

Himalaya
Indian
Sub-continent

everest: mani rimdu festival trek



trip highlights

- Experience the culturally significant Mani Rimdu Festival
- Take in a panoramic view of Everest and surrounding peaks
- Learn of Sherpa culture at its vibrant 'capital' Namche Bazaar
- Visit Sir Edmund Hillary's "Schoolhouse In the Clouds" and the famed Khunde hospital
- Explore at the stunningly situated monastery of Thyangboche
- Get a bird's eye view of the Himalaya on a mountain flight to Lukla



Trip Duration	14 days	Trip Code: MRF
Grade	Moderate	
Activities	Trekking	
Summary	9 day trek, 1 day Mani Rimdu Festival, 3 nights hotels, 6 nights in private eco campsites, 4 nights eco 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: Mani Rimdu Festival Trek, 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 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.

inclusions valued at USD\$:

Meals:	USD\$550
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 trip incorporates one of our classic short Everest treks with one of the regions most significant Buddhist festivals, Mani Rimdu, which takes place annually at Thyangboche Monastery. Our trek weaves through the famous Buddhist villages and monasteries of the Sherpa people while affording unparalleled views of some of the world's highest peaks. The highlights of this trip are the days spent trekking above Namche Bazaar. Here we get beyond the established trails, where from our vantage point, we gain a breathtaking 360 degree mountain panorama that culminates in the distinctive summit of Everest looming above the Nuptse-Lhotse wall. A further dimension to our trek is our time at Mani Rimdu, where we take in the ceremonial masked dance, known as 'Cham', which is performed by the resident monks. The festival marks the victory of Buddhism over Bon, an ancient animistic religion practiced in Tibet. It's also a time for the monks to perform rituals and prayers for the well-being of the world.

at a glance

DAY 1	ARRIVE KATHMANDU (1330M).
DAY 2	FREE DAY IN KATHMANDU OR DRIVE TO RAMECHAP (APPROX 5 HOURS)
DAY 3	FLY LUKLA (2800M) AND TREK TO GHAT (2600M). WALK APPROX 2 HRS.
DAY 4	TO MONJO (2850M). WALK APPROX 4-5 HRS.
DAY 5	TO NAMCHE BAZAAR (3440M). WALK APPROX 4-5 HRS.
DAY 6	TO KYANGJUMA (3550M) VIA KHUMJUNG, WALK APPROX 3-4 HOURS
DAY 7	TO PANGBOCHE (3930M). WALK APPROX 5 HRS.
DAY 8	TO CHULUNGCHE/MINGBO (4530M). WALK APPROX. 5 HRS
DAY 9	TO DEBOCHE (3820M). WALK APPROX 5 HRS
DAY 10	MANI RIMDU FESTIVAL - WALK APPROX 40MINS
DAY 11	TO NAMCHE (3780M). WALK APPROX 6 HRS.
DAY 12	TO LUKLA (2800M). WALK APPROX 7-8 HRS
DAY 13	FLY TO KATHMANDU OR RETURN VIA RAMECHAP
DAY 14	TRIP CONCLUDES KATHMANDU

what's included

- Return flights to and from Lukla
- All meals during the trek: 13 breakfasts, 11 lunches and 11 dinners
- World Expeditions trek pack including quality sleeping bag, down or fibre-fill jacket and sleeping bag liner (valued at US\$500)
- All park entrance fees and trekking permits
- Entrance fees to the Mani Rimdu Festival
- Good quality hotel accommodation in Kathmandu
- Accommodation in private Eco-Comfort Camps and handpicked local lodges during the trek
- Private transportation
- Airport transfers if arriving on Day 1 and Day 14, 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 08 Nov - 21 Nov 2

important notes

1 - Trip coincides with the Mani Rimdu Festival (6-7 November 2025) in Thyangboche.

2 - Trip coincides with the Mani Rimdu Festival

(16-17 November 2026) in Thyangboche.

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.

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
- Donations at Thyangboche Monastery
- Tips and gratuities
- Any items not listed as included

detailed itinerary

DAY 1 Arrive Kathmandu (1330m).

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel

meals: NIL

DAY 2 Free day in Kathmandu or drive to Ramechhap (approx 5 hours)

Depending on the season, you will either have a free day to explore Kathmandu's bustling streets and significant landmarks or embark on a bus ride to Ramechhap, a small town that operates flights to Lukla, the gate way trekking in the Everest region. Overnight: Radisson Hotel or Private eco-camp

*NB: Domestic flights to/from Lukla during Spring and Autumn trekking seasons (March-May and October-December) may operate from Manthali Airport, Ramechhap. This is determined by the Civil Aviation Authority of Nepal and dates are subject to change. Your leader will brief you on flight arrangements locally.

meals: B

DAY 3 Fly Lukla (2800m) and trek to Ghat (2600m). Walk approx 2 hrs.

We have an early start with a short flight to STOL airstrip at Lukla. The Tenzing-Hillary Airport in Lukla was established by Sir Edmund Hillary to help access the Everest region and the Sherpa people. It is a picturesque flight with marvelous 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 raging river that flows

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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 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 to our first overnight private eco campsite at Ghat.

meals: B,L,D

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

Today we cross and re-cross the thundering glacial river, named "Dudh" (milk) Kosi (river) because of its colour. Sections of today's walk are through pine forest and cleared areas reveal 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. Shortly after leaving camp we cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamserku (6808 m) rises majestically, seemingly from the river floor. 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 and Brahmans alike. Buddhists will walk to the left of these Mani Walls and chortens, but you may notice that people of the lowlands who have no knowledge of Buddhism do not follow this practice. The allure of the mountains is hard to resist, but we must be patient, as it is very important to acclimatise slowly and thereby fully appreciate our time at higher altitude. Today's walk is not a long one, and you will be eager to press on. Slow down, and enjoy every step of the way. Our camp tonight is at our private eco camp site located above Monjo.

meals: B,L,D

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

This morning we cross the green/aqua waters of the Dudh Kosi and pass through the gates of the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area. Self-contained trek groups must use only kerosene fuels for cooking, a philosophy we follow everywhere in Nepal, whether we are in a national park or not. Tea-houses and lodges are encouraged to use kerosene, yak dung or electricity but unfortunately continue to use mostly fire-wood for cooking, heating and for hot water for trekker's showers. This practice continues to deplete the forests. We follow the river course to the confluence of the Dudh Kosi and the Bhote Kosi and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa "capital" of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain.

Overnight: eco-lodge

meals: B,L,D

DAY 6 To Kyangjuma (3550m) via Khumjung, Walk approx 3-4 hours

Our trek will start with an incline to Syangboche airstrip and along the ridgeline towards Everest View Hotel. We are welcomed with magnificent views of the

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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 involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, 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.

surrounding mountains including Everest, Lhotse, Thamserku, Khangtega, Ama Dablam and many more. After a quick break, we continue towards Khumjung and visit Sir Edmond Hillary's famous "Schoolhouse in the clouds." This school was the first in the entire Khumbu region being built in 1961 with the help of the Sir Edmund Hillary and the Himalayan Trust. The school originally opened with only two classrooms but has since expanded to cater for over 350 students. We descend and follow the trail for approx 25 minutes to our new exclusive campsite at Kyangjuma. For those who are feeling the early effects of altitude can opt for a shorter acclimatization walk of around 2 hours directly from Namche to Kyangjuma. Overnight: Private eco-campsite

meals: B,L,D

DAY 7 To Pangboche (3930m). Walk approx 5 hrs.

The walk to Pangboche is one of the most spectacular trekking days in Nepal. The trail meanders easily around the ridges and Everest can be clearly seen on the horizon ahead before we descend through splendid rhododendron forests for lunch. After lunch we cross the Dudh Kosi and begin the ascent to the top of a long ridge which flows from the summit of Kantega. Our trail takes us through pine and rhododendron forest, and, as this is a devout Buddhist region, the wildlife is unharmed and not too shy. As a result there is a possibility that we may see Himalayan Thar, Musk Deer or pheasants in the forest and around our campsite. As we approach the ridgeline we pass through a traditional gateway and around a chorten before cresting the ridge onto a wide grassy meadow at the monastery village of Thyangboche. The monastery was re-built with the assistance of Sir Edmund Hillary after it was destroyed by fire in 1989. The views of the Everest massif, as well as all the other major peaks of the area are astounding. We will return to the monastery in a few days for the festival but for now we continue on to our private eco campsite at Pangboche.

meals: B,L,D

DAY 8 To Chulungche/Mingbo (4530m). Walk approx. 5 hrs

Leaving the main trail in favour of isolated trails we trek above Thyangboche and into the conifer forest. The views back to the monastery with Taboche rising beyond are excellent. We follow paths through the forest that lead above the tree line to summer yak pastures and contour around the ridge lines of Kantega. Settlements that are a hive of activity in the wet summer months are deserted and we have these paths to ourselves enjoying the solitude of the walk. We pass through the small settlement of Omega and travel onto Mingbo, high above the valley floor. At this altitude, with the clear air, we can look across at the highest peaks, at their level, and only a few kilometers distant. Overnight eco-lodge.

meals: B,L,D

DAY 9 To Deboche (3820m). Walk approx 5 hrs

Today we start our descent back to Thyangboche in preparation for Mani Rimdu. Accommodation in the village will be crowded so we will set up camp a short 20min walk from the monastery at Deboche where we will spend the next two nights.

Overnight eco-lodge.

meals: B,L,D

DAY 10 Mani Rimdu Festival - Walk approx 40mins

Today we make our way down the trail to Thyangboche Monastery to experience Mani Rimdu. The celebrations today (the main day of the festival) include elaborate masked dances by the monks representing various deities, demons, and protectors.

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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.

These dances convey Buddhist teachings, stories, and the triumph of good over evil. Throughout the celebration, prayers, chanting, and rituals are conducted to invoke blessings and spread harmony. After enjoying all the colour and vibrancy of the days events we make the short walk back to camp.

Overnight eco-lodge

meals: B,L,D

DAY 11 To Namche (3780m). Walk approx 6 hrs.

We slowly return to civilization as we venture down the valley and return to Namche Bazaar. Remember to turn around and enamor at the snow capped peaks for one of the last times as we leave the heart of the Everest Region.

Overnight: eco-lodge

meals: B,L,D

DAY 12 To Lukla (2800m). Walk approx 7-8 hrs

Leaving Namche we descend through the forest towards the Dudh Kosi, and continue our return journey crossing and re-crossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world. 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 sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek 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 lodge.

meals: B,L,D

DAY 13 Fly to Kathmandu or return 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 be will be transferred back to the Radisson Hotel and have the remainder of the afternoon free. There will be plenty of time to relax or do some last minute shopping/sightseeing.

Overnight: Radisson Hotel or similar

meals: B

DAY 14 Trip concludes Kathmandu

After breakfast arrangements cease unless further ones have been made. Those people departing by aircraft will be transferred to the airport and assisted with check-in procedures.

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

Annapurna Chitwan Trek

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



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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 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.

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meals on trek

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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: 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 Kyanjuma DAY 9 To Pangboche DAY 10 To Mani Rimdu Festival DAY 11 To Namche DAY 12 To Lukla DAY 13 Fly to Kathmandu DAY 14 Trip concludes in Kathmandu

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

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a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

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 ablation 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.

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 of more of these locations.

wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

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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 quality sleeping bag, down or fibre fill jacket and sleeping bag liner (valued at over US\$500). Further, our porters and guides 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. Whilst trekking we camp at a variety of wilderness camps, our private eco-comfort camps or stay in eco-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).

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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.
- *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

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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

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://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

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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.

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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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 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.

