break to the views, we will continue towards Khumjung village to visit Sir Edmund Hillary's famous "Schoolhouse in the clouds." This is the first school in the Khumbu region, built in 1961 with the help of Sir Edmund Hillary and The Himalayan Trust. The school originally opened with only two classrooms but has since expanded to cater for over 350 students of different ages. After visiting, we descend and follow the trail for approx 25 minutes to our new exclusive campsite at Kyangjuma. For those who are feeling the early effects of altitude can opt for a shorter acclimatization walk of around 2 hours directly from Namche to Kyangjuma.

Overnight: Private eco-campsite

meals: B,L,D

DAY 7 To Pangboche (3930m), walk approx 5-6 hours

The walk to Pangboche is one of the most spectacular trekking days in Nepal. The trail meanders easily around the ridges and Everest can be clearly seen on the horizon ahead before we descend through splendid rhododendron forests for lunch. After lunch we cross the Dudh Kosi and begin the ascent to the top of a long ridge which flows from the summit of Kantega. Our trail takes us through pine and rhododendron forest, and, as this is a devout Buddhist region, the wildlife is unharmed and not too shy. As a result there is a possibility that we may see Himalayan Thar, Musk Deer or pheasants in the forest and around our campsite. As we approach the ridgeline we pass through a traditional gateway and around a chorten before cresting the ridge onto a wide grassy meadow at the monastery village of Thyangboche. The monastery was re-built with the assistance of Sir Edmund Hillary after it was destroyed by fire in 1989. The views of the Everest massif, as well as all the other major peaks of the area are astounding. After a rest and visit to the monastery we head downhill to our private eco campsite at Pangboche.

meals: B,L,D

DAY 8 To Dingboche (4360m)

The early morning mountain views from the monastery are outstanding. Everest, Lhotse and Nuptse are at the head of the valley, their line of sight flanked by Tawatse on one side, and Ama Dablam on the other. Almost directly above us are Kantega and Thamserku. Completing a 360-degree panorama of mountains are Khumbli and Kongde Ri which encircle us from across the valley. From Thyangboche we head down to cross the Imja Khola before an easy climb along a wide, open trail to the small village of Pangboche (3901m). We may take a slight detour to visit the Pangboche Gompa - the oldest monastery in the Khumbu, said to

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be over 300 years old. The views of Ama Dablam, one of the Himalaya's most stunning peaks, are spectacular. Continuing on, we cross the river again and trek up to our camp at Dingboche, situated just beneath the impressive Ama Dablam.

meals: B,L,D

DAY 9 Rest day in Dingboche.

An important acclimatisation/rest day today with the option of hiking high up to the ridge overlooking the village, or perhaps up to Chukung Village. Excellent views of Nuptse, Lhotse, Chukung Peak and Imja Tse (6189 m) are had from both in the valley or from the ridge above the camp. Massive glaciers drape beneath cliffs that soar up to 3,500 metres in this dramatic valley.

meals: B,L,D

DAY 10 To Lobuche (4930m). Walk approx 6 hours

We are gaining altitude and it is important that we move at a slow, steady pace. The slopes are quite barren now as we have moved above the tree line. Views of different peaks, such as Cholatse and Lobuche, unfold before us in this contrasting and spectacular landscape. We move up the Dhugla Ridge and onto moraine towards Khumbu Glacier. Rock cairns can be seen, many of which are dedicated to the memory of climbers attempting the high mountains of the area, including Everest. The temperatures drop here as we are more exposed with our camp situated amongst this glacial moraine. We enjoy spectacular views all day today of Pumori and Nuptse. The hill above the town affords fine sunset views of Nuptse.

meals: B,L,D

DAY 11 To Gorak Shep (5288m) and Kala Pattar (5545m). Walk approx 5 hours

We trek alongside the Khumbu Glacier as the path winds over the rocky moraine towards the settlement of Gorak Shep. We are high, among the glaciers of the world's highest peaks. At the junction of two large glaciers and nestled in an amphitheatre of peaks, this campsite is spectacular. Pumori (7145m), Lingtren (6697m) surround our camp. Following our arrival at Gorak Shep we have an early lunch before ascending Kala Pattar. Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks atop the hill the views are spectacular. Most eyes are locked on the mass of Everest and its rocky buttresses immediately before us. Many of the famous ascent routes are quite clear. Below us the Khumbu Glacier snakes towards the icefall and Western Cwm. We can see the area where expeditions set their base camp but the original site was at Lake Camp, now known as Gorak Shep. Take a look in every direction and soak it in. The view south and our route out, is particularly beautiful. The air is clear and the sun is strong but as the sun sets it becomes very cold. Sunsets here can be stunning.

meals: B,L,D

DAY 12 To Base Camp (5360 m). Walk approx 7 hours.

By staying at Gorak Shep we can get an early start and the extra day of acclimatisation we have had by staying here will be invaluable on the walk to Base Camp. Although it has undoubtedly been a cold night we have time to comfortably ascend to the historic site and enjoy it to the fullest. Return to Gorak Shep.

meals: B,L,D

DAYS 13-14 To Chukung & rest day

We make our way down valley to Chukung where we spend a well earned rest day before continuing to our base camp on Island Peak. This is a good time to catch up on

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some washing and preparations for our climb. If you are still feeling energetic the hill behind Chukkung offers a nice ascent and the views of the glaciers on the opposite side are just reward.

meals: B,L,D

DAY 15 To Island Peak Base Camp (5090m)

Moving up the Imja valley, between Ama Dablam, Lhotse and a panorama of other peaks, we ascend onto lateral moraine to a camp in an ablation valley above the normal base camp for the climb.

meals: B,L,D

DAY 16 Preparation Day at Base Camp (5090m)

A day set aside to relax and prepare for the upcoming climb. Alternatively, this day may be used for a summit day, depending on various factors that will be considered by the guide at the time.

meals: B,L,D

DAY 17 Summit Island Peak (6189m) & return to Base Camp (5090m)

An alpine start sees us climbing steeply up the lower flanks of the south-east face. The track is well used as this is a popular peak. At times there is a bit of rock scrambling and the rocky spur takes us to a snow ramp that leads to the upper snow fields. The peaks of Makalu and Lhotse come into view as we climb higher. Upon crossing the upper neve, it is necessary to fix ropes up a short but steep ice face that leads on to the summit ridge. The summit ridge is a classic alpine ridge and quite exposed, (we fix ropes here also) and traverse our way to the summit. Although Island Peak appears dwarfed by the seven and eight thousanders surrounding it, it provides a magnificent vantage point to all the peaks south of the stupendous Lhotse face. After some exhilarating moments on the summit we descend by the same route back to base camp.

meals: B,L,D

DAYS 18-19 Return to Namche

We have two days set aside for the return walk back to Namche. We are fit and acclimatised with the added benefit of much of the trek being downhill. We descend the valley from Base camp, trekking adjacent to a large glacial lake to our left and passing through spectacular high mountain scenery. There are yak pastures and several huts which are used seasonally by the local people, but little else until we reach the settlement of Chukhung. We generally overnight at Dingboche, but this will depend upon group movement. The following night we overnight at Namche in an eco-lodge.

meals: B,L,D

DAY 20 To Lukla (2800m). Walk approx 8 hrs.

Retracing our steps along the valley, we pass through a variety of settlements and forests enroute to Lukla. We savour our final mountain sunset as we complete this exhilarating journey. Our last evening of the trek is a perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here.

Overnight: eco-lodge

meals: B,L,D

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DAY 21 Fly to Kathmandu or return via Ramechhap

We start the day with a scenic flight over forests and villages to Kathmandu directly or to return via Ramechhap. Upon arrival, you will be transferred back to the Radisson Hotel and have the remainder of the afternoon free. There will be plenty of time to relax or do some last minute shopping/sightseeing.

Overnight: Radisson Hotel or similar

meals: B

DAY 22 In Kathmandu, trip concludes

After breakfast arrangements cease unless further ones have been made. Those people departing by aircraft will be transferred to the airport.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- Chitwan safari
- Lhasa Highlights

am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

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country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

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mountain flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash, travellers cheques, or credit cards (Visa Cards, American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. For Mountaineering trips, the maximum luggage allowance on these flights is 25kg per person including the weight of your hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

private eco campsites

The Everest area is a built up region. It's the homeland of the Sherpa people and the highest mountains on earth. As a result, it is Nepal's most popular tourism region for trekkers. Over time, villages in the area have grown with scores of lodges, restaurants and trekking equipment shops. We have observed many companies change over from camping to lodge/tea house trekking with these developments. These accommodations are reliant on wood from the region for heating, cooking and to generate warm showers. Some have solar technologies which are crude and not consistently functional as they rely on fine weather conditions. World Expeditions has always argued that lodge/tea house trekking is therefore a drain on a natural resource which is becoming increasingly scarce. We cannot consciously contribute to this problem which is now termed as a deforestation crisis. Our private eco campsites provide innumerable benefits. Firstly, we are able to continue our philosophy of offering camping treks which is the most sustainable type of trekking, whilst offering a greater level of comfort as a result of the construction of a permanent dining room structure which will replace the traditional mess tent. Meals will be taken in the dining rooms, and at the end of the trekking day, you may relax with cushioned seating and a pot belly stove that is fueled by yak dung and not wood, to warm the room. There are no smoke emissions in the room as the chimney carries it outside. An ablution block comprising of several toilets with composting western sit toilets and hand basins are also installed in our camps. Our camps create an atmosphere of privacy and exclusivity and come with fine views of the mountains - a place where our travellers and staff come together, and where camaraderie and friendships are formed. We know this to be a highlight of our camping treks and consistently receive feedback that

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overwhelmingly supports this. Finally, our camping treks employ many local people – a workforce of up to 25% more than a lodge trek provides.

Hot shower facilities are available at some locations in the Everest region. These locations are: Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo. There will be a small charge of between 300-650rps to utilise this service, and it is subject to availability. Most, but not all, World Expeditions trips in the Everest region visit one or more of these locations.

wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack and some climbing equipment (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep

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- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

*Porters also receive life insurance and income protection insurance.

*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

*Porters are not to carry more than 30kgs.

*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources. By joining a trek with



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World Expeditions you are supporting a sustainable trekking service, rather than depleting natural resources. Camping, rather than staying in tea houses, ensures we can fulfill this.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple entry Nepal tourist visas are easily obtained on arrival at Tribhuvan International Airport (Kathmandu). You can collect the application form required to obtain your visa on arrival, from your reservation consultant or at the Kathmandu Airport on arrival., two passport sized photographs are needed to accompany your application. Proceed to the cashiers desk to pay the application fee, we recommend cash for this and although the preferred payment is USD, AUD, CAD and GBP will also be accepted very readily at the exchange rate of the day. Visa costs are:

US\$25 – 15 days

US\$40 – 30 days

US\$100 – 90 days

You will then be issued a receipt. Proceed to the immigration desk with your application, receipt and passport for processing and issuance.

There is an official online application portal (<https://online.nepalimmigration.gov.np>) that allows you to submit and print your application prior to arrival, maximum 15 days prior to arrival, as well as electronic kiosks that allow you to complete your application form inside the terminal. These remove the need to carry passport photographs as the electronic versions of your image are supplied as part of the process. However, at the time of writing both the online application portal and the in terminal kiosks could on occasion not function properly.

Queues are common during peak tourist arrival times, especially at the visa application counters. In order to skip the bulk of the queues you are able in many cases to apply for your visa at your nearest Nepalese diplomatic mission. The location and contact details of your nearest mission can be found at <https://nepalembassy.gov.np>. Visa fees are often comparable to that paid on arrival though you will need to consider the courier costs associated in sending your passport to and from the appropriate mission. Please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE, ie. you must enter and depart Nepal within six months of the date of issue of the visa.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

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private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

social networking

Connect with us on social

FACEBOOK: @worldexpeditions

Like our page at facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

Follow us at instagram.com/worldexpeditions

YOUTUBE: World Expeditions

Subscribe to our channel at youtube.com/worldexpeditions

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.