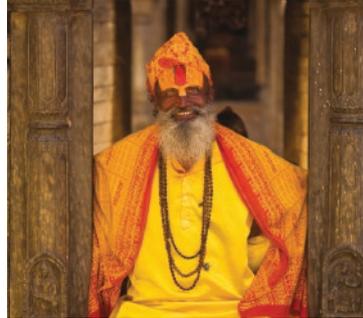


Himalaya
Indian
Sub-continent

everest base camp & kala pattar



trip highlights

- Trek to the iconic Everest Base Camp with support from our experienced team of guides, crew and porters
- Climb Kala Pattar (5545m) for unrivalled views of Everest, Lhotse, Nuptse and surrounding peaks
- Experience the breathtaking mountain flight to Lukla
- Immerse yourself in colourful Kathmandu
- Experience the warmth and hospitality of the Sherpa people



Trip Duration	17 days	Trip Code: EBC
Grade	Moderate	
Activities	Trekking	
Summary	17 day trip, 13 day trek, 2 nights hotels, 10 nights private eco campsites, 4 nights eco lodge	

welcome to World Expeditions

Thank you for your interest in our Everest Base Camp & Kala Pattar 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?

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. Every trek is accompanied by an experienced local leader trained in remote wilderness 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. A highlight of trekking with World Expeditions in the Everest region is the development of our unique eco friendly private eco campsites. You will enjoy a full service trek including 3 wholesome meals each day prepared to the highest standards of hygiene and served in our heated dining rooms where you are welcome to relax on cushioned seating at the end of each trekking day. Our tented accommodation is in locally made, head high tents with comfortable camp beds, and we supply you with high quality 4 season, down sleeping bags in your trek pack. Bathrooms in our camps comprise of composting toilets and convenient wash basins. In the main villages we stay in handpicked eco lodges, and in Kathmandu we use an excellent centrally located 4 star hotel. You can be sure that when booking a World Expeditions trek in Nepal there will be no hidden costs - our all inclusive treks represent the best value for money. 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. We invite you to read more about our sustainable travel practices and philosophies in these trip notes.



everest base camp & kala pattar

The classic trek through Sherpa villages to the base of Mount Everest and Kala Pattar



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.

trip dates

2020

- 13 Sep - 29 Sep
- 27 Sep - 13 Oct
- 30 Sep - 16 Oct
- 04 Oct - 20 Oct
- 11 Oct - 27 Oct
- 17 Oct - 02 Nov
- 25 Oct - 10 Nov
- 01 Nov - 17 Nov
- 15 Nov - 01 Dec
- 23 Dec - 08 Jan

2021

- 03 Jan - 19 Jan
- 17 Jan - 02 Feb
- 19 Feb - 07 Mar
- 10 Mar - 26 Mar
- 24 Mar - 09 Apr
- 07 Apr - 23 Apr
- 21 Apr - 07 May
- 12 May - 28 May
- 15 Sep - 01 Oct
- 22 Sep - 08 Oct
- 13 Oct - 29 Oct
- 20 Oct - 05 Nov
- 10 Nov - 26 Nov
- 24 Nov - 10 Dec
- 08 Dec - 24 Dec
- 22 Dec - 07 Jan

fast facts

Countries Visited:
Nepal

Visas:
Yes*

Vaccinations:

the trip

Our trek to the base of Mount Everest brings you the quintessential trekking experience. This carefully devised itinerary reflects our proven track record, with time for safe acclimatisation - the key to any successful trek in the Everest region. We ascend in true expedition style with our guides, crew and porters on our Everest Base Camp trek. Our trail leads through the famous villages of Namche and Khumjung as well as Thyangboche monastery that reflect the renowned Sherpa culture. We include ascents to Kala Pattar (5545m) from where you can see the classic climbing routes all the way to the summit of Mount Everest. A foray is also included to Everest Base Camp from where expeditions prepare to climb the world's highest peak. Be a thoughtful traveller via our initiatives such as 10 Pieces litter collection, porter welfare, Leave no Trace and by avoiding to burn wood. All nights are spent in our exclusive private eco campsites and hand picked eco lodges.

at a glance

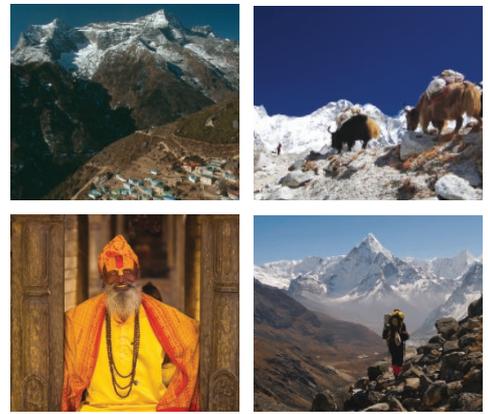
DAY 1	ARRIVE IN KATHMANDU
DAY 2	FREE DAY IN KATHMANDU OR DRIVE TO RAMECHAP (APPROX 5 HOURS)
DAY 3	FLY LUKLA (2800M). TREK TO GHAT (2530M). WALK APPROX 2 HOURS
DAY 4	TO MONJO (2850M). WALK APPROX 4-5 HOURS
DAY 5	TO NAMCHE (3440M). WALK APPROX 4-5 HOURS
DAY 6	TO KYANGJUMA (3550M) - WALK APPROX 3-4 HOURS
DAY 7	TO PANGBOCHE (3930M), WALK APPROX 6-7 HOURS
DAY 8	TO DINGBOCHE (4360M), WALK APPROX. 3-4 HOURS
DAY 9	REST DAY IN DINGBOCHE
DAY 10	TO LOBUCH (4930M). WALK APPROX 6 HOURS
DAY 11	TO GORAK SHEP (5288M) & BASE CAMP (5360M). WALK APPROX 7-8 HOURS
DAY 12	KALA PATTAR (5545M), & TREK DINGBOCHE (4330M), WALK APPROX. 7-8 HOURS
DAY 13	TO KYANGJUMA (3550M). WALK APPROX 7 HOURS
DAY 14	TO MONJO (2850M), WALK APPROX. 5-6 HOURS
DAY 15	TO LUKLA (2800M). WALK APPROX 5-6 HOURS
DAY 16	FLY TO KATHMANDU OR RETURN VIA RAMECHAP
DAY 17	TRIP CONCLUDES KATHMANDU

what's included

- 16 breakfasts, 14 lunches and 14 dinners (including boiled drinking water on trekking days and all meals on trek valued at US\$650)
- Airport transfers if arriving on day 1 and 17 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- Return flights to/from Lukla included
- An extra 5kg luggage allowance on Lukla flight, total 20kg
- Good quality accommodation in Kathmandu
- Accommodation on trek in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows
- 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)
- Souvenir World Expeditions kit bag
- All park entrance fees and trekking permits

everest base camp & kala pattar

The classic trek through Sherpa villages to the base of Mount Everest and Kala Pattar



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:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

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 Arrive in 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 Free day in Kathmandu or drive to Ramechhap (approx 5 hours)

Depending on the season, you will either have a free day to explore Kathmandu's bustling streets and significant landmarks or embark on a bus ride to Ramechhap, a small town that operates flights to Lukla, the gate way trekking in the Everest region.

Overnight: Radisson Hotel or Private eco-camp

* NB: At time of writing, flights from 1 December 2019 to February 2020 remain operational from Kathmandu to Lukla. This situation is subject to change and your leader will brief you on flight arrangements locally.

meals: B

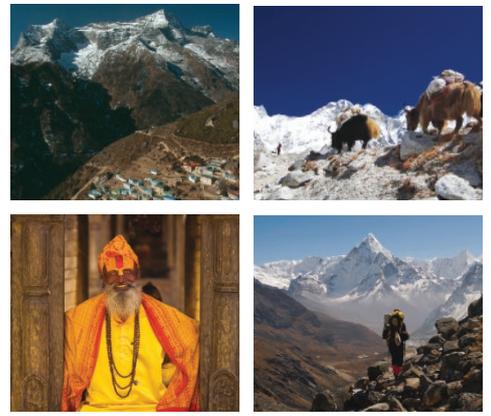
DAY 3 Fly Lukla (2800m). Trek to Ghat (2530m). Walk approx 2 hours

We have an early start with a short flight to STOL airstrip at Lukla. The Tenzing-Hillary Airport in Lukla was established by Sir Edmund Hillary to help access the Everest region and the Sherpa people. It is a picturesque flight with marvelous views of the Eastern Himalaya. Once at Lukla we are immediately presented with views of huge peaks surrounding the village, offering a glimpse of what is to come. Our crew assembles 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, passing through small villages and rows of dahlia trees to our first overnight campsite at Ghat.

Overnight: Private eco-camp
meals: B,L,D

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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 Moderate

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains. To prepare for a moderate trek you should begin training at least four to five months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

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. 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: Private eco-campsite

meals: B,L,D

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

This morning we cross the green/aqua waters of the Dudh Kosi and pass through the gates of the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area. Self-contained trek groups must use only kerosene fuels for cooking, a philosophy we follow everywhere in Nepal, whether we are in a national park or not. Tea-houses and lodges are encouraged to use kerosene, yak dung or electricity but unfortunately continue to use mostly fire-wood for cooking, heating and for hot water for trekker's showers. This practice continues to deplete the forests. 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

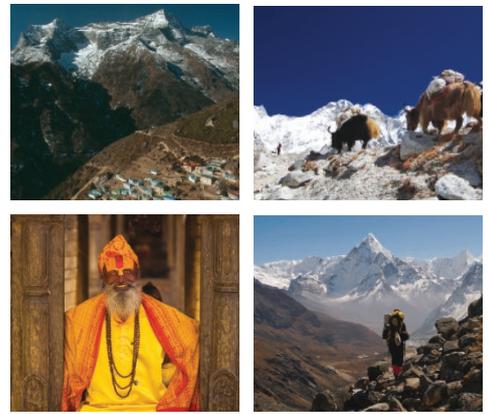
meals: B,L,D

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. We are welcomed with magnificent views of the surrounding mountains including Everest, Lhotse, Thamserku, Khangtega, Ama Dablam and many more. After a quick break, we continue towards Khumjung

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The classic trek through Sherpa villages to the base of Mount Everest and Kala Pattar



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.

and visit Sir Edmond Hillary's famous "Schoolhouse in the clouds." This school was the first in the entire Khumbu region being built in 1961 with the help of the Sir Edmond Hillary and the Himalayan Trust. The school originally opened with only two classrooms but has since expanded to cater for over 350 students. 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 6-7 hours

The walk to Pangboche is one of the most spectacular trekking days in Nepal. The trail starts with a gradual descent through rhododendron and pine forests as we approach a suspension bridge to cross the Dudh Kosi. We start our climb through pine forests to the top of a long ridge which flows from the summit of Kantega. If we are lucky, we may come across local wildlife including the Himalayan Thar, Musk Deer and the vibrant Danphe Pheasant, the national bird of Nepal. A traditional gateway and chorten welcomes us to the village of Thyangboche. From the steps of the Monastery we will be rewarded to a clear view of Everest between Nuptse and Lhotse as well as Peak 38, Shartse and Ama Dablam. Thyangboche is considered the spiritual heart of the Khumbu Valley and the monastery was re-built with the help of Sir Edmond Hillary after being decimated by a fire in 1989. We continue down hill to Deboche for lunch before making our final push to Pangboche.

Overnight: Private eco-campsite
meals: B,L,D

DAY 8 To Dingboche (4360m), walk approx. 3-4 hours

We follow the Imja Khola to stunning views of Everest, Lhotse, Kantega, Thamserku, Ama Dablam and Nuptse as we descend into the valley and cross the suspension bridge. As we reach the town of Shomare, we gradually ascend above the tree line where the terrain becomes increasing sparse, barren and dotted with high altitude shrubbery. The views of mountains are spectacular as we reach our overnight campsite at Dingboche, situated just beneath the impressive Ama Dablam.

Overnight: Private eco-campsite
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 (6189m) 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.

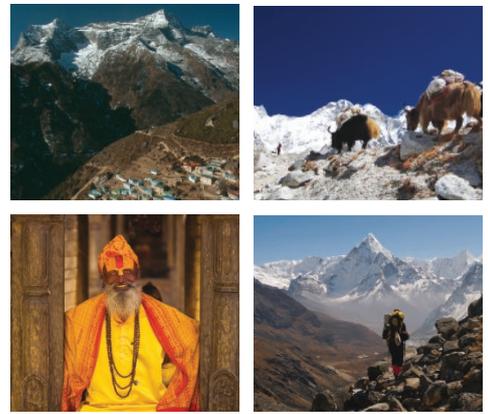
Overnight: Private eco-campsite
meals: B,L,D

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 move 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 the 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

everest base camp & kala pattar

The classic trek through Sherpa villages to the base of Mount Everest and Kala Pattar



temperatures drop here as we are more exposed 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. Overnight eco lodge.

meals: B,L,D

DAY 11 To Gorak Shep (5288m) & Base Camp (5360m). Walk approx 7-8 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. Following our arrival at Gorak Shep we have an early lunch before we commence our trek to Everest Base Camp. In the pre monsoon season many expeditions can be seen at base camp and this excursion is one of the highlights of the trek. Overnight lodge.

meals: B,L,D

DAY 12 Kala Pattar (5545m), & trek Dingboche (4330m), walk approx. 7-8 hours

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. In the afternoon we make the return trek to our private eco camp at Dingboche, soon after setting off we reach the site of a row of cairns to Sherpa climbers who died on Everest, before we continue to the small settlement at Tugla. Our path on an old lateral moraine takes us to the sheltered village of Dingboche and our permanent camp. To the east at the head of the Imja Khola valley sits the pyramid peak of Imja Tse (6189 m). This afternoon we can walk up the ridge behind Dingboche for sunset views of Nuptse, Lhotse and Chhukung Peak.

meals: B,L,D

DAY 13 To Kyangjuma (3550m). Walk approx 7 hours

There may be a tendency to rush as we gradually descend downhill but there is still much to appreciate. We follow the Imja river and eventually cross the Pheriche river to our lunch stop at Deboche. We continue after lunch through serene rhododendron and birch forests to reach Thyangboche monastery and our overnight camp at Kyangjuma.

Overnight: Private eco-campsite

meals: B,L,D

DAY 14 To Monjo (2850m), walk approx. 5-6 hours

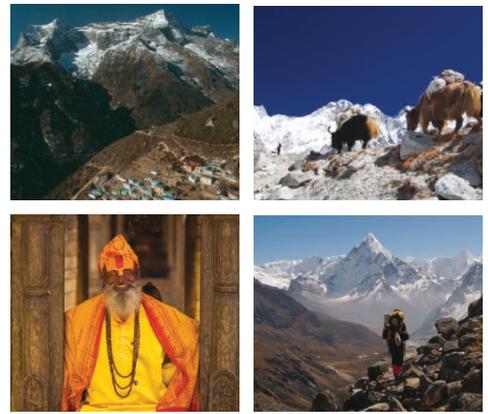
If the weather is clear, the mountain views as we approach Namche Bazaar are outstanding. As we approach the end of our trek, we have time to peruse the Tibetan shops for souvenirs or even wander the Sherpa capital and relax with a coffee. Leaving Namche we descend through the forest towards the Dudh Kosi, and continue our return journey crossing and re-crossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world. We exit Sagarmatha National Park and reach Monjo for our overnight camp.

Overnight: Private eco-campsite

meals: B,L,D

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The classic trek through Sherpa villages to the base of Mount Everest and Kala Pattar



DAY 15 To Lukla (2800m). Walk approx 5-6 hours

Retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savour our final mountain sunsets of the trek 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

DAY 16 Fly to Kathmandu or return via Ramechap

We start the day with a stunning morning flight over forests and villages to Kathmandu directly or to return via Ramechap. 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 17 Trip concludes Kathmandu

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
- Kathmandu to Delhi
- Ancient Varanasi & the Ganges
- Ancient City of Lhasa

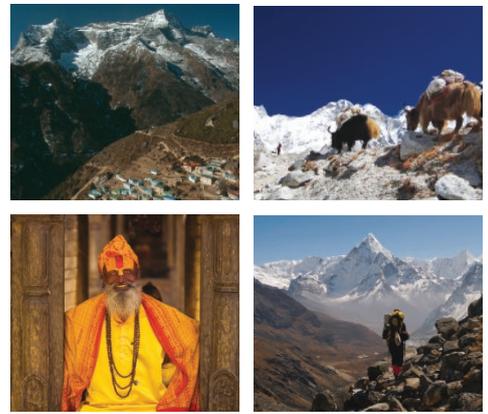
country information

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.

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The classic trek through Sherpa villages to the base of Mount Everest and Kala Pattar



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.

mountain flights

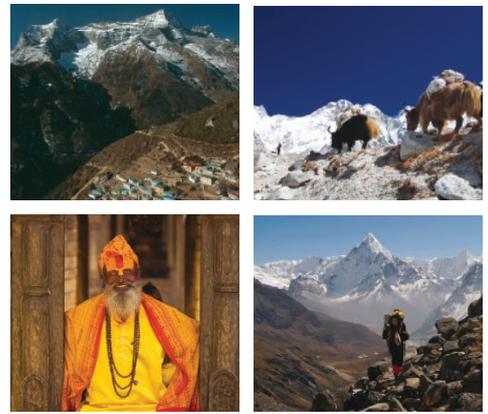
Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The 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, Mastercard & 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. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for 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

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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 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 of more of these locations.

eco lodges

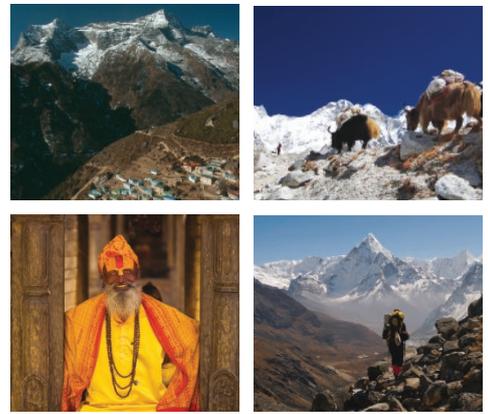
In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we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

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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.

equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a kit bag, quality sleeping bag, down or fibre fill jacket, sleeping liner and insulated mat (valued at over US\$500). Further, our porters and guides are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. The Radisson Hotel is situated in Lazimpat, a quiet and central area of Kathmandu. Only a short 12 minute walk to the main tourist district of Thamel, the Radisson acts as a base for World Expeditions travellers. The hotel has a World Expeditions tour desk in the foyer, free WIFI, a pool and bar, restaurants, room service, currency exchange and free luggage storage whilst you are on trip. A hearty buffet breakfast is included with every night stay in the Radisson. The Tranquility Spa, within the Radisson offers massage, reflexology, steam room and sauna, plus many beauty treatments for your enjoyment - as a World Expeditions client you will receive a 30% discount off the retail prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

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

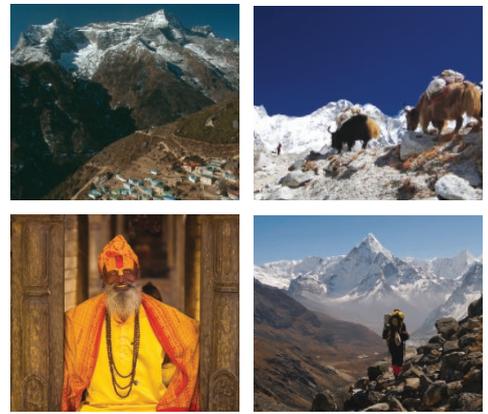
Specialist gear required includes walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

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

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ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- 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:

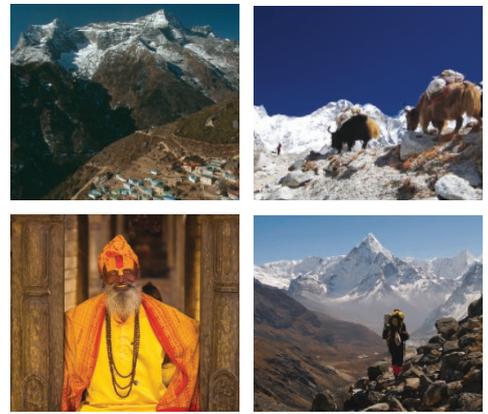
International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

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

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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.

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.

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](https://www.facebook.com/worldexpeditions)

Like our page at facebook.com/worldexpeditions

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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



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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.