

Himalaya
Indian
Sub-continent

everest trek - private comfort camps



trip highlights

- Take in panoramic views of Ama Dablam, Lhotse, Nuptse, Everest and surrounding peaks
- Discover Thyangboche monastery – the spiritual heart of the Khumbu region
- Experience the thriving Sherpa mountain village of Namche Bazaar
- Visit Sir Edmund Hillary's "Schoolhouse In the Clouds" and the famed Khunde hospital
- Immerse yourself in Nepali life as you trek through Sherpa homelands
- Experience a spectacular Himalayan mountain flight



Trip Duration	12 days	Trip Code: EVT
Grade	Introductory	
Activities	Trekking	
Summary	12 day Trip, 8 day Trek, 2 nights Hotels, 7 nights Eco-Comfort Camps, 2 nights Lodge	

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 Trek - 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 eco friendly private permanent 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.

inclusions valued at USD\$:

Meals: USD\$400

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

This shorter Himalayan trek offers an ideal introduction to the villages and rich culture of the Sherpa people.

You'll spend time exploring the vibrant markets of Namche Bazaar and visit the renowned Tengboche Monastery, the spiritual heart of the Khumbu region. Following well-established trails through Sagarmatha National Park, you'll enjoy sweeping views of many of the world's highest peaks, including Mount Everest (8,848m/29,032ft), which rises beyond the towering 8,000 metre (26,247ft) summits of Lhotse (8,516m/27,940ft) and Nuptse (7,861m/25,791ft).

The trek also visits the traditional villages of Khunde and Khumjung, where Sir Edmund Hillary established the region's first hospital and school through the Himalayan Trust - a lasting legacy that continues to support local communities today.

at a glance

DAY 1	JOIN KATHMANDU (1,330 M / 4,364 FT)
DAY 2	FREE DAY IN KATHMANDU (1,330 M / 4,364 FT) OR DRIVE TO RAMECHHAP (DRIVE 5 HRS)
DAY 3	FLY TO LUKLA (2,800 M / 9,186 FT) TREK TO GHAT (2,530 M / 8,301 FT, WALK 2 HRS)
DAY 4	TREK TO MONJO (2,850 M / 9,350 FT, WALK 4-5 HRS)
DAY 5	TREK TO NAMCHE BAZAAR (3,440 M / 11,286 FT, WALK 4-5 HRS)
DAY 6	TREK TO KYANGJUMA (3,550 M / 11,647 FT, WALK 3-4 HRS)
DAY 7	TREK TO PANGBOCHE VIA TENGBOCHE (3,930 M / 12,893 FT, WALK 5-6 HRS)
DAY 8	TREK TO KYANGJUMA (3,550 M / 11,647 FT, WALK 5-6 HRS)
DAY 9	TREK TO MONJO (2,850 M / 9,350 FT, WALK 5-6 HRS)
DAY 10	TREK TO LUKLA (2,800 M / 9,186 FT, WALK 5-6 HRS)
DAY 11	FLY TO KATHMANDU (1,330 M / 4,364 FT) OR VIA RAMECHHAP (FLIGHT 30-35 MINS, DRIVE 4-5 HRS)
DAY 12	TRIP CONCLUDES KATHMANDU (1,330 M / 4,364 FT)

what's included

- Return flights to and from Lukla
- All meals during the trek: 11 breakfasts, 9 lunches and 9 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
- Accommodation in private Eco-Comfort Camps and handpicked local lodges during the trek
- Private transportation
- Airport transfers if arriving on Day 1 and Day 12, 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
- Daily supply of safe treated drinking water to reduce single-use plastic waste
- Ethical porter support including fair wages, insurance, proper equipment and responsible load limits
- Souvenir World Expeditions kit bag

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trip dates

2026 21 Sep - 02 Oct
05 Oct - 16 Oct
21 Oct - 01 Nov
09 Nov - 20 Nov
30 Nov - 11 Dec
21 Dec - 01 Jan

2027 10 Jan - 21 Jan
19 Feb - 02 Mar
01 Mar - 12 Mar
15 Mar - 26 Mar
29 Mar - 09 Apr
12 Apr - 23 Apr
19 Apr - 30 Apr
20 Sep - 01 Oct
04 Oct - 15 Oct
20 Oct - 31 Oct
08 Nov - 19 Nov
29 Nov - 10 Dec
20 Dec - 31 Dec

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.

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 (1,330 m / 4,364 ft)

You will be met at Kathmandu Tribhuvan International Airport arrivals gate by a World Expeditions representative and transferred to the Radisson Hotel in a private vehicle. The remainder of the afternoon is at leisure to relax after your journey or explore the surrounding area at your own pace.

A pre-trek briefing will be held at approximately 4:30–5:00 pm, where your guide will outline the journey ahead and organise the distribution of your trekking kit including your kit bag, sleeping bag and down or fibrefill jacket.

This evening we gather for a welcome group dinner, providing a great opportunity to meet your fellow travellers before the adventure begins.

Accommodation: Radisson Hotel Kathmandu
meals: NIL

DAY 2 Free Day in Kathmandu (1,330 m / 4,364 ft) or Drive to Ramechhap (drive 5 hrs)

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 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

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*Ask our staff for more information.

DAY 3 Fly to Lukla (2,800 m / 9,186 ft) Trek to Ghat (2,530 m / 8,301 ft, walk 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 Ghat

meals: B,L,D

DAY 4 Trek to Monjo (2,850 m / 9,350 ft, walk 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 Monjo

meals: B,L,D

DAY 5 Trek to Namche Bazaar (3,440 m / 11,286 ft, walk 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

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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.

trip grading Introductory

LEVEL 3: Introductory

These trips involve trekking for up to five or six hours a day at a slow but steady pace and should never be misinterpreted to mean they are easy trips. Remember that trekking rarely involves flat terrain and the trails may well be rough with some long and sometimes steep climbs and descents. These trips do not spend time at altitudes above 4000m and are usually a week in duration. You will need a reasonable level of fitness and good health.

Bazaar, the vibrant Sherpa hub of the Khumbu region. The village is set in a natural 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 Namche Bazaar

meals: B,L,D

DAY 6 Trek to Kyangjuma (3,550 m / 11,647 ft, walk 3–4 hrs)

The trail climbs steadily from Namche to Syangboche airstrip before following a scenic ridgeline toward the Everest View Hotel. Sweeping panoramas open up across Everest, Lhotse, Ama Dablam, Thamserku and Khangtega, offering one of the finest viewpoints of the trek. Continuing on, we visit Khumjung and Sir Edmund Hillary's Schoolhouse in the Clouds, a landmark of the Himalayan Trust's early work in the Khumbu. A gentle descent then brings us to our exclusive campsite at Kyangjuma, with a shorter acclimatisation option available directly from Namche for those adjusting to altitude. Accommodation: Eco-Comfort Camp Kyangjuma

meals: B,L,D

DAY 7 Trek to Pangboche via Tengboche (3,930 m / 12,893 ft, walk 5–6 hrs)

The walk to Pangboche (3,930 m / 12,893 ft) is one of the most spectacular trekking days in Nepal. The trail meanders easily along the ridges with Everest (8,848 m / 29,032 ft) clearly visible on the horizon ahead before descending through beautiful rhododendron forests toward our lunch stop.

After lunch we cross the Dudh Kosi River and begin the ascent up a long ridge that flows down from the summit of Khangtega (6,782 m / 22,251 ft). The trail passes through pine and rhododendron forest and, as this is a devout Buddhist region where wildlife is protected, animals are often less shy. There is a good chance of spotting Himalayan thar, musk deer or pheasants along the trail.

As we approach the ridgeline we pass through a traditional gateway and chorten before cresting the ridge onto a wide grassy meadow at the monastery village of Tengboche (3,860 m / 12,664 ft). The monastery was rebuilt with the assistance of Sir Edmund Hillary after it was destroyed by fire in 1989. The views of the Everest massif and surrounding Himalayan peaks from here are truly spectacular.

After visiting the monastery we continue along the trail to Pangboche, one of the oldest Sherpa villages in the Khumbu.

Accommodation: Eco-Comfort Camp Pangboche

meals: B,L,D

DAY 8 Trek to Kyangjuma (3,550 m / 11,647 ft, walk 5–6 hrs)

If the weather is clear, the mountain views from Tengboche Monastery (3,860 m / 12,664 ft) are outstanding. Everest (8,848 m / 29,032 ft), Lhotse (8,516 m / 27,940 ft) and Nuptse (7,861 m / 25,791 ft) dominate the head of the valley, framed by Tawoche (6,542 m / 21,463 ft) on one side and the striking peak of Ama Dablam (6,812 m / 22,349 ft) on the other. Almost directly above rise Khangtega (6,782 m /

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adventure travel

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

important note

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

22,251 ft) and Thamserku (6,808 m / 22,336 ft), while Khumbliya (5,761 m / 18,901 ft) and Kongde Ri (6,187 m / 20,299 ft) complete a dramatic 360-degree panorama across the valley.

From Tengboche we enjoy a pleasant walk descending along the trail toward Kyangjuma. As we approach the village, the landscape opens to terraced fields and alpine pastures, where the brightly coloured Danphe pheasant, Nepal's national bird, is sometimes seen.

Accommodation: Eco-Comfort Camp Kyangjuma

meals: B,L,D

DAY 9 Trek to Monjo (2,850 m / 9,350 ft, walk 5–6 hrs)

Nearby on a hilltop with sweeping mountain views stands the Everest View Hotel, a joint Nepali–Japanese project where we may stop for refreshments while enjoying the spectacular panorama of the surrounding Himalayan peaks.

Continuing on, we pass the yak breeding centre before descending toward Namche Bazaar. After a short break we continue down through forest to the valley floor, following the Dudh Kosi River downstream. The trail gradually leads us out of Sagarmatha National Park and onward to the small settlement of Monjo.

Accommodation: Eco-Comfort Camp camp Monjo

meals: B,L,D

DAY 10 Trek to Lukla (2,800 m / 9,186 ft, walk 5–6 hrs)

Retracing our steps along the valley, we pass through a variety of Sherpa settlements, forests and farmland as we follow the trail beside the Dudh Kosi River. The route involves several gentle ascents and descents before the final climb back to Lukla.

Upon arrival we enjoy our final evening in the mountains, reflecting on the journey through the Everest region. This is a wonderful opportunity to celebrate the completion of the trek and thank our trekking team, especially the porters, many of whom return to their home villages from here.

Accommodation: Lodge Lukla

meals: B,L,D

DAY 11 Fly to Kathmandu (1,330 m / 4,364 ft) or via Ramechhap (flight 30–35 mins, drive 4–5 hrs)

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

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DAY 12 Trip concludes Kathmandu (1,330 m / 4,364 ft)

After breakfast, the trip concludes unless further arrangements have been made. If you are departing today, you will be transferred to the airport for your onward flight.

meals: B

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

suggested extensions

Chitwan Safari

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,

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although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

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

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

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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: Drive to Bhupsa (7-8hrs) and trek to Paiyan walk 2-3 hours, DAY 6 To Ghat, walk approx. 7-8hrs Day 7 To Namche DAY 8 To Pangboche Day 9 To Namche Day 10 To Lukla Day 11 Fly to Kathmandu Day 12 Trip concludes in Kathmandu

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

a typical day

You will be woken around 6:30am with a cup of tea delivered to your tent, followed by a bowl of warm water for washing. Before breakfast, you will pack your gear into your kit bag, which will be carried by porters or pack animals and will not be accessible again until you reach camp later in the day.

After a hearty breakfast, we usually begin walking between 7:30 and 8:00am, depending on the distance and terrain ahead. The morning trek typically lasts 3 to 4 hours before we stop for a relaxed lunch break of around one hour, with part of the crew walking ahead to select a suitable rest spot.

The afternoon walk is generally shorter, and we aim to reach camp between 3:30 and 4:30pm. Once the kitchen is set up, afternoon tea is served, followed by time to rest or explore the surrounding area before dinner, which is usually enjoyed between 6 and 7pm.

Evenings on trek are often a highlight, sharing stories, playing cards, chatting with the crew, or enjoying local songs and laughter under the stars. Much of the joy of trekking lies not just in the destination, but in the rhythm and camaraderie of the journey itself.

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



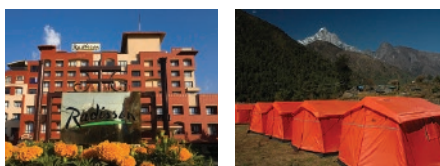
You will be provided with the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and sleeping bag liner (valued at over US\$500)

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accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. Whilst trekking we camp at a variety of wilderness camps, our private eco-comfort camps or stay in lodges.

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:

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

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

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

*Porters also receive life insurance and income protection insurance.

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

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

*Porters are not to carry more than 30kgs.

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

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

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

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

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".

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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

* 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

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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.

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.

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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 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.