MOUNT EVEREST BASE CAMP

Follow in the footsteps of Sir Edmund Hillary and take on the world’s tallest mountain. Guided by the legendary Sherpa, you will trek to Everest Base Camp for truly spectacular views of Mount Everest and the Himalayas.

Day 1: Arrive in Kathmandu, transfer to hotel, and welcome dinner
Day 2: Fly from Kathmandu to Lukla and then trek to Phakding
Day 3: Trek from Phakding to Namche Bazaar
Day 4: Acclimatisation day in Namche Bazaar
Day 5: Trek from Namche to Tengboche
Day 6: Acclimatisation day in Tengboche - optional side trek
Day 7: Trek from Tengboche to Pheriche
Day 8: Acclimatisation day in Pheriche - optional side trek
Day 9: Trek from Pheriche to Lobuche
Day 10: Trek to Lobuche, Everest Base Camp and then back to Gorakshep
Day 11: Hike up to Kala Pattar and then retrace our steps back to Lobuche via Gorak Shep
Day 12: Trek from Lobuche to Dingboche
Day 13: Trek from Dingboche to Tengboche
Day 14: Trek from Tengboche to Namche
Day 15: Trek from Namche to Lukla Kangru along this route.
Day 16: Flight from Lukla to Kathmandu
Day 17: Free day
Day 18: Fly home

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Visit the world’s most famous mountain
Snow-capped peaks and huge glaciers
Trek through Sherpa villages

Everest Base Camp Trek
For an epic adventure, take on the world’s tallest mountain and trek to Everest Base Camp. You will experience mind-blowing Himalayan views of snow-capped mountains, huge glaciers, the rich and vibrant Sherpa culture and you'll stay in tea houses in remote mountain villages. This is the most famous and well-known trek in the world!

When trekking to Mount Everest you will be following in the footsteps of famous mountaineers on their quest to conquer the highest peak on earth. The locals refer to Mount Everest as “The Goddess Mother of the World”, a reflection of the sheer size, beauty, and power of this mammoth mountain.

A small airplane will fly you from Kathmandu to Lukla, the magical gateway to the Everest Region. On board you’ll have dramatic views of Mount Everest and the Himalayas. Then the real adventure begins as you will spend the next 14 days trekking in the Everest National Park. Our expert Sherpa porters will carry your rucksack the entire journey allowing you to take in the breathtaking scenery. The basic yet charming tea houses, where you will spend your nights, are warmed by toasty fires and you will enjoy hot meals and drink, western toilets and hot water showers.

3 Acclimatisation Days When trekking to Everest Base Camp
Our itinerary includes 3 acclimatisation days, 1 day more than is included in standard itineraries, which means that almost everyone makes it Everest Base Camp. You will stay in the same mountain teahouse and at the same altitude for 2 consecutive nights allowing you to acclimatisate well. During your acclimatisation days, there are side trails to trek and places to visit, such as monasteries and villages. Many trekkers may just want to relax, rest and build up their energy for the days to come.

Taking into account the 3 acclimatisation days, only 11 of the 14 days are spent trekking (seven on the way up and four on the way down). The uphill trekking will be difficult, but the return journey becomes progressively easier as you descend and the air becomes more oxygen-rich.

Due to the high altitude, the nights can be cold; however there is nothing more refreshing after a hard day’s trekking than sitting around the roaring fires in the teahouses enjoying a warm drink in a relaxed atmosphere.

Mount Everest Region
The Mount Everest region is largely composed of rugged terrain and awe-inspiring views of the dramatic mountain range, Nepal’s largest glaciers, ice falls, high altitude lakes, and ancient monasteries. There is an abundance of teahouses with good facilities (you will not usually walk more than an hour without passing one) as well as hospitable Sherpa communities. Here you can experience the rich culture and way of life of elite mountaineers and Mount Everest experts.

Everest Base Camp Trek and Kala Pattar
Contrary to popular expectations, there is no view of Mount Everest from Everest Base Camp. The spectacular views are actually seen from Kala Pattar. First we will trek to Everest Base Camp to see the tents of mountaineers preparing for their ascent, and then we will trek to Kala Pattar for the highlight of your trek.

Fixed monthly departures dates in October to May, or select your own departure date

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Day 1: Arrive in Kathmandu, transfer to hotel, and welcome dinner (1350m)

When you arrive in Kathmandu, you will be collected from the airport and transported to your hotel. If you arrive early in the day, you can choose to take part in a sightseeing tour of Kathmandu, rest in your hotel for the afternoon, or just explore Kathmandu at your own pace.

The city has an abundance of appetising restaurants and cafes that cater to Western tastes. There is also a wonderful array of artisan shops selling everything from masala teas to luxurious pashminas to traditional Buddhist tankas (paintings that represent the images and stories of the Buddha).

Kathmandu is a chaotic, yet charming city that can be an experience in itself. Many tourists become simply enthralled while wandering its labyrinthian streets and watching its unique city life unravel before them.

Day 2: Fly from Kathmandu to Lukla and then trek to Phakding (2640m)

We fly from Kathmandu (1350m) to Lukla (2886m) in a small airplane and we will see an amazing aerial view of Mount Everest. The flight lasts about 40 minutes, and from Lukla we will trek for 3 hours to Phakding (2640m). Depending on the time of our morning flight, we may have breakfast in Kathmandu or Lukla. From Lukla, we will have great views of Kusum Kangru (6369m). The trail to Phaking has numerous ascents and descents through forests and rocky cliffs.

Day 3: Trek from Phakding to Namche Bazaar (3440m): 5 hours

The distance between Phakding and Namche Bazaar is not that far, however, the high altitude can make this trek difficult. The best strategy is to trek at a slow and gentle pace. Namche Bazzaar is a large town surrounded by two great valleys, Dudh Kosi and Bhote Kosi. It is also the gateway to Mount Everest. There are well-stocked markets and shops giving you one last chance to buy anything that you may have forgotten.

Day 4: Acclimatisation day in Namche Bazaar (3440m)

We will spend a second night at Namche Bazaar, which is a great place to spend an extra when acclimatising. Even if you feel fantastic, it is important to sleep at this altitude as it will help in your ascent to Everest Base Camp. During the day, you can hike to the Sherpa village of Thami or Khumjung, or you can choose to relax and explore the mountain village of Namche.

Day 5: Trek from Namche to Tengboche (3860m): 5 hours

On the trek to Tengboche, we will experience our first great views of the Everest, Lhoste, Nuptse, and Ama Dablam peaks. The trail has a steep descent towards a bridge over the Dudh Kosi. Then we climb up a zigzagging path through rhododendron bushes. There are some superb mountain sceneries towards Tengpoche, which is famous for its legendary monastery - the largest in the Everest Region.
Day 6: Acclimatisation day in Tengboche (3860m) - optional side trek

This is the second day and night we will dedicate to acclimatisation. You can hike to Pangboche, climb the hill in Tengboche for great views, or explore the monastery. Without a second day of acclimatisation, you are likely to suffer from headaches or more severe symptoms of altitude sickness further up the trail.

Day 7: Trek from Tengboche to Pheriche (4312m): 5-6 hours

The trail starts with a steep descent through woods towards a suspension bridge over the Imja Khola River. Then we begin a steady climb up to Pheriche via Pangboche, which houses the most ancient monastery in the region.

Day 8: Acclimatisation day in Pheriche (4312m) - optional side trek

As it is important to ascend slowly. As such, we will spend our third and final acclimatisation day in Periche. There are many day hikes you can take from here, or you can simply have a day of rest and save your energy for the days to come.

Day 9: Trek from Pheriche to Lobuche (4920m): 4-5 hours

The trail continues up the wide valley beneath the impressive peaks of Cholatse (6440m) and Tawoche (6542m). Afterwards, the climb gets steeper to reach the foot of the Khumbu glacier. It then zigzags up through the boulders of the glacier terminal moraine. Here there are superb views of Nuptse.

Day 10: Trek to Lobuche, Everest Base Camp (5400 m), and then back to Gorak Shep (5140m)

The trail continues along the side of the Khumbu glacier. The path becomes rocky and awkward as we keep climbing across the moraine. The sugar loaf dome of Pumori (7145m) lies directly ahead. On the right-hand side, Nuptse rises in a sheer spire and behind it is an elusive sight of Everest.

You will have all afternoon at Gorak Shep to rest. You may also choose to continue on for an additional 6 hours to Everest Base Camp and back. Contrary to popular expectations, Everest Base Camp, whilst still a fascinating place, does not provide any views of Everest. It is the following day at Kala Pattar that you get the amazing panoramic views.

If you are feeling tired and suffering from any altitude symptoms, it is recommended that you save your energy and rest for the following day’s trek to Kala Pattar, one of the highlights of the trip.

Day 11: Hike up to Kala Pattar (5545m) and then retrace our steps back to Lobuche (4920m) via Gorak Shep: 7 hours

Making the most of the clean morning air, we will trek to Kala Pattar. This is one of the most rewarding parts of the trip, as it is from here that you get the most impressive views of Everest. We will follow an intricate route threading its way between crevasses, almost translucent ice pinnacles, and over moraine ridges.

We will glimpse an unforgettable vista from Kala Pattar: Ama Dablam, Makalu, Nuptse, Lhotse, and the impressive black pyramid of Everest. We will then retrace our steps to Gorak Shep and return to Lobuche.
Day 12: Trek from Lobuche to Dingboche (4410m): 5 hours

In Dingboche, we will earn well-deserved views of Ama Dablam, Cholatse, Cho Oyo, Island Peak, Lhotse, and Makalu. We will trek through high pastures and small stone villages of Sherpa summer houses used by the Sherpa in yak herding season.

Day 13: Trek from Dingboche to Tengboche (3860m): 5 hours

From Dingboche, we will descend the Imja Khola Valley. As you are descending over 5000m to below 4000m, you should notice a difference in your body and most probably you will feel that you have more energy.

Day 14: Trek from Tengboche to Namche (3440m): 3 hours

This is the same route as Day 5, but in reverse. There are some superb mountain scenes from Tengpoche towards Namche, and you will be able to see experience them for a second time.

Day 15: Trek from Namche to Lukla (2840m): 5-6 hours

As we have acclimatised and will be descending even further, we will trek the same route as the first two days, but in one day. You will be exposed to great views of Kusum Kangru (6369m) along this route.

Day 16: Flight from Lukla (2840m) to Kathmandu (1310m)

We will do some sightseeing in Kathmandu, and you will have the opportunity to buy souvenirs from many artisan shops. We always have two days of sightseeing included in the trip, as there are occasional delays from the airport in Lukla to Kathmandu and we do not want you to miss your flight home.

Day 17: Free day

We always include an extra free day in Kathmandu as on occasions there are flight delays from Lukla and we like to be cautious. Kathmandu is also an exciting city to explore.

Day 18: Fly home
What is included in the trip?

Airport transfers
Trekking permits
All accommodation - hotels in Kathmandu and teahouses in the mountains
Guides and porters
Return flights to Lukla airport (foothill of Everest region)

Rooms are based on 2 people sharing a twin room

If you are a solo traveller you will be matched with another solo traveller of the same gender. In the tea houses in the mountains, occasionally the rooms are based on an occupancy of 3. This is determined by the tea house and the rooms available. If you prefer a single’s supplement can be paid so that you have your own hotel in Kathmandu.

What is not included in the trip?

Visa for Nepal
International flights
Personal travel insurance
Food
Equipment such as a rucksack, boots, and a sleeping bag

When is the best time of year to go?

There are 2 main trekking seasons in Nepal; October to November and March to May. However you can go all year round.

Who carries my things when trekking?

Our porters will carry up to 12kgs of weight for each trekker. This is included in the price of each trek. We plan for 1 porter for 2 trekkers in accordance to the guidelines set out by the International Porter Protection Group. If you would like more weight to be carried, please let us know. In general 12kg is more than sufficient.

Most trekkers carry a day pack that includes water, sun cream and a jumper etc.

Accommodation

It is very important that you understand that the accommodation on the trek is very basic. Please expect to stay in a room similar to the one below:

Tea houses are basic clean guesthouses made from stone and wood, typically they have rooms that have two single beds with a shared bathroom outside the room. Below is a picture of a basic tea house and depending on the village you’ll often stay in tea house of a slightly better standard.

For more information on what to expect please see our article on tea house accommodation

Altitude and acclimatisation

The altitude of the Everest Base Camp Trek classifies the trek as difficult. The trek includes 3 acclimatisation days when you will stay in the same mountain teahouse and at the same altitude for 2 consecutive nights allowing you to acclimitise well. How you cope with high altitude is largely determined by genetics, therefore a trekker with the same fitness level as another trekker may find the trek less demanding.

During your acclimatisation days, there are side trails and places to visit, such as monasteries, so you will certainly have activities to engage in if so choose. Many trekkers may just what to relax, rest, aclimatis, and build up their energy for the days to come.
To combat the possibility of developing **altitude sickness** symptoms, our porters will be carrying your heavy items (12kg limit), we will have frequent breaks and there will be 3 acclimitisation days. Many trekkers take anti-altitude sickness tablets called Diamox. Diamox, which help the body to adjust to increased levels of carbon dioxide due to the higher altitude. As recommended by the **NHS**, a dosage of 125mg to 250mg twice daily starting two days before the trek is generally appropriate. Once you have reached the highest altitude, you should continue the dosage for 3 more days. Individuals worried about their physical capacity to complete the trek or who want more information about Diamox should consult their doctor.

**Fitness levels**

The Everest Base Camp Trek is classified as difficult due to the high altitude, number of hours trekking per day and steep inclines.

We recommend that all trekkers exercise 3 to 4 times a week prior to the trek as the fitter you are the easier it will be. A person who can manage a long hard day’s walk (6 -7 hours) on a trail that has steep inclines and declines and then do it again the day after, or can complete strenuous exercise classes such as aerobics or spin three times a week, should be suitably fit for the Everest Base Camp Trek.

If you’re looking for exercise to do to get you in shape for the trek we recommend using a stair master or steeply inclined running machine as a form of pre-trek training. It is not a problem if you are a slow trekker as we encourage people to trek at their own speed and we have plenty of breaks.

**Flights and potential delays**

Due to adverse weather conditions, your flight from Kathmandu to Lukla (the airport in the Everest Region), or flight from Lukla to Kathmandu could be delayed. Therefore we include two days extra to allow for delays and give you more time for sightseeing.

During these two days, you can explore Kathmandu and Baktapur an ancient **Newari** town in the eastern corner of the Kathmandu Valley. There are many interesting temples, stupas, palaces, and parts of the city to explore. Kathmandu is an experience in itself with its chaotic yet inspiring way of life.

**Temperature and sleeping bags?**

As the temperature gets as cold as -12 degree Celsius at night in high altitude, a season 4 or 5 sleeping bag is recommended.

Season 1 = +5 degrees Celsius  
Season 2 = 0 degrees Celsius  
Season 3= -5 degrees Celsius  
Season 4 = -10 degrees Celsius  
Season 5 = -15 degrees Celsius  

Do not worry about the cold, in the day at the highest altitude; temperatures can get up to 12 degrees Celsius.
FAQs

Solo travellers?

Approximately 70% of our customers are solo travellers and there are no single supplements. Our trips are very solo traveller friendly.

Singles supplement?

There are no singles supplements but rooms are based on 2 people sharing (same sex if from different groups). If desired you can pay extra for your own hotel. When making a booking for you select this option and the costs is £49.

Is it safe for single women?

Nepal is safe for female solo travellers. The mountains are a very safe and Kathmandu is safe for a large city. However please take precautions when out late at night. Where possible you should not get into a taxi on your own late at night.

Tailor made trips?

We have a wealth of trekking experience and we organise tailor-made packages. This might be a different trek than we currently advertise, adding all the extra options such as yoga and meditation to a trek, or simply going on a date that we do not advertise as a group departure.

Please note that you can create a private group at any time at no extra cost.

Visa for Nepal?

Almost all tourists can obtain a visa on arrival at the International Airport in Kathmandu (there is only one) or at all major international border crossings into Nepal.

You will need to take 2 passport photos with you and your passport must have a minimum validity of six months. It is possible to buy your photos at the airport in Kathmandu, but it is recommended that you bring them with you from home.

Most treks require a 30 day visa, however if you are trekking to Annapurna Poon Hill or Lantang and Gosaikund Lake you only require a 15 day visa. If you plan to stay longer than the duration of the standard trek, please factor the extra days in when obtaining a visa.

Countries that are not entitled to visas on arrival are: Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan cannot receive visas on arrival. If you are a citizen of one of these countries, please contact your local Nepalese embassy.

For the latest list of prices please see the Nepalese London Embassy’s website.

Which hotel do we use in Kathmandu?

In Kathmandu you will stay in the Nirvana Garden Hotel in the Thamel area. The reason that we use this hotel is that

a) It is located in central Thamel, which has many artisan shops, cafes, and restaurants.
b) It has a very large and peaceful garden

Travel Insurance?

It is important to have insurance that covers you for the level of altitude that you will be trekking at. Many standard polices cover you for trekking to high altitudes, such as on the Everest Base Camp and Annapurna Circuit Trek, but it is very important to check this before you go. Here is a list of insurance companies that we have collected information on (it is your responsibility to confirm that this information correct):

We recommend companies such as Insure and Go, Virgin Money, The Post office, as they currently cover the altitudes of all our treks.
Weight Limits for internal flights?

If you are flying internally in Nepal (Everest Trek and Annapurna Circuit) there is a 12kg weight limit per person and this is the total weight of both the hand luggage and the checked in luggage.

Toilets and showers

On your trek your accommodation will have western toilets and you will have access to western toilets during the day. At the beginning of the trek the showers are okay but as you get further up the mountain the quality reduces. You will be able to have a shower everyday but at high altitude it will be very basic and may consist of warm water being poured into a makeshift outdoor shower. The good news is that at high altitude you need a shower less as it is colder.

What to pack for trekking in the Himalayas

**List of essential things to bring:**

- Light and warm clothing - it is best to use many layers and it is recommended to take 4 t-shirts, 2 jumpers / long sleeve tops, 2 pairs of trousers. You can often wash and dry clothes in the mountains if required.
- Waterproof jacket with a zip in fleece or down jacket / 2 fleeces and a waterproof layer.
- Suncream: 30+ SPF
- Walking boots / shoes and socks - boots are recommended
- Water bottle
- Trekking pole(s)
- Warm and light-weight sleeping bag - see information section
- Towel (preferably quick-dry)
- Plastic bag to separate any wet or dirty clothes from the clean ones
- Head lamp / torch and batteries (you will need a European 220-volt, two-pin adapter)
- Sun hat
- Woolly hat
- Gloves - fleece gloves will be sufficient
- Shorts (it is often very warm in the day) below 3000m
- Small rucksack for the things that you will carry during the day, for example water and your camera. A waterproof cover is also recommended.
- A rucksack for the things that the porter will carry for you. If you are taking a suitcase to Nepal we can arrange a large rucksack for you. If you have a rucksack, a waterproof cover is also recommended.
- Sunglasses
- Toiletries
- Chloride pump, or iodine / chloride tablets for treating local water.
- Vitamin pills such as Berroca for flavouring treated water (recommended to use a quarter of a tablet per litre)
- Toilet roll (you can buy it when trekking)
- Medicines:
  - Ibuprofen / aspirin etc.
  - Antibiotics (you can buy these in the pharmacy in Kathmandu or request them from your doctor before you go)
  - Laxatives
  - Anti-diarrheal medication
  - Plasters
  - General cold / flu medicine
  - Diamox for treks over 3300m - see altitude sickness section

**List of optional equipment:**

- Bandana - due to the thin dry air, some trekkers use a bandana as if you put this over your mouth the air you inhale is moist and does not give you a sore throat.
- Hand sanitizer
- Waterproof trousers
- Medicines that you may wish to consider

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- Anti-fungal cream
- Nausea / vomiting medication such as Maxolom or Stemetil

✔ Gator - this will keep your neck warm
✔ Swim suit for hot springs (Annapurna Poon Hill and Annapurna Base Camp trek)
✔ Granola bars / power food (please remember that your weight limit is 12kg)
✔ Comfortable shoes for the evening

Buying things in Nepal

With the exception of good walking shoes and boots, you can easily purchase trekking equipment in Nepal. There are numerous shops selling this type of merchandise at a low price. However you may find it more convenient to bring all the things you need with you.

Leaving some of your items in Kathmandu

It is normal to leave non-valuable items such as clothes and books in Kathmandu or at your hotel. You never need to take everything trekking and there is a 12kg limit that the porter will carry for you. If you intend to leave your things in the Hotel please bring a suitable bag (you can even use a plastic bag).

Some people bring suitcases with them but a large rucksack is required for trekking. You can rent a rucksack for £9 from us but you must book the rucksack before you arrive. All suitcases should be left at the hotel.

Can I drink the tap water?

Tap water is not safe to drink in the mountains. To help prevent contamination of the environment, we discourage tourists from drinking from plastic bottles especially when in the mountains. Non-plastic bottle options include:

1) Drinking boiled water from teahouses.
2) Drinking ginger and lemon tea to reduce the need for water consumption.
3) Purifying tap/river water using a chloride pump, iodine, or chloride tablets. The taste of the tablets is not appetising, so it is recommendable to use a dissolvable vitamin tablet to add flavour.

Standard vaccinations

Generally recommended vaccinations for Nepal are Hepatitis A and Typhoid. For further advice please consult your doctor.

Carrying my things when trekking?

Our porters will carry up to 12kgs of weight for each trekker. This is included in the price of each trek. We plan for 1 porter for 2 trekkers in accordance to the guidelines set out by the International Porter Protection Group. If you would like more weight to be carried, please let us know. In general 12kg is more than sufficient.

Normally each porter will carry 2 peoples rucksacks and he will simply tie them together using rope (this does not harm any of the rucksacks). If you are trekking with a friend or loved one, and there is space in one rucksack for both your possessions, then please feel free to share the same rucksack but please ensure that it weighs less than 24kg.

It is helpful if you do not put things that you may need during the day in your large rucksack as you will not be walking with your porter at all times.

Weight limit for internal flight

Internal flights have a maximum baggage allowance of 3kg for hand luggage and 12kg for check-in luggage. Treks that require internal flights are the Everest Base Camp Trek and Annapurna Circuit. Any passenger wishing to take more weight will be charged an additional fee by the airline at check-in. Please note that the airlines occasionally refuse to carry your extra weight on the same flight as you so please ensure you take 15kg or less of weight.

Washing your clothes

In Kathmandu or Pokhara your hotel can arrange for your clothes to be washed for you. Alternatively you can wander around and find many signs for laundrettes that can wash and dry your clothes in the same day at half the price. All services use washing machines.

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Internet access

In Kathmandu and Pokhara, many restaurants offer free internet and many internet cafes also exist in these cities. Some small internet cafes do exist in the mountains of large villages, but the connection is generally very slow. In Kathmandu there will be internet access at your hotel.

Do I need a trekking permit?

All treks require a trekking permit which will be arranged for you by Experience the Himalayas prior to your arrival in Nepal. All you have to do is provide 2 passport photos to the Kathmandu staff who will meet you at the airport.

How old does a trekker have to be to go trekking?

All trekkers under 18 must be accompanied by a friend / family member who is over 18 years of age.

- Moderate to strenuous treks: minimum age is 14
- Easy treks: minimum age is 12

Electricity in the mountains

For a small fee trekkers can charge their cameras and phones in the tea house in the mountains. Most people will need a worldwide travel adaptor.

What is your cancellation policy?

If you choose to cancel the service(s) that you have paid Experience the Himalayas to provide, we will refund your payment in accordance to the following schedule:

- **75% refund** of total trip price for a cancellation made 90 days prior to the original departure date.
- **50% refund** of total trip price for a cancellation made 60 days prior to the original departure date.
- **0% refund** of total trip price for a cancellation made 59 days or fewer days prior to the original departure date.

Please note that you can transfer your bookings to another trip if desired less any costs incurred by us in organising your trip.

What is the difference between a private and group trek?

A private trek is an exclusive trek for you and your friends and family. You will have your own private guide and you can start your trek on any day which gives you much more flexibility.

A group trek allows individuals and small groups to go trekking with people who they do not yet know. Larger groups make it much more social and allow you to make new friends and share new experiences. We have fixed dates for group treks.

The price for a private trek and a group trek is usually the same.
FOOD ON THE TREK

What can I eat in the mountains?

For breakfast you have the option of porridge, fruit, omelettes, pancakes, toast with fried eggs, or tsampa (Tibetan porridge). For lunch and dinner you have the option of dahl batt (a tasty staple that consists of rice, a lentil soup, pickled vegetables, and curried potatoes), curried potatoes, pasta, spring rolls, lasagne, noodles, momo dumplings, or stir fry. It is not recommended to eat meat in the mountains.

Where can I buy and eat food?

The tea houses where we stay when trekking also have restaurants where we will eat dinner and breakfast. For lunch and snacks we will visit tea house that we know and pass along the trial.

How much does the food cost?

<table>
<thead>
<tr>
<th>In 2013 Expect to pay:</th>
<th>Everest Base Camp Trek</th>
<th>Other treks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local meal of dahl batt or momos</td>
<td>£2 to £3</td>
<td>£1.5 to £2.5</td>
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<tr>
<td>Breakfast with drink</td>
<td>£2 to £3</td>
<td>£1.5 to £2.5</td>
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<tr>
<td>Western food such as chicken curry, pizza, lasagne, or noodles</td>
<td>£3 to £4.5</td>
<td>£2 to £4</td>
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<td>Chocolate bar</td>
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<td>Cup of milk tea</td>
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<tr>
<td>Litre of milk tea</td>
<td>£3 to £4</td>
<td>£2 to £3.5</td>
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<tr>
<td>*Litre of boiled water</td>
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<td>£0.4 to £1</td>
</tr>
<tr>
<td>Minimum average cost per day</td>
<td>£10</td>
<td>£8</td>
</tr>
<tr>
<td>Recommended average budget per day</td>
<td>£18</td>
<td>£15</td>
</tr>
</tbody>
</table>

Water

Tap water is not safe to drink in the mountains. To help prevent contamination of the environment, we discourage tourists from drinking from plastic bottles especially when in the mountains. Non-plastic bottle options include:

1) Drinking boiled water from teahouses.
2) Drinking ginger and lemon tea to reduce the need for water consumption.
3) Purifying tap/river water using a chloride pump, iodine, or chloride tablets. The taste of the tablets is not appetising, so it is recommendable to use a dissolvable vitamin tablet to add flavour.
It is important to have insurance that covers you for the level of altitude that you will be trekking at. Many standard policies cover you for trekking to high altitudes, such as on the Everest Base Camp and Annapurna Circuit Trek, but it is very important to check this before you go. Here is a list of insurance companies that we have collected information on (it is your responsibility to confirm that this information correct):

We recommend companies such as Insure and Go, Virgin Money, and The Post Office, as they currently cover the altitudes of all our treks.

**Other suitable insurance companies**

**World Nomads**

The standard policy covers trekking upto 6000m which is suitable for the Everest Base Camp Trek, Annapurna Circuit Trek, and all of our treks.

**Sainsbury**

The standard policy covers trekking upto 6000m and is suitable for all trek including the Everest Base Camp trek and Annapurna Circuit Trek.

**True Traveller**

The ADVENTURE PACK options covers all of our treks.

**Dog Tag**

The SPORTS PLUS option covers you for trekking above 4000m which is suitable for the Everest Base Camp, Annapurna Circuit, and Annapurna Base Camp trek.

The SPORT option covers you for under trekking below 4000m.

**British Mountaineering Council**

The HIGH ALTITUDE & REMOTE AREAS policy is required for trek to Everest Base Camp and the Annapurna Circuit. This policy does include a £500 access for air ambulances and a £250 charge for delays from Lukla airport, the gateway to the Everest Region.

The TREK policy is required for all treks below 5000m.

**Natwest**

The standard policy covers trekking upto 5450m and is suitable for all treks.

**Insurance policies that are not suitable:**

HSBC, Lloyds TSB, Go Travel, Columbus, and Atlas
You need to arrive in Kathmandu on the first day of your trip and you can arrive at any time. We will collect you and take you to your hotel.

There are many ways to get to Kathmandu so please search with a flight search engine such as www.expedia.co.uk to ensure you get the best deal for you.

Below are some recommended options based on price and convenience. The price below are estimates based on 2013 prices.

**London to Kathmandu via Istanbul and Saudi Arabia: £500 return**

If you are flexible with dates the cheapest way to get from London to Kathmandu is to fly with Easyjet to the Istanbul airport of Sabiha Gökçen. From Istanbul you can fly via Riyadh (Saudi Arabia) to Kathmandu with Air Arabia and this takes 12 hours in total. Expect to pay £500 round trip but some people manage to pay less.

For those travelling from other European countries this flying from Istanbul could be a good option.

**London to Kathmandu via Delhi: £600 to £725 return**

From the UK we recommend flying from London Heathrow and flying with Jet Airways as this give you the shortest flight time and is well priced. You will fly to New Delhi (no visas required for transit) and then take a connection to Kathmandu.

**Recommended flights from London to Kathmandu (short flight times)**

<table>
<thead>
<tr>
<th>AIRLINE</th>
<th>Flight times London to Kathmandu, via Delhi</th>
<th>Flight times Kathmandu to London, via Delhi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jet Airways (14 hours)</td>
<td>20.45</td>
<td>9.00</td>
</tr>
<tr>
<td>Air India (14 hours)</td>
<td>21.30</td>
<td>10.00</td>
</tr>
</tbody>
</table>

We recommend the Heathrow flight at 8.45pm as this flight arrives in Kathmandu at 3.30pm local time the following day, which is a perfect as it give you time to rest before we go for a welcome dinner. We recommend returning from Kathmandu on the 9.00am flight from Kathmandu. The Air India flight is also a good option.

**London to Kathmandu via Mumbai: £500 to £600 return**

Jet Airways offer flights via Mumbai to Kathmandu at around £100 to £120 less than via Delhi. The main reason is that the total travel time is 30 hours compared to 12 hours. This could be a good option for the budget traveller.

Visit Delhi and then fly to Kathmandu with a low cost airline: £600 return

Some trekkers visit India before arriving in Kathmandu and you can get to Delhi from London for £500 or less based on 2013 prices.

The airlines below provide flights from Delhi to Kathmandu and expect to pay £50 each way with the two low cost providers stated below (based on 2013 prices).
Buying a flight to Delhi, and then buying another connecting flight to Kathmandu, can often be an economical way to get to Kathmandu even if you do not want to stop off in India.

No India visas are required for transit flights. However if you arrive in Delhi with one airline, are in transit, and intend to get a connection with a second airline to Kathmandu, you need an Indian visa to check-in your luggage with the second airline. One way to bypass the need for an Indian visa is just to take carry-on luggage and rent a sleeping bag and trekking poles from us.
**TEA HOUSE ACCOMMODATION**

**What is a tea house?**

When trekking we will be staying in tea houses. Tea houses are basic and clean guesthouses made from stone and wood and typically they have rooms that have two single beds inside with a shared bathroom outside the room. Below is a picture of a basic tea house and depending on the village we will often stay in a tea house of a slightly better standard.

**The beds**

Each bed comes with a clean sheet and a clean pillow case. A blanket or duvet is provided but these are not always clean so it is better to use your sleeping bag. You can put the blanket or duvet on top of your sleeping bag if desired. If you are not using a sleeping bag please make sure you use a sleeping bag liner for hygiene reasons.

**Electricity and heating**

Tea houses have electricity and lights but most probably you will not have a light in your room. A central fire in the common room provides warmth by burning wood and yak dung. The fire is closed with good ventilation so you do not need to worry about smoke. If you have wet socks you can often dry them on or over the fire.

**Showers**

Almost all tea houses provide hot water for showers. Some tea houses heat the showers by gas and others heat the water by solar power. In tea houses that use solar power there is not always enough hot water for everyone in the morning. However most trekkers have a wash or shower only in the evening after a day of trekking.

On the Everest Base Camp Trek tea houses charge a small fee for showers. With altitude this fee increases and can reach £3 when you are staying at very high altitude. On the Annapurna Circuit the showers are free at the beginning but tea houses start to charge at higher altitude up to a cost of £2. For all other treks the showers are free. These shower costs must be paid for by the trekker and this is common practice.

**Toilets**

Many tea house have western toilets but you must use your own toilet roll. Generally there is a bin next to the toilet for you used toilet paper, if this is the case please do not put your toilet paper down the toilet.

**Food and drink**

Food and drinks are ordered and consumed in the common room of the tea houses. Each tea house has a menu and the prices are fixed by the community. As the altitude increases so do the prices. For more information please see the food section.

**Which tea houses do we stay in?**

We can only reserve tea houses on the day we need them. If the trails are busy we will send a porter ahead to reserve rooms for the group. Otherwise we will select one of our preferred tea houses when we arrive in the village.
How much should we tip?

There is no obligation to give tips but if you think that the porters and guides deserve them you may wonder what is a suitable value. Here are our recommended tips:

<table>
<thead>
<tr>
<th>Trek</th>
<th>Days Trekking</th>
<th>Porter Tip (GBP)</th>
<th>Guide Tip (GBP)</th>
<th>Total tips (GBP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everest Base Camp</td>
<td>14</td>
<td>35</td>
<td>30</td>
<td>65</td>
</tr>
<tr>
<td>Lantang and Gosaikund Lake</td>
<td>9</td>
<td>25</td>
<td>20</td>
<td>45</td>
</tr>
<tr>
<td>Annapurna Base Camp</td>
<td>12</td>
<td>30</td>
<td>25</td>
<td>55</td>
</tr>
<tr>
<td>Annapurna Circuit</td>
<td>12</td>
<td>30</td>
<td>25</td>
<td>55</td>
</tr>
<tr>
<td>Annapurna Poon Hill</td>
<td>5</td>
<td>15</td>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>Annapurna Poon Hill &amp; Yoga</td>
<td>5</td>
<td>15</td>
<td>10</td>
<td>25</td>
</tr>
<tr>
<td>Ghandruk Trek &amp; Yoga</td>
<td>3</td>
<td>10</td>
<td>10</td>
<td>20</td>
</tr>
</tbody>
</table>

**Recommended minimum tips per day:**

<table>
<thead>
<tr>
<th></th>
<th>£</th>
</tr>
</thead>
<tbody>
<tr>
<td>Porter</td>
<td>2 to 3</td>
</tr>
<tr>
<td>Guide</td>
<td>2</td>
</tr>
</tbody>
</table>

How to tip the porters?

We recommend that each trekker adds their tips to a communal porter tips bag (please just use a plastic bag) and that the group then gives this bag to the head guide. The head guide will share out the tips amongst the porters.

If you would like to tip the porters more than the recommended minimum, you can either put the extra amount in communal tips bag so that it goes to all porters, or you can tip your porter directly. If you do tip your porter directly please do this with discretion.

How to tip the guide?

We recommend that each trekker adds their tips to a communal guide tips bag (please just use a plastic bag) and that the group then gives this bag to the head guide. When there is more than one guide, the head guide will share out the tips. The head guide will take a slightly large share of the tips due to seniority but he will not take the lions share.

If you would like to tip the guides more than the recommended minimum, you can either put the extra amount in communal tips bag so that it goes to all the guides, or you can tip a guide directly. If you do tip a guide directly please do this with discretion.

When should we collect the tips?

Usually tips are normally collected on the last day of the trek. However for the Everest Base Camp Trek and Annapurna Circuit Trek, which involve flights, tips are usually collected on the last evening of the trek.
HEALTH AND VACCINATIONS

There are some excellent private clinics, hospitals, and dentists in Kathmandu. In general, however, health care is poor in the other parts of the country.

Standard vaccinations

Generally recommended vaccinations for Nepal are Hepatitis A and Typhoid.

Cholera

Cases of cholera have been reported in Kathmandu and seasonal outbreaks across the country are common during the Monsoon season (June to September). To minimise the risk of illness, tourists should eat in restaurants only (there is an abundance of them) rather than off the street. Avoid drinking unboiled tap water, ice, and raw or undercooked vegetables.

Malaria

Malaria remains relatively rare in the hills and mountains, including the Kathmandu Valley. Most trekkers do not take anti-malaria medicines. For specific information on malaria in Nepal please click here

Rabies

Rabies is present in Nepal but there is a minimal risk of exposure in the mountains. Stay alert around stray animals (including monkeys) and seek immediate medical advice if bitten or scratched. In the mountains there are no stray animals.

Japanese encephalitis

The World Health Organization advises short-term visitors to Nepal during the rainy season (June-September) and all long-term visitors to Nepal to obtain Japanese encephalitis vaccinations before travelling.

Tourists should check the recommended vaccinations with the doctor, practice nurse, or local travel health clinic.
There are 2 main trekking seasons in Nepal; October to November and March to May.

October to November

October to November is the start of the dry season and is the most popular time to visit Nepal as the monsoon has recently finished, leaving a green and lush countryside, fresh and clean air, and clear views of the Himalayan.

December to February

In December and January the temperature is very cold but visibility is still good. With fewer tourists on the trails, this is a preferred time to visit for some tourists. However, the cold can make high altitude treks more strenuous than normal.

Some treks, such as the Annapurna circuit, are often closed due to snow, but shorter and lower altitude treks are a delight at this time of year. February is still very cold but is warmer than December and January.

March to May

March to May is the second most popular time to visit. The weather gets warmer, so high altitude treks are not as difficult. Visibility is still good, though not as crystal clear as between October to November. Nepal's flowers, however, come alive at this time of year.

June to September

Trekking in the monsoon season is still a good option but this restricts our recommended trekking destinations to the Everest Base Camp Trek or the Annapurna Circuit Trek. As there will be less rain on these 2 treks you will not have to worry about leeches. For more information please click here.
Altitude sickness, also known as acute mountain sickness (AMS), occurs when your body cannot obtain sufficient amounts of oxygen from the air that you breathe to allow normal bodily functions. As the altitude increases, the percentage of oxygen in the air reduces, making any physical problems one may be experiencing even more severe.

Altitude sickness can affect anyone and there are no specific factors such as age, sex, or fitness level that enable you to know if you are likely to suffer. Most trekkers can go up to 2500m to 3000m with little or no problems. If you have experienced altitude sickness previously, then under similar conditions you are likely to experience altitude sickness again.

Every year trekkers spoil their holiday because they do not listen to their bodies. With a sensible approach, trekking at higher altitudes is not dangerous and is not uncomfortable as altitude sickness is largely preventable. If you experience any physical discomforts that you think could be related to altitude sickness, please inform your guide. Our guides have experience with altitude sickness, and it is important that you listen to their advice so that we can minimise any symptoms.

**SYMPTOMS OF ALTITUDE SICKNESS**

Mild and common symptoms include headaches (also a symptom of dehydration), low appetite, and restless sleep. More moderate symptoms include vomiting, fatigue, and diarrhoea. Many compare altitude sickness to the sensations of having a hangover. Severe symptoms include blue lips and fingernails, severe difficulty breathing, poor coordination, fatigue, and drowsiness.

**PREVENTING AND TREATING ALTITUDE SICKNESS**

Symptoms often manifest themselves six to ten hours after ascent and generally subside in one to two days, but they occasionally develop into more serious conditions. If you begin to show symptoms of moderate altitude sickness, do not go higher until symptoms decrease and consider reducing your altitude. If you ascend with moderate symptoms, your problems will remain and are likely to become more severe.

**Acclimatisation days**

The body takes time to acclimatise and get used to the low levels of oxygen in the air. We build acclimatisation days into our treks so that on certain days you will be allowed to just rest or trek in the surrounding area and at the same elevation. We also sleep in the same tea lodge, and thus altitude, for a second night. This gives your body time to get used to the thinner air.

**Avoiding strenuous activity**

Strenuous activity induces altitude sickness. Therefore, if you have symptoms that cause you to experience discomfort, we recommend that you minimise your strenuous activity. Make sure that you minimise the weight in your backpack (the porters will be able to take this for you), and do not participate in optional side treks to glaciers, for example.

**Stay hydrated**

Stay hydrated and do not drink alcohol. Alcohol causes dehydration and exacerbates symptoms of AMS. Remember to consume sufficient water and salt via food or rehydration powder. For homemade rehydration drinks, we recommend Sprite and salt as both are readily available in the mountains.

If you have a cold take decongestion medicine.

Having a cold and being congested makes breathing more difficult and having symptoms of altitude sickness more likely. Please take anti-congestion cold or flu medicine.

**Medicine: Diamox or Acetazolamide**

Diamox or Acetazolamide (generic equivalent) tablets are widely used by trekkers. They help the body to adjust to increased levels of carbon dioxide due to the higher altitude. As recommended by the NHS, a dosage of 125mg to 250mg twice daily starting two days before the trek is generally appropriate. Once you have reached your highest altitude, you should continue the dosage for 3 days.
For low altitude treks such as the Poon Hill Trek, Diamox is not required. For the Everest Base Camp Trek, it is highly recommended that you take Diamox as per the instructions above. For other treks around 4000m altitude, you should either take Diamox as recommended above or when you believe you sense any possible minor altitude sickness symptoms.

Diamox can be easily purchased in Kathmandu and we can take you to the pharmacy when you arrive. Alternatively you can get Diamox from your doctor, or at the Nomad travel store in the UK. It is often cheaper and easier to purchase Diamox or Acetazolamide in Kathmandu.

**Medical access and air ambulances**

The Himalayan Rescue Association provides medical clinics with highly experienced doctors that specialise in altitude sickness and general injuries, as well as providing general medical care to the local community. Clinic locations are:

1) Everest Base Camp - open during the climbing season of April and May.
2) Pheriche - a town on the Everest Base Camp trail; open during the trekking season.
3) Manang - a town on the Mustang trail; open during the trekking season.

Depending on the location, a doctor can also visit a sick or injured trekker, if he or she is unable to visit the clinic. For severe cases, an air ambulance will take trekkers to a hospital in Kathmandu where they will receive all the necessary care and attention required for their recovery. It is important to ensure that all trekkers have travel insurance that covers air ambulances.

Small pharmacies exist in many areas. Access to basic medicine is available, especially if you are struggling with altitude sickness and are not taking Diamox or Acetazolamide.
Religion

Hinduism and Buddhism are the two principal religions. The two have co-existed throughout the ages and many Hindu temples are located in the same areas as Buddhist shrines. Hindu and Buddhist worshippers, however, may regard the same god with different names while performing religious rites.

Brief Introduction to Nepal’s Political History

Nepal was established when the Shah, Prithvi Narayan from the Gorkha province, had an expansionary vision and conquered all the Kingdoms in the Kathmandu Valley by 1769. Prithvi Narayan moved his capital to Kathmandu, and this was the start of the Shah dynasty.

During the mid-19th century, Jung Bahadur Rana became Nepal’s first prime minister and wielded absolute power, relegating the Shah King to a mere figurehead. The hereditary reign of the Ranas lasted for 104 years. The Ranas were overthrown in a democracy movement of the early 1950s with support of the monarch of Nepal, King Tribhuvan, reinstating the Shah Dynasty. In early 1959, Tribhuvan’s son, King Mahendra, issued a new constitution. As a result, the first democratic elections for a national assembly were held. Unfortunately, King Mahendra changed his mind in 1960 and dissolved Parliament, dismissing the first democratic government.

In 1990, the public outcry mounted against King Birendra and in May 1991, Nepal held its first parliamentary elections. In February 1996, one of the Communist parties (Maoist wing) went underground to wage a people’s war against the monarchy and the elected government.

On June 1, 2001, a horrific tragedy wiped out the entire royal family along with many of their close relatives. With only King Birendra’s brother, Gyanendra, and his family surviving, he was crowned the King. King Gyanendra tolerated the elected government for only a short while and then dismissed Parliament to usurp absolute power.

In April 2006, strikes and street protests in Kathmandu led to a 19-day curfew and the political parties joined forces with the Maoist rebels to bring pressure on the monarch. Eventually, King Gyanendra realized it was futile to hold on to power and relented. He agreed to reinstate parliament, but the political parties and a majority of the general public had had enough of dynastic rule and its abuse of power.

On May 28, 2008, a newly elected Constituent Assembly declared Nepal a Federal Democratic Republic, abolishing the 240 year-old monarchy. Nepal today has a President as Head of State and a Prime Minister heading the Nepal Government.

www.experiencethehimalayas.com
1) Everest Steak House
Everest Steak House is an old fashioned restaurant that has been operating for decades. It serves amazing steak (over 30 types) that has been imported from Calcutta, India and which is cooked to your liking. For those staying at the Nirvana Garden Hotel, this is a great option as it is just across the road. As expected, the wine is not of high quality, so it may be best to stick to the beers or spirits on offer.

2) Nirvana Garden Hotel
Nirvana Garden Hotel is located in a tranquil oasis right in the heart of Thamel, the tourist area of Kathmandu. Nirvana Garden Hotel is known for its location, comfort, peace and quiet, and large garden. Wi-fi is free, but can be slow at peak times. Breakfast is very good, but the numerous surrounding restaurants generally offer tastier alternatives for lunch and dinner.

3) Nepalese Kitchen
A traditional Nepalese restaurant that serves, alongside other dishes, a daily 3-course Dal Batt set menu (pickled vegetables, white rice, lentil soup, curried potatoes, and curried meat) that is of the highest quality. There is a large outdoor seating area, so this option is particularly nice on a warm evening. The momos (Tibetan style dumplings) are also rather tasty and are highly recommended.

4) Roadhouse Cafe
An upmarket, popular, and high-quality cafe that sells salads, soups, desserts, and espresso coffees. Pizzas are cooked in a real wood-fired oven. During busy periods, the service may not always be the best.

5) Supermarket

6) Hot Breads/Curry Kitchen
Downstairs, the Hot Breads bakery sells cakes, sandwiches, bread rolls, pizza slices, and pastries. You can eat your goods upstairs on the terrace, which also serves as the Curry Kitchen restaurant selling Indian food, Nepalese food, and Buffalo steak. Curry Kitchen is well known for its clay oven curries, naan breads, and masala chai tea (a milky, spiced, and sweet tea). The buffalo steak is worth a try as well.
7) Supermarket & ATM

8) Or2k (vegetarian)
This popular Israeli-run vegetarian restaurant is our current favourite for its fresh and light Middle Eastern dishes. The menu spreads to crêpes, soups, zucchini pie, coconut tofu and ziva (pastry fingers filled with cheese). The mood is bright and buzzing. All seating is on cushions on the floor, so you must remove your shoes and make sure you’re wearing a clean pair of socks. A small stand at street level serves takeaway falafel wraps (Rs 110).

9) Pumpernickel Bakery
Head to the Pumpernickel Bakery for some of the best coffee and bread in Kathmandu. This German bakery sells succulent sandwiches and breads, and uses fresh and creamy butter. The omelette sandwich is a different and popular treat.

10) Fire and Ice (Italian)
This immensely popular and upmarket restaurant is a real authentic Italian pizzeria that serves incredible pizza, coffee, tiramisu, and foreign beer. Typical pasta dishes, such as penne, lasagne, and spaghetti are also served here.

11) Tibetan Nepali Kitchen
A small family run local restaurant offering authentic Nepalese and Tibetan food.
We propose the following day itinerary:

1) **Morning visit to Pashupatinath Temple** (point B on map above)
   a. Budget Rs 500 for a taxi from Thamel.
   b. The distance is 4.8km.

2) Next to **Boudhanath Stupa** (point C on map above)
   a. Budget Rs 250 for a taxi from Pashupatinath Temple.
   b. The distance is 2.1Km.

3) Lunch around **Boudhanath Stupa in one of the restaurants**.

4) Next to **Monkey Temple** (also known as Swayanabath, point D on map above)
   a. Budget Rs 1000
   b. The distance is 12.4Km.

5) Next to **Durbar square** (point E on the map above)
   a. Budget Rs400
   b. The distance is 3.1km

6) **Back to Thamel / your hotel**
   a. Budget 250 rupees
   b. The distance is 1.3km.
Thamel

Thamel is where your hotel is based. It boasts a wide range of artisan shops, tasty restaurants selling international cuisine, mountaineering gear shops, foreign money exchange booths, pubs, clubs, and nightlife. The concentration of narrow streets that are lined with everything desired by a tourist make Thamel a tourist mecca and haven.

Pashupatinath Temple

Dedicated to Lord Shiva, the God of destruction, the Pashupatinath Temple is the oldest Hindu temple in Kathmandu and is situated next to the holy Bagmati River. Thousands of pilgrims from all over the world come to pay homage to this temple, which is also known as ‘The Temple of Living Beings’.

Religious ceremonies take place at the temple, and there are daily cremations of the deceased on the Ghats of the riverbank. The burned bodies are then placed in the river so that the soul can have the chance to break the cycle of reincarnation and become enlightened.

Pashupatinath Temple is a must see sight in Nepal. It is easy reached by a 30 minute taxi ride from Thamel for XXX rupees. The entrance fees are 500 rupees. At the temple you will have an option to get a local guide if desired.

Monkey Temple

The Monkey temple is also known as SwayanabathStupa. It is located on a hill on the western edge of Kathmandu and is visible from miles away. The SwayambhunathStupa is the oldest and most impactful holy shrine in the Kathmandu Valley. As the name suggests, there are many macaque monkeys that reside there, making the temple even more intriguing.

The temple is a UNESCO World Heritage Site and its accreditation is well deserved. The stupa’s white-washed dome is stunning in its size and perfect symmetry. The Buddhist religious monument consists of a hemispherical base and a square top with a pagoda-style roof.

According to legend, a miraculous lotus planted by a past Buddha blossomed from the lake that once covered Kathmandu Valley. Saints, sages, and divinities traveled to the lake to venerate this miraculous light for its power in granting enlightenment. The Great Bodhisattva Manjushri, the embodiment of enlightened wisdom, flew across the mountains of China and Tibet upon his blue lion to worship the lotus. Impressed by the radiant light, he cut a gorge in the mountains surrounding the lake to increase accessibility by mankind. According to the legend, the drained lake is what we know now as the Katmandu Valley.

A short walk into the nearby streets takes you past ornate and seemingly ancient buildings. The surrounding streets allow you to imagine what it was like 100 years ago in Kathmandu.
Durbar Square
The Kathmandu Durbar Square holds the palaces of the Malla and Shah kings who once ruled over Nepal. The entire palace complex is named after a monkey god, Hanuman, the monkey devotee of Lord Ram. One can see a huge stone statue of Hanuman painted in red right next to the main entrance (the golden gate) of the palace. Hanuman is regarded as a powerful protector of the entire Durbar Square.

Boudhanath Stupa
The huge stupa of Boudhanath is the largest stupa in Nepal and one of the largest in the world. It is the religious centre for Nepal's considerable population of Tibetan refugees, and in 1979 Boudhanath became a UNESCO World Heritage Site. The five Buddhas in the stupa's architecture personify the five elements of existence: earth, water, fire, air, and ether. In Buddhism, these 5 great elements are regarded as categories of the sensory experiences of life.

There are 29 or more monasteries & nunneries around Boudhanath. Many ordinary Nepalis walk daily in a clockwise direction three or more times around the stupa while repeating the mantra ‘Om Mani Padme Hum’. Throughout the day, pilgrims can be seen circling the stupa and chanting mantras. It is especially impressive at night when pilgrims burn butter lamps, which glow bright against the darkness.

Some of the important monuments to be seen here are:

1) Taleju Temple - tallest of all the structures built by King Mahendra Malla in 1549 A.D.
2) Jagannath Temple - built in the 16th century and known for its fascinating, erotic figures carved in the wooden structures.
3) Kal Bhairav - one of the largest stone idols in Kathmandu representing the terrifying aspects of Shiva.
4) Statue of King Pratap Malla - in praying gesture towards Digu Taleju, the royal family deity located opposite to it.
5) Kumari Ghar - 17th century Kumari temple, an example of the highly developed Nepalese temple craft.

Yoga class (multiple styles) and or group meditation
Many yoga styles are taught at the school: http://pranamaya-yoga.com/events/category/thamel/
Experience the Himalayas!

Mind-blowing views
Amazing trekking
Mount Everest
Buddhist monasteries
An epic adventure

Trek into the heart of the Himalayas and experience the world’s best trekking. With mind-blowing views, snow-capped peaks, Buddhist monasteries, and the traditional way of life of the remote mountain villages, you are certain to have an unforgettable experience.

Follow in the footsteps of Sir Edmund Hillary and take on the world’s tallest mountain, visit Tibetan settlements along the Tibetan border, or trek in the incredible Annapurnas! We offer treks for all levels as well as yoga, meditation, and volunteering options.

www.experiencethehimalayas.com