

Himalaya
Indian
Sub-continent

everest base camp over 55's - private comfort camps



trip highlights

Savour this classic trek on a well paced itinerary
with ample acclimatisation days

Gaze upon Mt Everest and surrounding
peaks from Kala Pattar at 5545m

Experience the thriving Sherpa mountain village of Namche Bazaar

Immerse yourself in Buddhist culture at Thyangboche Monastery

Trek through sherpa villages including Khunde and Khumjung,
the location of Sir Edmund Hillary's school and hospital

Enjoy a magnificent Himalayan mountain flight to Lukla

Immerse yourself in Kathmandu



Trip Duration	21 days	Trip Code: EB5
Grade	Moderate	
Activities	Trekking	
Summary	21 day Trip, 17 day Trek, 2 nights Hotels, 18 nights in Eco-Comfort Camps or Lodges	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Everest Base Camp over 55's - Private Comfort Camps, a journey that captures the essence of a unique adventure.

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 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.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot 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 exclusive eco-comfort camps. In other locations single rooms are allocated when available, during peak periods single rooms cannot be guaranteed in Lobuche and Gorak Shep.

inclusions valued at USD\$:

Meals:	USD\$850
Internal Flights:	USD\$510

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

the trip

All the highlights you would expect from the Everest region are included in this well paced trek to Everest Base Camp. We take extra time to acclimatise whilst exploring the often overlooked corners such as Khumjung, Khunde and Pangboche, before ascending above the tree line to Thyangboche, with time to explore the famous Thyangboche Monastery before continuing to Deboche. Descending through rhododendron forest we emerge into the upper reaches of the Khumbu, and surrounded by the worlds most famous peaks we make our way to Everest Base Camp. During the months of March to May we can see many climbing expeditions preparing to climb the most famous mountain on our planet. We have also factored extra time up high in order to provide the best chances of climbing Kala Pattar, which will provide unrivalled views and photo opportunities of Mount Everest and surrounding peaks. This trek provides the very best chances of achieving your goal of reaching Everest Base Camp and of climbing Kala Pattar, with all accommodation in comfortable eco lodges and our exclusive private eco campsites with off the ground camp beds and heated dining rooms.

at a glance

DAY 1	JOIN KATHMANDU (1,400M / 4,593FT)
DAY 2	EXPLORE KATHMANDU (1,400M / 4,593FT) OR DRIVE TO RAMECHAP (474M / 1,555FT) (5 HRS DRIVE)
DAY 3	FLY TO LUKLA (2,800M / 9,186FT) AND TREK TO GHAT (2,530M / 8,301FT, 2 HRS)
DAY 4	TREK TO MONJO (2,850M / 9,350FT, 4-5 HRS)
DAY 5	TREK TO NAMCHE BAZAAR (3,440M / 11,286FT, 4-5 HRS)
DAY 6	ACCLIMATISATION AT NAMCHE BAZAAR (3,440M / 11,286FT)
DAY 7	TREK TO KYANGJUMA (3,550M / 11,647FT) VIA KHUMJUNG (3-4 HRS)
DAY 8	TREK TO PANGBOCHE (3,930M / 12,894FT, 5-6 HRS)
DAY 9	TREK TO DINGBOCHE (4,360M / 14,304FT, 3-4 HRS)
DAY 10	ACCLIMATISATION AT DINGBOCHE (4,360M / 14,304FT)
DAY 11	TREK TO LOBUCHE (4,930M / 16,175FT, 6 HRS)
DAY 12	TREK TO GORAK SHEP (5,288M / 17,349FT) AND EVEREST BASE CAMP (5,360M / 17,585FT, 7-8 HRS)
DAY 13	ASCEND KALA PATTAR (5,545M / 18,192FT) (5 HRS)
DAY 14	TREK TO DINGBOCHE (4,360M / 14,304FT, 6 HRS)
DAY 15	TREK TO PANGBOCHE (3,930M / 12,894FT, 3 HRS)
DAY 16	TREK TO PHORTSE TENGA (3,680M / 12,073FT, 4-5 HRS)
DAY 17	TREK TO NAMCHE BAZAAR (3,440M / 11,286FT, 4 HRS)
DAY 18	TREK TO GHAT (2,530M / 8,301FT, 5-6 HRS)
DAY 19	TREK TO LUKLA (2,800M / 9,186FT, 3 HRS)
DAY 20	FLY TO KATHMANDU (1,400M / 4,593FT) OR RAMECHAP (474M / 1,555FT)
DAY 21	TRIP CONCLUDES IN KATHMANDU (1,400M / 4,593FT)

what's included

- Return flights to and from Lukla
- All meals during the trek: 20 breakfasts, 18 lunches and 18 dinners
- Use of a World Expeditions trek pack including a quality sleeping bag, sleeping bag liner, and down or fibre-fill jacket (valued at US\$500)
- All park entrance fees and trekking permits
- 4 star accommodation at the Radisson Hotel in Kathmandu
- Accommodation in private Eco-Comfort Camps and handpicked local lodges during the trek
- Private transportation



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trip dates

2026 19 Sep - 09 Oct
10 Oct - 30 Oct

2027 13 Mar - 02 Apr
10 Apr - 30 Apr
18 Sep - 08 Oct
09 Oct - 29 Oct

important notes

1 - This trip has been confirmed below our normal minimum group size. There may be a small surcharge to pay if you join this departure, which will be removed if minimum numbers are met. Please ask us

for details regarding the additional cost.

fast facts

Countries Visited:
Nepal

Visas:
Yes*

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

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

Singles:
A single supplement is available for this trip*

Leader:
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.

- Airport transfers if arriving on Day 1 and Day 21, or with pre/post-tour accommodation booked through World Expeditions
- Extra baggage allowance on Lukla flights (total 20kg)
- Expert bilingual local guides trained in wilderness first aid
- Use of comprehensive group medical kit
- Portable Altitude Chamber for treks above 4000m / 13,120ft
- Daily supply of safe treated drinking water to reduce single-use plastic waste
- Ethical porter support including fair wages, insurance, protective clothing, food, shelter and responsible load limits
- Souvenir World Expeditions kit bag

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

- International flights
- Airport and departure taxes
- Visa fees
- Travel insurance (compulsory)
- Meals not listed as included
- Personal expenses such as phone calls and laundry
- Bottled water, aerated and alcoholic drinks
- Tips and gratuities
- Any items not listed as included

detailed itinerary

DAY 1 Join Kathmandu (1,400m / 4,593ft)

On arrival at Kathmandu Tribhuvan International Airport, you are met by a World Expeditions representative and transferred to your hotel. The remainder of the day is at leisure to relax or explore the surrounding area. In the afternoon, you attend a pre-trek briefing where your guide outlines the journey and distributes your trekking equipment. The day concludes with a welcome dinner, providing an opportunity to meet your fellow travellers.

Accommodation: Radisson Hotel Kathmandu
meals: NIL

DAY 2 Explore Kathmandu (1,400m / 4,593ft) or drive to Ramechhap (474m / 1,555ft) (5 hrs drive)

Depending on the season, today is either a free day to explore Kathmandu or a road journey to Ramechhap in preparation for your flight to Lukla. If remaining in Kathmandu, you may choose to visit historic temples and markets, explore UNESCO World Heritage sites, or simply relax before the trek begins. During peak trekking seasons, flights to Lukla operate from Manthali Airport in Ramechhap, requiring an approximately five-hour drive through rural countryside to position for an early morning departure. Your leader will confirm flight logistics and timings during the pre-trek briefing. Accommodation: Radisson Hotel, Kathmandu or Eco-Comfort Camp, Ramechhap Note: Domestic flights to and from Lukla may operate

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thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

from Manthali Airport, Ramechhap during the spring and autumn trekking seasons (March to May and October to December). This is determined by the Civil Aviation Authority of Nepal and is subject to change.

meals: B

DAY 3 Fly to Lukla (2,800m / 9,186ft) and trek to Ghat (2,530m / 8,301ft, 2 hrs)

This morning we transfer to the airport for our short but spectacular flight to the mountain airstrip at Lukla. This famous airstrip was originally built by Sir Edmund Hillary and his team to support his pioneering work establishing schools and hospitals for the Sherpa communities of the Everest region. The flight offers remarkable views of the eastern Himalaya, and on arrival we are immediately surrounded by dramatic mountain scenery. After meeting our trekking crew, we begin our walk descending toward the Dudh Kosi River. The name "Dudh" means milk, referring to the river's distinctive pale colour as it rushes down from the glaciers high in the Himalaya. The trail is broad and well defined, winding past fields of potatoes and buckwheat, small Sherpa villages and lines of colourful dahlia trees. After an easy walk we reach Ghat, where we spend our first night in our comfortable private eco-camp in the Everest region. Accommodation: Eco-Comfort Camp

meals: B,L,D

DAY 4 Trek to Monjo (2,850m / 9,350ft, 4-5 hrs)

Today's walk follows the Dudh Kosi Valley, gradually gaining altitude as we pass through a mix of pine forest and cultivated terraces where local farmers grow a variety of crops. Along the trail we encounter donkeys, yaks and dzopkyo (a yak-cow crossbreed) transporting goods and trekking equipment between villages. Shortly after leaving camp we cross the Kusum Khola, a tributary of the Dudh Kosi. From here we catch our first views of Kusum Kanguru (6,369 m / 20,896 ft) to the east. Further along the trail, across the valley to the northwest, the peaks of Nupla (5,885 m / 19,308 ft) and Kongde Ri (6,093 m / 19,990 ft) rise above forested ridges. At another bend in the trail, the impressive pyramid of Thamserku (6,808 m / 22,336 ft) towers dramatically above the valley. Today we also encounter our first Mani walls, sacred stone structures engraved with the Buddhist mantra "Om Mani Padme Hum", meaning "Hail to the jewel in the lotus." According to local tradition, these walls and nearby chortens should always be passed on the left side. By afternoon we reach our private eco-camp above Monjo, set in a peaceful location overlooking the valley. Accommodation: Eco-Comfort Camp

meals: B,L,D

DAY 5 Trek to Namche Bazaar (3,440m / 11,286ft, 4-5 hrs)

This morning we cross the striking turquoise waters of the Dudh Kosi River and enter Sagarmatha National Park, a protected UNESCO World Heritage area. The creation of the park was an important step toward reducing the use of firewood in the Everest region. Trekking groups are required to use kerosene for cooking, a sustainable practice we follow throughout Nepal. The trail follows the river valley through pine forest, crossing several suspension bridges before reaching the confluence of the Dudh Kosi and Bhote Kosi rivers. From here we cross a spectacular high suspension bridge before beginning the steady climb toward Namche Bazaar. The ascent winds through forested slopes until we reach a viewpoint where, on clear days, we catch our first glimpse of Mount Everest (8,848 m / 29,032 ft) along with surrounding Himalayan peaks. Continuing uphill, the trail leads us into Namche Bazaar, the vibrant Sherpa hub of the Khumbu region. The village is set in a natural

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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 / hiking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk / hike, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

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.

amphitheatre with sweeping views across the valley toward Kongde Ri (6,187 m / 20,299 ft). After lunch there is time to explore the lively markets, browse Tibetan trader stalls, or relax and enjoy the mountain atmosphere. Accommodation: Lodge
meals: B,L,D

DAY 6 Acclimatisation at Namche Bazaar (3,440m / 11,286ft)

Today is an acclimatisation day in Namche Bazaar, allowing time to adjust to the altitude. You may take a short hike to viewpoints above Namche or towards the Everest View Hotel, with views across the Khumbu peaks. There is also the option to visit nearby villages such as Khumjung. The day concludes at your lodge in Namche Bazaar.

Accommodation: Lodge
meals: B,L,D

DAY 7 Trek to Kyangjuma (3,550m / 11,647ft) via Khumjung (3-4 hrs)

Today you ascend from Namche along a ridgeline towards Syangboche and the Everest View Hotel. The trail continues through the Sherpa villages of Khunde and Khumjung, with views across the surrounding peaks. From here, you descend to Kyangjuma (3,550m / 11,647ft). The day concludes at your camp in Kyangjuma.

Accommodation: Eco-Comfort Camp
meals: B,L,D

DAY 8 Trek to Pangboche (3,930m / 12,894ft, 5-6 hrs)

Today you follow a scenic trail along ridgelines with views of Everest and surrounding peaks. The route descends through forest before crossing the Dudh Koshi and ascending towards Tengboche. After visiting the monastery area, the trail continues through alpine terrain towards Pangboche (3,930m / 12,894ft). The day concludes at your eco-comfort camp in Pangboche.

Accommodation: Eco-Comfort Camp
meals: B,L,D

DAY 9 Trek to Dingboche (4,360m / 14,304ft, 3-4 hrs)

Today you ascend gradually through alpine terrain with views of surrounding peaks. The trail crosses the Imja Khola before continuing along an open valley. You pass through Pangboche and continue on a steady climb towards Dingboche. The day concludes at Dingboche (4,360m / 14,304ft), set beneath the surrounding mountains.

Accommodation: Eco-comfort camp
meals: B,L,D

DAY 10 Acclimatisation at Dingboche (4,360m / 14,304ft)

Today is an acclimatisation day in Dingboche, allowing time to adjust to the altitude. You may take a hike to viewpoints above the village or towards Chukung. These walks offer views of the surrounding peaks and valley. The day concludes at your camp in Dingboche.

Accommodation: Eco-comfort camp
meals: B,L,D

DAY 11 Trek to Lobuche (4,930m / 16,175ft, 6 hrs)

Today you ascend steadily above the tree line, following a gradual climb through alpine terrain. The trail passes over the Dhugla Ridge and continues across moraine

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, 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.

alongside the Khumbu Glacier. Along the route, memorials honour climbers who have attempted the surrounding peaks. The day concludes at Lobuche (4,930m / 16,175ft), where you stay in a local lodge.

Accommodation: Lodge

NB: Please note that accommodation here is basic and of a lower standard than elsewhere on the trek. Single supplements cannot be guaranteed during peak periods. We appreciate your understanding.

meals: B,L,D

DAY 12 Trek to Gorak Shep (5,288m / 17,349ft) and Everest Base Camp (5,360m / 17,585ft, 7-8 hrs)

Today you follow the Khumbu Glacier, trekking across rocky moraine towards Gorak Shep. After arrival, you continue to Everest Base Camp (5,360m / 17,585ft), one of the highlights of the trek. After time at Base Camp, you return to Gorak Shep (5,288m / 17,349ft). The day concludes at your lodge in Gorak Shep.

Accommodation: Lodge

NB: Please note that accommodation here is basic and of a lower standard than elsewhere on the trek. Single supplements cannot be guaranteed during peak periods. We appreciate your understanding.

meals: B,L,D

DAY 13 Ascend Kala Pattar (5,545m / 18,192ft) (5 hrs)

Today you ascend Kala Pattar (5,545m / 18,192ft), a prominent viewpoint above Gorak Shep. The climb is steep and challenging, with views across the Khumbu Glacier and surrounding peaks. From the summit, you gain panoramic views of Everest and the surrounding Himalayan range. The day concludes at your lodge in Gorak Shep.

Accommodation: Lodge

NB: Please note that accommodation here is basic and of a lower standard than elsewhere on the trek. Single supplements cannot be guaranteed during peak periods. We appreciate your understanding.

meals: B,L,D

DAY 14 Trek to Dingboche (4,360m / 14,304ft, 6 hrs)

Today you descend from Gorak Shep, retracing your route through alpine terrain and along the Khumbu Glacier. The trail continues through the valley with views of surrounding peaks. As you descend, the landscape gradually opens and vegetation returns. The day concludes at Dingboche (4,360m / 14,304ft), where your camp is set.

Accommodation: Eco-Comfort Camp

meals: B,L,D

DAY 15 Trek to Pangboche (3,930m / 12,894ft, 3 hrs)

Today you continue descending through the valley, retracing your route through alpine terrain. The trail leads through open landscapes towards Pangboche. On arrival, you visit the village monastery. The day concludes at Pangboche (3,930m / 12,894ft), where your camp is set.

Accommodation: Eco-Comfort Camp

meals: B,L,D

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DAY 16 Trek to Phortse Tenga (3,680m / 12,073ft, 4–5 hrs)

Today you descend through the valley, following the Dudh Koshi River. The trail winds through forest and open sections with views of the surrounding peaks. As you continue, the route leads towards the small settlement of Phortse Tenga. The day concludes at Phortse Tenga (3,680m / 12,073ft), where your camp is set.

Accommodation: Eco-Comfort Camp

meals: B,L,D

DAY 17 Trek to Namche Bazaar (3,440m / 11,286ft, 4 hrs)

Today you follow the trail through forest and along the valley towards Namche Bazaar. The route ascends gradually, with views of surrounding peaks along the way. As you approach Namche, the landscape transitions to terraced fields and village outskirts. The day concludes at Namche Bazaar (3,440m / 11,286ft), where your lodge is located.

Accommodation: Lodge

meals: B,L,D

DAY 18 Trek to Ghat (2,530m / 8,301ft, 5–6 hrs)

Today you descend through the valley, retracing your route along the Dudh Koshi River. The trail passes through villages including Monjo and Phakding. The route continues through forest and riverside paths. The day concludes at Ghat (2,530m / 8,301ft), where your camp is set.

Accommodation: Eco-Comfort Camp

meals: B,L,D

DAY 19 Trek to Lukla (2,800m / 9,186ft, 3 hrs)

Today you retrace your steps along the valley, passing through forest and small settlements. The trail follows a gradual ascent towards Lukla. As you arrive, there is time to relax after completing your trek. The day concludes at your lodge in Lukla.

Accommodation: Lodge

meals: B,L,D

DAY 20 Fly to Kathmandu (1,400m / 4,593ft) or Ramechhap (474m / 1,555ft)

This morning we transfer to Lukla Airport for the spectacular flight back to Kathmandu. The short mountain flight offers memorable views of the Himalayan range as we leave the Everest region behind. Depending on seasonal flight operations, we either fly directly to Kathmandu (approx. 30–35 minutes) or fly to Manthali Airport in Ramechhap (approx. 20 minutes) followed by a scenic drive to Kathmandu (approx. 4–5 hours). Upon arrival in Kathmandu you will be transferred to the Radisson Hotel, where the remainder of the afternoon is free to relax, enjoy the hotel facilities, or explore the city and do some last-minute shopping or sightseeing. Accommodation: Radisson Hotel Kathmandu

meals: B

DAY 21 Trip concludes in Kathmandu (1,400m / 4,593ft)

After breakfast, you are transferred to Kathmandu Tribhuvan International Airport for your onward flight. Your trip concludes in Kathmandu.

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.

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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.

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

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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.

meals on trek

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks. Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

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 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.

contingency itinerary for flight delays

We aim to ensure the continuity of travel in the event of flight cancellations or adverse weather conditions. If flights from Ramechhap are delayed, we will attempt to fly the following day. If unsuccessful, a contingency itinerary will be put into place to ensure you are able to achieve the key goals of the trip, without compromising on acclimatisation. Your leader will brief you on the revised itinerary if it is necessary to put it into place. There is no additional cost associated with the itinerary change as the cost for the flights will be utilised towards the vehicles required to fulfil the new arrangements. In brief, the date to day itinerary will be as follows:

DAY 1: Arrive Kathmandu DAY 2: Drive to Ramechhap DAY 3: In Ramechhap, attempting to fly.
DAY 4: If no flight possible by 12 pm, drive to Phaplu (approx 6-7hrs), overnight lodge DAY 5:

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Drive to Bhupsa (7-8hrs) and trek to Paiyan walk 2-3 hours, DAY 6 To Chuplung Day 7 To Monjo Day 8 To Namche DAY 9 To Kyanjuma Day 10 To Pangboche Day 11 To Dingboche Day 12 Rest day Dingboche Day 13 To Lobuche Day 14 To Gorakshap Day 15 To Dingboche Day 16 To Phortse Day 18 To Namche Day 19 To Lukla Day 20 Fly to Kathmandu Day 21 Trip concludes in Kathmandu

With this said, we have an extremely high level of our treks that operate as normal.

a typical day

Each morning begins with a wake-up cup of tea brought to you around 6:30 am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag, which is carried by our porters or pack animals and won't be back with you until you reach that night's camp or lodge.

After a wholesome breakfast we are usually on the trail between 7:30 and 8:00 am, depending on the day's distance and terrain. The morning walk runs around three to four hours before we break for about an hour for lunch, at a spot our crew has chosen ahead of us. The afternoon walk is generally shorter, and we aim to arrive between 3:30 and 4:30 pm.

Afternoon tea is ready soon after you arrive, leaving time to rest or explore before dinner, usually served between 6:00 and 7:00 pm. Bring your headlamp and water bottles with you to the dining area so the bottles can be filled with boiling water for the night.

On the nights you are at one of our private eco comfort camps, dinner is served in a heated dining room with cushioned seating. After a long day at altitude, a warm place to sit and eat with the group makes a real difference.

Evenings on the trek are a special part of the journey. Whether it is playing cards, sharing stories, or music and dancing with the local crew, these are the moments most travellers remember long after the walking is done.

exclusive eco-comfort camps

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 exclusive eco-comfort camps 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 fuelled 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 exclusive eco-comfort 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.

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

eco lodges

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

dietary requirements

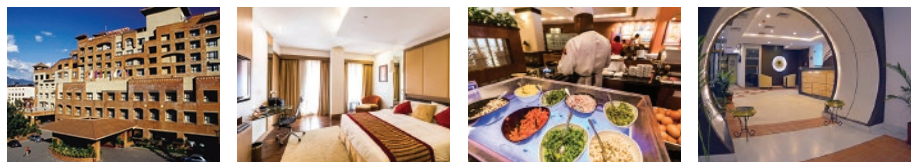
Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we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

equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a duffel bag, quality sleeping bag, down or fibre fill jacket and sleeping bag liner (valued at over US\$500). Further, our porters 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

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prices on any treatment at the Spa. You can book these services through the Radisson while you are in Nepal.

Single supplement charges relate to nights spent at the Radisson Hotel in Kathmandu and our exclusive eco-comfort camps. In other locations single rooms are allocated when available, during peak periods single rooms cannot be guaranteed in Lobuche and Gorak Shep.

what you carry

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

equipment required

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

acute mountain sickness

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

- Headache
- Tiredness
- Disturbed sleep
- 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.

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*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 then 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

vehicles & safety

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

visas

Nepal Visa Information

All nationalities require a visa to enter Nepal. For most travellers, a multiple-entry tourist visa can be obtained on arrival at Tribhuvan International Airport (Kathmandu).

To make your arrival as smooth as possible and avoid long queues at the airport, World Expeditions strongly recommends completing the online visa application before you travel.

Option 1: Complete Your Visa Application Before Departure (Recommended)

The easiest and fastest option is to complete your visa application online before arriving in Nepal.

Online Visa Application Portal:

<https://nepaliport.immigration.gov.np/>(<https://nepaliport.immigration.gov.np/>)

Important

Applications can only be submitted within 14 days of your arrival date

The barcode confirmation generated by the system is valid for 15 days. If your travel dates change and you arrive more than 15 days after completing the form, you will need to submit a new application.

How to Apply

1. Visit the Nepal Immigration Portal above.
2. Select "Visa on Arrival".
3. Choose Tribhuvan International Airport (TIA) as your point of entry if you are flying into Kathmandu.
4. Complete and submit the application.
5. Print or save the barcode confirmation receipt.

What to Bring

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- * Passport valid for at least 6 months from your arrival date
- * Printed barcode confirmation receipt
- * 4 x passport-sized photographs
- * Visa fee payment (USD cash recommended)

On Arrival in Kathmandu

1. Proceed to the visa payment counter.
2. Pay the applicable visa fee.
3. Present your passport, payment receipt and barcode confirmation at Immigration.
4. Your visa will then be issued.

Option 2: Apply for Your Visa on Arrival

If you have not completed the online application before departure, you can still obtain your visa upon arrival at Tribhuvan International Airport.

On Arrival

1. Proceed to one of the visa application kiosks in the arrivals hall.
2. Complete the electronic visa application form.
3. Print the confirmation receipt if available, or take a clear photo or screenshot of the confirmation page.
4. Proceed to the visa payment counter.
5. Present your application confirmation, payment receipt, passport and passport photographs at Immigration.

Please note that queues can be lengthy during busy periods, which is why completing the online application before departure is recommended.

Visa Fees

Current tourist visa fees are:

15 Days - US\$30

30 Days - US\$50

90 Days - US\$125

Payment Information

USD cash is strongly recommended. AUD, CAD and GBP are generally accepted at the exchange rate of the day. Bringing the exact amount in US dollars will help speed up processing and avoid delays

Important Requirements

Before travelling, please ensure you have:

- A passport valid for at least 6 months from your date of arrival
- 4 x passport-sized photographs
- A printed or saved copy of your visa application confirmation (if applying online)
- Sufficient funds to pay the visa fee on arrival

Visa Validity

Once issued, your Nepal tourist visa must be activated by entering Nepal within 6 months of the date of issue.

As visa regulations can change without notice, travellers should always check the latest requirements with Nepal Immigration prior to departure.

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World Expeditions Recommendation: Complete the online visa application before departure and bring a printed copy of the barcode confirmation. This is the simplest way to minimise waiting times and ensure a smooth arrival into Nepal.

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

webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

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social networking

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INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

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

trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable



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deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.