



Himalaya

sherpa heartland kongde ri and sacred lake with margie thomas



trip highlights

Unsurpassed views of the entire Everest region from Kongde Ri at 4,250m

Trek through Sherpa heartland villages of Namche and Thame, home of mountaineering legends Tenzing Norgay, Ang Rita Sherpa & Apa Sherpa

Spend three nights at the luxury Kongde Lodge, situated on a high plateau affording spectacular views of Mt Everest, Ama Dablam, Nuptse, Thamserku & Cholatse

Exhilarating helicopter ride from Thame to Kongde Ri with the magnificent Himalaya in full view

Walk off the beaten trail sections through remote wilderness, offering solitude & mountain serenity

Trek to the turquoise jewel Kongde Lake with unsurpassed views of the mountains which are also reflected in the lake

Sleep under millions of stars – night photography opportunities are outstanding



| | | |
|----------------------|--|------------------------|
| Trip Duration | 15 days | Trip Code: HEAK |
| Grade | Moderate | |
| Activities | Trekking | |
| Summary | 15 day trip, 3 night highlight stay at the 'top of the world' Kongde Lodge (4250m), 2 nights hotel in Kathmandu, 9 nights 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 Sherpa Heartland Kongde Ri and Sacred Lake with Margie Thomas, 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. 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.



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World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we cannot match you up a single supplement will be applicable. 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.

trip dates

2027 25 Apr - 09 May

important notes

Note: - This trip is fully booked, however you are welcome to add your name

to a waitlist, please contact us.

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Singles:

A single supplement is available for this trip*

Leader:

Western Escort & local leaders in country

the trip

Join Margie Thomas for a rare Himalayan experience deep in Sherpa Heartland. This cultural trekking journey blends insightful encounters with Sherpa life and history, spectacular trails, and a three night stay at the extraordinary Kongde Lodge, perched high on a ridge at 4,250m, facing a panoramic wall of Himalayan giants. Beginning in vibrant Kathmandu and trekking through pine forests, ridgelines, and traditional villages, you'll follow lesser known trails through Namche Bazaar and Thame, towns that have raised many of the Himalaya's greatest climbers. The Sherpa people, originally from eastern Tibet, have a rich cultural identity rooted in the mountains, from their yak herding past to their role as elite high altitude guides. Along the way, you'll visit monasteries, hear local stories, and learn about the spiritual and practical ways of life in the Khumbu. A breathtaking helicopter ride will carry you across the Khumbu Valley to Kongde Lodge, a spectacular high altitude retreat. From here, gaze out over Everest, Ama Dablam, Thamskeru, and more. Spend three nights exploring alpine lakes, photographing starry skies, and soaking up the peaceful beauty of the high Himalaya.

This tour is accompanied by Margie Thomas in conjunction with a highly experienced local guide.

about your leader/escort

This tour is accompanied by Margie Thomas in conjunction with a highly experienced local guide. Margie has trekked extensively in Nepal and the Indian Himalaya including the Everest region and the lower Solu Khumbu, Ladakh and the Nanda Devi region. Over the last decade she has devised and led a bespoke trek to Upper Mustang and has also written 'TSOSHAR - a rich cultural heritage in Upper Mustang'. Margie will share her abiding passion of Himalayan and Tibetan culture on this pioneering trek through this wild and remote part of the Everest region.

at a glance

| | |
|--------|--|
| DAY 1 | JOIN KATHMANDU (1400M) |
| DAY 2 | TO RAMECHAP (DRIVE APPROX 5 HOURS) |
| DAY 3 | FLY LUKLA (2800M). TREK TO GHAT (2600M). WALK 2 HOURS. |
| DAY 4 | TO MONJO (2850M). WALK 4-5 HOURS. |
| DAY 5 | TO NAMCHE BAZAAR (3440M). WALK 4-5 HOURS. |
| DAY 6 | IN NAMCHE |
| DAY 7 | TREK TO THAME (3860M). WALK 6 HOURS |
| DAY 8 | IN THAME |
| DAY 9 | TO KONGDE RI (4250M) BY EXHILARATING HELICOPTER RIDE |
| DAY 10 | AT KONGDE RI. |
| DAY 11 | AT KONGDE RI |
| DAY 12 | TREK TO PHAKDING (2610M). WALK 5 HOURS |
| DAY 13 | TREK TO LUKLA (2800M). WALK 2 - 3 HOURS |
| DAY 14 | FLY TO KATHMANDU (1400M) VIA RAMECHAP |
| DAY 15 | TRIP CONCLUDES IN KATHMANDU |

what's included

- Accompanied by Margie Thomas (in conjunction with a highly experienced local guide), whose knowledge and personal connections will ensure an unrivalled experience
- Highlight stay at Kongde Lodge (4250m) with spectacular 360 degree views
- Hotel accommodation in Kathmandu
- Trek accommodation in comfortable lodges
- 14 breakfasts, 12 lunches and 12 dinners

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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 Moderate

These adventures involve trekking, cycling or rafting in remote areas in variable weather conditions for up to 8 to 10 hours+ a day (possibly more subject to weather conditions and altitude). This may include spending successive days at altitudes not generally exceeding 6000m. These trips may often be over three weeks in duration. You will need an excellent level of fitness, be prepared to carry a daypack weighing up to 8kgs (and in some cases a full pack) and be completely comfortable in adverse weather conditions.

* Suggested preparation: One hour of aerobic type exercise, four to five times a week for three to six months prior to departure. Hill walking with a pack in variable weather conditions or on/off road cycling is also recommended.

- Flights Ramechhap/Lukla/Ramechhap approx. USD\$350
- An extra 5kg luggage allowance on Lukla flight, total 20kg
- Kathmandu airport transfers on days 1 and 16 or if you booked pre/post tour accommodation through World Expeditions
- Expert bilingual guide
- Visit and entrance fee for the Sherpa Museum in Namche
- Group medical kit
- Souvenir World Expeditions kit bag
- Private transportation
- All park entrance fees and trekking permits
- Porters to carry all personal and group equipment
- Porter's insurance

what's not included

- International flights
- Travel Insurance
- Visa
- Single supplement - price is based on twin share. Please note single use rooms will be limited at Kongde Lodge
- Meals not noted as included
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature
- Tips

detailed itinerary

DAY 1 Join Kathmandu (1400m)

Welcome to Kathmandu with its incredibly rich tapestry of history, culture, and vibrant street life. You will be met by a representative of World Expeditions and transferred to the group hotel.

A briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag. Following the briefing, we will head out for dinner and this is a great opportunity to get acquainted with your fellow group members.

Overnight: Hotel Shanker, Kathmandu

meals: NIL

DAY 2 To Ramechhap (Drive approx 5 hours)

This morning we leave the bustle of Kathmandu city behind as we set off for our time in the Everest region & Sherpa heartland of Nepal. At this time of year, flights depart from Manthali Airport. Our drive will be around five hours, passing first the suburban areas and small towns on the outskirts of Kathmandu, and then to more rural, agricultural land.

Overnight: Private eco-camp

*NB: Domestic flights are determined by the Civil Aviation Authority of Nepal and are subject to change.

meals: B,L,D

DAY 3 Fly Lukla (2800m). Trek to Ghat (2600m). Walk 2 hours.

We have an early start with a short flight to the frontier town of Lukla. The Tenzing-Hillary Airport in Lukla was established by Sir Edmund Hillary to help access the

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adventure travel

By its very nature adventure travel involves an element of the unexpected. 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. These trip notes represent the most current information for this itinerary and 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.

Everest region and the Sherpa people. It is a picturesque flight with marvellous views of the Eastern Himalaya. Once at Lukla we are immediately presented with views of huge peaks surrounding the village, offering a glimpse of what is to come. Our crew assembles and we head downhill towards the Dudh Kosi, a river that flows from the highest peaks. The broad and well-marked trail meanders around fields of potatoes and buck-wheat, passing through small villages and rows of dahlia trees.

Overnight: Lodge TBC
meals: B,L,D

DAY 4 To Monjo (2850m). Walk 4-5 hours.

Today we cross a glacial river, named 'Dudh' (milk) Kosi (river) because of its colour. Sections of today's walk are through pine forest and cleared areas revealing terraced fields and a variety of crops. We pass small groups of donkeys, yaks and dzopko carrying trading goods and trekking gear along the trail. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, more commonly found at higher altitudes. Spectacular mountain peaks unfold above us and seem to hover above the tree-line as they rise above the deep river valley. We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription 'Om Mani Padme Hum' which translates to 'Hail to the jewel in the lotus', and is mantra (chant) venerated by Buddhists.

Overnight: Lodge
meals: B,L,D

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

We start the day by passing through the gateway to the Sherpa Heartland of Sagarmatha National Park. This national park was established to address the rising problem of deforestation and to stem the use of firewood in the surrounding areas. Only local villagers are permitted to collect the dead wood for personal use but must first gain approval from authorities. We follow the trail to the confluence of the Dudh Kosi (river) and the Bhote Kosi, crossing mountain streams and a spectacular suspension bridge adorned with fluttering prayer flags. We start our ascent to Namche Bazaar, the Sherpa capital of Nepal. It's a challenging steady climb, but serene pine forest landscapes and the first glimpse of Mt Everest (8848m) provide a massive motivational boost. The trail continues to meander up to Namche, a popular acclimatisation town nestled around a naturally horse-shoe shaped amphitheatre. Today's trek is so worthwhile, as we see the beautiful peaks of Kongde Ri our destination on day 12 of our trek, directly opposite the valley.

Overnight: Lodge
meals: B,L,D

DAY 6 In Namche

Today is a day out of the boots and to enjoy Namche. In the morning we'll take an acclimatisation walk high above Namche to the Sagarmatha NEXT Environmental Centre. You'll learn about cutting edge recycling practices to keep the Everest region pristine and re-use collected rubbish. You can also don special 3D glasses and take a virtual trek to Everest.

Namche Bazaar has been a major trading hub for local goods, with traders bringing in supplies from Tibet and other regions. Today you can shop for local handicrafts from intricate woodwork to handmade scarves. Together we will visit the The Sherpa Museum to gain an insight into the rich culture and history of the Sherpa people. The

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museum includes exhibits of traditional clothing, tools, along with art, crafts, and religious artifacts related to Tibetan Buddhism, which is an integral part of Sherpa culture.

Overnight: Lodge

meals: B,L,D

DAY 7 Trek to Thame (3860m). Walk 6 hours

The trek to Thame offers a more tranquil experience compared to the busier trails to Everest Base Camp. We will follow a trail passing through the pine forest, rhododendron groves and typical Sherpa villages. This route is considered to be the historical trade route between Nepal and Tibet. As we ascend gradually, we will pass by a monastery and then from Samden village, we descend to the bridge and cross the Bhote Koshi river before a final, short climb up to the picturesque village of Thame.

Overnight: Lodge

meals: B,L,D

DAY 8 In Thame

Thame is a traditional Sherpa village with a rich cultural heritage. Today we explore the village's monastery and chortens that reflect their spiritual and cultural life. Located in a dramatic location on a steep hillside above Thame and founded in the 17th century, the Dechen Chokhorling Gompa is one of the oldest and most spiritually significant Buddhist monasteries in the Khumbu region. It follows the Nyingma school of Tibetan Buddhism and traditionally houses around 30-35 monks. Thame is also historically important in the context of mountaineering as the birthplace of Tenzing Norgay, one of the first two climbers to reach the summit of Mount Everest alongside Sir Edmund Hillary in 1953. Visit the monastery high above the settlement of Thame & listen to stories of our host, Dr Kami if he's in residence.

Overnight: Lodge

meals: B,L,D

DAY 9 To Kongde Ri (4250m) by exhilarating helicopter ride

To Kongde Ri 4,250 m by exhilarating helicopter ride over stunning Red Birch, Beech and Silver Fir forests. Relax in the afternoon & explore ridges around the lodge. With it's unparalleled views of so many of the big Himalayan peaks, it's an ideal place for night photography of the Himalaya, with millions of stars as the backdrop.

Overnight: Kongde Lodge

meals: B,L,D

DAY 10 At Kongde Ri.

Trek four reasonably challenging hours to the beautiful jewel-like high altitude Kongde Lake. A shimmering hidden lake of calm turquoise water, it's mirror surface reflecting the lofty peaks surrounding it, including Everest, Lhotse, Makalu, Ama Dhablam and Thamserku. Very few people ever visit this serene beauty, tucked away at approx. 5,000m. There's a significant altitude gain this day, but we walk high then sleep low, back at Kongde Ri lodge. (Picnic lunch at the lake).

Overnight: Kongde Lodge

meals: B,L,D

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DAY 11 At Kongde Ri

At Kongde Ri. Explore surrounding azalea and rhododendron covered ridges, where yaks graze, blood pheasant are sighted and even snow leopard scats have been seen. Energetic clients can take an optional walk to Farak Ri, north of Kongde at 5 4,680m.

Overnight: Kongde Lodge

meals: B,L,D

DAY 12 Trek to Phakding (2610m). Walk 5 hours

Descend steeply to Phakding village following the view of the Dudh koshi river valley along with the view of Thamserku, Khangteka and Kusum Kangaroo. This is a spectacular walk through pristine forests where blood pheasants are often seen in numbers.

Overnight: Lodge

meals: B,L,D

DAY 13 Trek to Lukla (2800m). Walk 2 - 3 hours

After breakfast, retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savour our final mountain sunset of the trek as we complete this exhilarating journey. Our last evening is a perfect time to celebrate a successful journey and say thanks to the team, especially the porters who will return to their villages from here.

Overnight: Eco lodge

meals: B,L,D

DAY 14 Fly to Kathmandu (1400m) via Ramechap

We start the day with a stunning morning flight over forests and villages to Kathmandu directly or to return via Ramechap. Upon arrival, you will be transferred back to the Kathmandu hotel and have the remainder of the afternoon free.

Overnight: Hotel Shanker, Kathmandu

meals: B

DAY 15 Trip concludes in Kathmandu

We hope this trip has left you with a greater understanding of the Sherpa people and the richness of Nepalese culture, as well as unforgettable memories of your special trek in the Himalaya.

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.

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

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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.

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 note that options are likely to be limited in very remote locations. 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 a World Expeditions kit bag - yours to keep. If you wish, we are also able to provide use of a quality sleeping bag for extra warmth and down jacket.

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 or phone and personal items such as such as medications and sunscreen. Porters and mules carry all group gear.

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

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believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- *A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- *We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- *We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- *Porters also receive life insurance and income protection insurance.
- *Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.
- *Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.
- *Porters are not to carry more than 30kgs.
- *The minimum age for a Porter is 16 and the maximum age is 50 years old.

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

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

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

visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu), however, to speed up arrival processes, it is easier to obtain your visa prior to departure. Queues are common during peak tourist arrival times, especially at the visa application counters and we strongly recommend you arrange your visa before you arrive. In order to skip the bulk of the queues, you are able, in most cases, to apply for your visa either via your nearest Nepalese embassy/diplomatic mission/consulate or by applying for an ETA – Electronic Travel Authorisation. Please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE, ie. you must enter and depart Nepal within six months of the date of issue of the visa.

The details for the various options available to you are outlined below:

Option 1: Via your nearest Nepalese diplomatic mission/consulate. The online form can be sourced at <https://nepaliport.immigration.gov.np/onlinevisa-mission/application> and there is a handy user manual which can be downloaded from the site to guide you through the process. The procedures differ depending on your location, for example for those from NSW, Australia, you may apply online, transfer funds and have the visa issued electronically via <https://>

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consulatenepal.org/services/tourist-visa-to-nepal/. Please contact your local mission/consulate for their requirements.

Option 2: Visa Application submitted Pre-arrival, with visa issued on arrival -

There is an official online application portal (<https://nepaliport.immigration.gov.np/>) that allows you to submit and print your application prior to arrival (note this can only be completed a maximum of 15 days prior). From this page, select the 'On arrival' Visa option and choose Tribhuvan International Airport (TIA) as the entry point if you are flying into Kathmandu, this step changes the 'applied office' section which is vital. Note the payment portal on this option is often unavailable. Once you've applied, the form can be printed for use on arrival and payment made as outlined below.

Option 3: Visa Application submitted on arrival -

If you opt to obtain your visa on arrival and have not pre-filled the online form as noted above, join the queues to a row of computers on the right as you enter the terminal and fill out the online form. Unfortunately, at time of writing, there are no printers attached to the computers so make sure to take a screenshot of your final application, then join the queue at the left of the arrivals hall to pay for your visa (officials will need to sight the screenshot of your application). You will need to pay the application fee for which cash is recommended and will be issued with a receipt. The preferred payment is USD however AUD, CAD and GBP will also be accepted at the exchange rate of the day.

Visa costs are:

US\$30 – 15 days

US\$50 – 30 days

US\$125 – 90 days

Proceed to the immigration desk with your screenshot of the online application, receipt, two passport sized photographs if you are applying on arrival (note when using the pre-arrival service, e-versions are used however carrying a few passport photos is always advisable) and passport for processing and visa issuance.

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.

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how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to World Expeditions office. We can also help you with any additional arrangements that you require, such as airfares, pre or post trip accommodation and travel insurance.