

Everest Experience Trek Information and itinerary

The Everest Experience Trek is for the leisurely trekker!

Trek in this stunning region for 7 days with wonderful views of Everest itself. If you want to see Everest without the rigors of Everest Base Camp, then this is for you.



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“

Great trek, I wish I was back there now.

Sarah, Nurse, Manchester

”

Introduction

Not everyone wants to go to Everest Base Camp and we are equally sure that many want to trek in the region and experience the wonderful sight of Mt Everest.

This 7 day trek is specifically designed to stay below the serious altitude level and is conducted at a very leisurely pace.

By not progressing beyond Tengbouche, you will avoid the problems that higher altitude and the sub zero temperatures will bring; watch the smiles on the faces of those descending!

This document will give you a flavour for what this trek is all about. It contains lots of important information on what you need to know prior to booking: the inclusions and exclusions, the daily itinerary and some important information on travel insurance. Should you decide to proceed, we will provide you with comprehensive trek dossier which contains the more detailed information such as a clothing and equipment list, notes on medical issues, high altitude trekking, money saving tips and lots more to assist you with your preparation.

Whilst your whole journey in Nepal is treated in exactly the same way as any other, this trek does not even have the occasional long trekking day to contend with. Whilst there is a clear itinerary to follow, the daily distances are not great giving you more time to rest and take photos than normal. Even if you were to feel very tired and felt as if you did not want to progress any further, there is scope for you to remain in a place of safety until the group returned a day or so later.

If you feel fit enough to walk for 4 - 5 hrs a day at your own pace, with rests, over primarily hilly terrain, then you should be able to complete this trek without a problem.

On arrival in Nepal, we will meet you at the airport for a private transfer to the hotel (just 25 mins), where you will be met and shown to your room. You then have approx 36hrs to settle in and prepare yourself for the trek. Your Guide will meet you at the

hotel to brief you on the timings and make a few checks.

Enjoy the unique flight up to Lukla and possibly a hearty breakfast whilst watching the light aircraft come and go before setting off on your trek.

Staying in comfortable lodges (called tea houses) with twin bedded rooms throughout, once you get through Namche Bazaar, you will divert into the smaller villages of Kunde and Khumjung; many trekkers do not go here. Kunde is home to the local medical centre and there is also a school supported by Sir Edmund Hilary's Trust.

There is plenty of bustling life in the villages that you will pass through, especially Namche Bazaar, which has numerous inviting cafes and bakeries to spend a few hours in.

Your furthest point is Tengbouche (3900m). Famed for its hilltop Monastery, it also has probably the best views in the region of Everest itself. Beyond here, the summit disappears behind the mountains that sit in front of it.

As leisurely as this trek can be, there is still some walking and climbing to do! There are plenty of ascents but there are two specific ascents worthy of note each of approx 2hrs in duration. These climbs can be steep at times but taken at a slow pace, they are soon conquered. Never try to climb at a faster pace than you are comfortable with and rest whenever you need to, even for just a minute to catch your breath.

Not everyone who sets off for Everest Base Camp makes it. Such is the force of nature on the body. We have recognised the need for this 'intermediate trek' and commend it to you. You will love it!

Details

Duration:
12 days UK - UK

Min/Max pers: 2/12

Max altitude:
3900m/12,795ft

Accommodation on trek:
tea houses (no camping)

Dates: See website

Cost:
£840 (2012)

Our trips formally begin and end in Kathmandu

When to go

In general terms:

Mar – May
Sep – Nov

Although it is possible to trek throughout the year. Ask for details.

Travel and Trek Limited is a truly independent company specializing in adventure trekking and touring. We pride ourselves on the personal touch and whether you are travelling solo or in a big group, we can adjust itineraries to suit you.

Important information

Costs

Costs are based on 2 people sharing and are per person (singles see below)

Fully Bonded

Your money is safe. We are protected by Insurance Passenger Protection (IPP), which protects YOU against OUR insolvency.



Trek Dossier

On booking, you will receive a comprehensive Trek Dossier, which includes:

- Clothing and equipment list
- Medical notes (including vaccination requirements)
- Notes on trekking at high altitude
- Notes on safe drinking water
- Money saving tips for buying kit in Nepal
- What to do on arrival in Nepal
- Visa application form (including what to do)
- Food, money, the daily route and more...

Airport arrivals

We pick you up on arrival and transfer you back on departure.

Passports

Passports should be valid for a minimum period of 6 months on the date on entry into Nepal (source: Nepal Embassy, UK)

Tourist Visa

A tourist visa is required for UK Nationals. This can be done on entry into Nepal or prior to departure. Full details provided on booking including the visa application form if required.

Itineraries

Day 1 of your itinerary is deemed to be your departure day from the UK.

Hotel Accommodation

Our hotels are of 3* standard with very friendly staff to attend to your every need. Our costs are based on a B&B basis, twin share. All rooms are en suite. If you wish to use a higher grade hotel, then please ask us for details.

Accommodation on Trek

Unless you are climbing a trekking peak such as Island Peak, your accommodation will be in tea houses on a B&B, twin share basis.

Singles

Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole

occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement (see costs).

Extended Stays

You are free to extend your stay in Nepal with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.

Our Guides

Our Nepalese Guides work solely for us and are paid 12 months of the year; not just when they trek. They are all qualified, licenced, English speaking Guides with a wealth of experience and knowledgeable. Some were born in the Everest hills.

Fitness

The perception that you have to be super fit to trek in the Everest region is not true. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 4 - 5 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.

Clothing and equipment

This information is part of the Trek Dossier and is provided on booking.

Medical/Vaccinations

You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. Whilst we do provide information on vaccinations, you should also seek professional advice on what vaccinations you require for Nepal and other locations should you have an extended trip. For planning purposes you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.

Continued overleaf...

Expert Help

If you have any queries in the planning stage of your trip, call our experts on 01476 562763 or 07725 943108

Altitude Sickness

Formally known as Acute Mountain Sickness (AMS), Travel and Trek has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. If you wish to discuss it personally, please call the Travel and Trek office; our experienced staff will be happy to answer any questions that you may have.

Local Payments

Travel and Trek does not charge any local payments.

Travel Insurance

It is absolutely vital that you have adequate travel insurance. See separate page.

How To Book

- Complete the booking form (downloadable from the website) and return it with a deposit of £150 pp.
- Booking forms can be completed electronically and returned as an attachment to an e-mail.
- Details of payment options are on the booking form.
- Balance payments are due 10 weeks prior to departure.



Trip inclusions and exclusions



Inclusions

- Return international airport transfers
- Hotel accommodation in Kathmandu, total 3 nights on a twin share, B&B basis
- Lodged accommodation throughout the trek (twin share), including breakfasts
- Return airport transfers for domestic flight to Lukla (LUA)
- Return domestic flights KTM - LUA - KTM
- Everest National Park entry, TIMS certificate (compulsory for all trekking in Nepal)
- Services of an English speaking Nepali Guide throughout the trek
- Porterage
- Comprehensive Trip Notes and other associated documentation

Exclusions

- International flights
- Domestic airport departure taxes (approx £4 return)
- Cost of Nepal Tourist visa (costs range depending on how long you spend in Nepal), budget for £30 for this trip
- Personal spending
- Staff gratuities, advice will be given if required
- Personal travel insurance
- Food, except breakfasts

Itinerary

1 Depart UK

Our trips formally begin and end in Kathmandu but we can assist you with advice on the best flight routings for your circumstances if you require it.

2 Arrive Kathmandu

You will be collected by our Representative and transferred to the hotel (25 mins), which is perfectly placed in the heart of the city. You are then free to settle in and explore your vibrant surroundings. Our friendly staff are on hand to provide any advice or assistance.

3 Free Day

Meet your trekking Guide for a brief and timings for tomorrow

Final preparations for trek

Pre-arranged cultural tour of Kathmandu (optional), with exclusive transport and Guide or choose to roam as you please.

4 Domestic flight to Lukla - Trek to Monjo 2835m

An early start for your domestic flight to Lukla. Perhaps enjoy a late breakfast in Lukla whilst watching the flights come and go from this unique mountain airstrip.

Begin trekking, Lukla (2840m) - Monjo (2835m)

Today is an easy 5 - 6hrs of trekking through the village of Phakding en route to Monjo where you will stay the night. 6hrs

5 Monjo - Namche Bazaar (3500m)

The entrance to the Sagarmatha National Park is just on the outskirts of Monjo (checkpoint for Permits) and once through that, it is a steady hour following the river before you cross a high suspension bridge and begin the 90 min steep ascent up to Namche.

This is the first of the 'big' hills so take it steady. You will catch your first glimpse of Mt Everest in the distance from a rest point (weather permitting).

Namche Bazaar is by far the biggest village in the region with shops and even internet cafes. Expect to arrive at lunchtime. 4 hrs.

6 Namche Bazaar - Khumjung (3600m)

Acclimatisation Day

Your Guide will take you to Khumjung. It is a similar altitude to Namche Bazaar and therefore acts as an acclimatisation day too.

This area is very nice indeed and you have plenty of time to explore it including a visit to the Everest View Hotel.

Sir Edmund Hilary's school is also in Khumjung. 3 - 4hrs

7 Khumjung - Tengbouché (3900m)

A beautiful days walk. By staying overnight at Khumjung, you will have cut about 90 mins off your day.

Today consists mainly of a steep downhill, across the river to a favoured coffee stop at Phunki Tenga (3250m) followed by an equally steep uphill (90 mins) until you pop out in Tengbouché itself.

Famed for its hilltop Monastery, this village has one of the best views of Everest. It is possible that you may go on for another 20 mins or so to use alternative tea houses in Debouché. 4 hrs

8

Tengbouche - Namche Bazaar

After a final early morning look at the summit of Everest, it is time to turn around and head back to Namche.

You will know you way back only this time, you will follow the contour route back around the mountain rather than back up and through Khumjung. 4 - 5 hrs.

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Namche Bazaar - Pfadking

The first few hours will be easy out of Namche back down the long hill to the high suspension bridge. The group will stop at some point prior to moving on to your overnight stop at Phakding.

It may appear a short day (you could reach Lukla today) but this also acts as a spare day should you need it. 4 hrs.

10

Pfadking - Lukla

It is a deceptive trek today; primarily ascending until you get back to Lukla. This final section is approx 3 hrs and you will be elated to reach your final destination; well done. 3 hrs.

11

Lukla - Kathmandu

An early start to have breakfast and be ready for your flight back down to Kathmandu.

You should reach your hotel by midday; plenty of time to enjoy the facilities that Thamel has to offer. You can continue with any sightseeing, have a post trek massage (very inexpensive in Nepal), shop 'till you drop or simply relax in one of the many cafes, restaurants and bars soaking up the atmosphere.

12

Kathmandu

Departure day.

You may wish to consider extending your stay in Kathmandu?



Travel Insurance

It is absolutely essential that you have adequate travel insurance. Be truthful to your insurance company about precisely what activities you are undertaking and to what altitude (max). Failure to do that may invalidate your policy.

To fly a patient back to the UK under any form of medical supervision (ie on a stretcher) is estimated to cost well in excess of £10,000.

In terms of activities for insurance purposes, you are trekking not climbing. Unless your trek specifically states that it does, your trek does not involve any form of specialist safety or climbing equipment.

This Foreign & Commonwealth Office link is a useful reference and recommended read:
<http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/travel-insurance/>

So What Happens If I Have An Accident?

If you have an accident that requires professional medical help, the first priority is to get you to the nearest medical station (provided that you can be moved). Your Guide and his staff will do this as quickly as possible. There are a number of medical stations scattered in the region; they are manned by volunteer professional doctors and the provisions (drugs, etc..) are generally funded by donations. Expect to pay a fee if you need to see a doctor (approx US\$50); more if you are provided with any drugs.

If they can provide sufficient assistance to get you trekking again, they will.

Any serious injury that requires further medical assistance outside the scope of the mountain medical stations will probably need the involvement of your travel insurance company. If you are unable to do so, someone will be required to call your travel insurance company and inform them of the situation; the insurance company should do the rest. Many tea houses and all medical stations will have satphones to enable that call to be made (for which you would be expected to pay).

Please note that it is wise to carry some form of emergency funding to cover such situations as on some occasions, you may have to pay for services yourself prior to the travel insurance assistance kicking in. It is a good idea to carry a credit card.

Note

If you require a helicopter and do not have insurance or cannot pay with a credit card on the spot the helicopters will not take off from Kathmandu.

A Little Preparation May Save Your Life

Some insurance companies provide a very handy credit card sized card with all of their contact details on it. If your company does not, then try using this very handy website Ucardit.co.uk. Travel and Trek clients get a 10% discount.

For about £5 (including P&P), you get a virtually indestructible credit card sized card with all of your important information on it. You can either use one of three pre-designed Travel and Trek cards or design your own. An example is shown below. You can literally put whatever you want on it from flight details, mobile numbers, addresses, insurance details, etc...

To try it, go to the Home page, click 'Travel'. Then scroll down, bottom left, click on the 'Travel and Trek' banner and either use a branded template or design your own. These are example cards from the website (not full size).

