

chekigo peak (6121m) with soren kruse ledet



trip highlights

Learn mountaineering and alpine travel techniques alongside one of the most accomplished guides - Soren Kruse Ledet - with 30+ years of expedition experience

Take the next step and fulfill your alpine climbing aspirations; combine learning about safe climbing practices with the opportunity to summit a rarely climbed Himalayan peak

Test your skills on semi technical Chekigo Peak 6121m, on a possible first Australian, Canadian, US and New Zealand ascent

Be awed by unrivalled views across the Tibetan Plateau

Immerse in the dramatic Rolwaling Valley

Enjoy the camaraderie and shared experience with our local crew

Join an off the beaten track adventure and climb a peak on the border with Tibet



| | | |
|---------------|---|----------------|
| Trip Duration | 24 days | Trip Code: MSP |
| Grade | Entry level Mountaineering or Exploratory Treks | |
| Activities | Mountaineering, Trekking | |
| Summary | 19 day trek/skills course/mountaineering, 20 nights wilderness camping, 3 nights hotels | |

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 Chekigo Peak (6121m) with Soren Kruse Ledet, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering expeditions in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking and climbing experience in the Himalaya. Our expedition is accompanied by an experienced World Expeditions leader highly trained in remote 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. We take every precaution to ensure smooth logistics. We use comfortable 3 and 4 star accommodation in hand picked hotels, and well maintained, good quality equipment on the mountain and on trek. On all our challenging treks and expeditions in Nepal we carry a portable high altitude chamber and satellite phone. The highest standards of hygiene are strictly maintained, and our cooks will surprise you with a varied menu that's sure to please at the conclusion of each trekking day. World Expeditions are also one of the only companies to provide food for our porters on trek. 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.



chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



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/tent 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. Please note the single supplement on this trip is for the hotel and/or trekking portions of the trip only. Above base camp, during the actual climbing portion of the expedition, all group members are required to share a tent. Depending on the make up of the group, males and females may be required to share.

trip dates

2027 04 Mar - 27 Mar

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 English speaking guide

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

the trip

If you're ready to move beyond trekking and into the world of mountaineering, the perfect objective is the semi technical Chekigo Peak (6121m) which offers excellent climbing and the opportunity to be part of a first Australian, Canadian, US and New Zealand ascent. Designed and led by renowned high-altitude guide Soren Kruse Ledet, the program combines world-class instruction with one of the most spectacular alpine settings on Earth. This is a unique opportunity as the peak has been very rarely climbed, with a Swiss/UK first ascent recorded and few other nationalities having summited.

The journey begins with a scenic approach through forests of rhododendron, pine and juniper, gradually rising into the stunning Rolwaling Valley where snow-covered peaks dominate the skyline. Base Camp is positioned above the snowline with dramatic views of Gauri Shankar (7134m) and Melungtse (7181m) – an inspiring backdrop to your alpine development.

Throughout the expedition, you'll build essential mountaineering skills including anchor placement on snow, ice and rock, fixed rope travel, belaying, abseiling, rope handling and movement on steep ground. With a low three-to-one climber to Sherpa ratio and expert guidance throughout, you'll be well supported as you gain confidence and competence in real mountain conditions. For experienced climbers, the valley offers ideal terrain to refine and test your skills. For those newer to mountaineering, it's a rare chance to establish a strong foundation in safety and technique in a controlled and inspiring environment. The journey culminates in a rewarding ascent of Chekigo Peak (6121m) – a semi-technical summit near the Tibetan border that sees very few ascents. From the summit, the views stretch across the Rolwaling and deep into Tibet – a fitting reward to cap off this transformative mountain journey.

World Expeditions has been leading expeditions in the Himalaya since 1975 – pioneering treks and climbs across some of the region's most remote and demanding landscapes. That legacy of care, safety and deep local expertise underpins every step of this journey. Your guide, Soren Kruse Ledet, brings more than 30 years of climbing and guiding experience – with over 50 Himalayan expeditions to his name. Respected for his calm leadership, technical mastery and passion for teaching, Soren is not only a highly accomplished mountaineer but a trusted mentor for anyone looking to take their mountain skills to the next level.

about your leader/escort

Soren Kruse Ledet is a high altitude mountain guide based in the Blue Mountains, Australia. For over 30 years he has led and participated in more than 60 mountaineering expeditions and challenging treks in Nepal, Bhutan, Pakistan and Tibet. In 2011 Soren reached 27,500 ft during an unassisted ascent of Everest and has successfully summited Ama Dablam 4 times. He has led expeditions to Cholatse, Baruntse, Teng Kangpoche, Muztagh Ata, Pachermo and Peak Lenin among many others. His easygoing nature and professionalism make him a sought after guide.

at a glance

| | |
|------------|---|
| DAY 1 | JOIN KATHMANDU |
| DAY 2 | IN KATHMANDU. GEAR CHECK, REMAINDER OF DAY AT LEISURE |
| DAY 3 | DRIVE TO CHECHHET AND TREK TO SIMIGOAN |
| DAY 4 | TREK TO DONGANG AND LEARN BASIC KNOTS (2790M) |
| DAY 5 | TREK TO BEDING (3750M) AND PRACTICE KNOTS |
| DAYS 6-12 | TREK TO NA VILLAGE (4200M), CLIMBING SCHOOL VENUE |
| DAY 13 | TREK TO CHEKIGO BASECAMP |
| DAYS 14-15 | REST DAY AND PREPARATIONS AT CHEKIGO BASECAMP |
| DAY 16 | HIGH CAMP |
| DAYS 17-19 | SUMMIT ATTEMPT AND CONTINGENCY DAYS |
| DAY 20 | TREK TO BEDING |
| DAYS 21-22 | TO DONGANG AND SIMAGOAN |

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading

Entry level Mountaineering or Exploratory Treks

These adventures are classed as expeditions. They involve either extreme trekking and or basic mountaineering. Expect remote and poorly defined trails in variable weather conditions for up to 12 hours a day (possibly more subject to weather conditions and altitude). This may include a number of demanding high pass crossings and evacuation may be difficult from remote areas. Suitable for first time mountaineers wishing to take the step from trekking into the realm of mountaineering. Prior experience trekking at altitude is desirable and you should be comfortable in adverse weather conditions. Prior technical mountaineering experience is not necessary. Terrain will involve low angle snow slopes. Ropes may be used during treks for glacier travel and steeper sections of ice and snow.

technical grading

Basic

The conditions are relatively straightforward and not technically difficult. Expect generally low angled slopes with no prolonged steep or exposed sections and glacier travel where participants are roped together. Abseiling may be required in short sections.

DAY 23 TREK TO CHECHHET, BUS TO KATHMANDU (1330M)

DAY 24 TRIP CONCLUDES KATHMANDU

additional deposits required

An additional deposit to the value of USD \$600 is required at the time of booking to secure remote trip arrangements. This amount is payable over and above the normal deposit and is payable in your local currency at the time of booking.

what's included

- All meals during the trek and climb: 23 breakfasts, 20 lunches and 20 dinners (valued at US\$850)
- World Expeditions trek pack including quality sleeping bag, down or fibre-fill jacket and insulated mat (valued at US\$500)
- Climbing pack including ice axe, crampons, harness and helmet
- All park entrance fees, trekking and peak permits
- 4 star accommodation at the Radisson Hotel in Kathmandu
- Accommodation primarily in fully serviced wilderness campsites
- Private transportation
- Airport transfers if arriving on Day 1 and Day 24, or with pre/post-tour accommodation booked through World Expeditions
- Training conducted by Soren Kruse Ledet, supported by World Expeditions accredited, first aid trained mountaineering leaders and experienced local crew
- Safety equipment including portable Altitude Chamber, group medical kit, satellite phone and emergency oxygen cylinder
- Daily supply of safe treated drinking water to reduce single-use plastic waste
- Ethical porter support including fair wages, insurance, protective clothing, food, shelter and responsible load limits
- Souvenir World Expeditions kit bag

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

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

detailed itinerary

DAY 1 Join Kathmandu

On arrival you will be met by a representative of World Expeditions and transferred to your hotel. You will meet your group leader and a trip briefing will be given in the



chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



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.

late afternoon at the hotel. There are numerous preparations required before we embark on our expedition including a clothing and equipment check of all members by your guide, and distribution of gear (sleeping bag, down jacket and kitbag) and climbing packs (ice axe, crampons and harness). This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

meals: NIL

DAY 2 In Kathmandu. Gear check, remainder of day at leisure

This morning a group meeting with gear check will be held and at this time any necessary items will be hired or purchased. The remainder of the day is free for you to explore Kathmandu's bustling streets and significant landmarks. You may wish to start by exploring the city's two most important World Heritage Listed spiritual sites: Pashupatinath, Nepal's most sacred Hindu temple and an important cremation site; and Boudhanath, the largest Buddhist stupa in Nepal and the most sacred Tibetan Buddhist shrine outside of Tibet. Alternatively you could wander through the markets and shops of the busy Thamel precinct or explore some more of the city's significant sites such as Swayambhunath (Monkey Temple) or the World Heritage Listed plazas of Patan, Bhaktapur or Durbar Square.

meals: B

DAY 3 Drive to Chechhet and trek to Simigoan

After an early breakfast our travel day begins with a long drive to the small village of Chechhet. It is a full day, as it will take approx. 7-8 hours depending on traffic and road conditions. At approx. 1350m, a cluster of houses mark Chechhet and we will cross the river just downstream from the confluence of the Rolwaling Khola. From here we will trek steeply uphill through terraced farm lands for 3-4 hrs before arriving at Simigoan (2050m) where we will camp for the night. We are among temperate forests that are home to ferns, mosses and small orchids, as well as rhesus and langur monkeys that are often seen jumping across the trees. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAY 4 Trek to Dongang and learn basic knots (2790m)

The trail this morning is undulating and we will ascend through the forest to Dongang (2790m). This is rugged country off the main trekking trails and a good way to start the acclimatisation process. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAY 5 Trek to Beding (3750m) and practice knots

We set off this morning on a trek to the small village of Beding in the remote, stunning Rowling valley which boasts beautiful alpine forest. We'll walk along the river and as we gain height, the views will just get better. We enjoy experiencing unique and traditional Sherpa culture and will spend our time here practicing knots. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAYS 6-12 Trek to Na village (4200m), Climbing School venue

With glorious mountain scenery and eye-opening panoramas, we continue to enjoy trekking in the spectacular Rolwaling Valley, admiring the views and making our way to Na. This area is isolated with a diversity of culture among the

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



small village farming settlements. The vegetation is mostly small shrubs, grasses and some juniper and birch. Our alpine views span out as we approach camp and we are fortunate to have them with us for the few days before a change of scenery. Chobuje, Kang Nachugo, Chekigo, Bamongo, Dorje Phagmo, to name a few peaks on the horizon. At 4200 metres, Na is cosily tucked into a valley but inhospitable in winter, so villagers move through in late spring grazing their yak herds. Our campsite is on a pleasant grassy patch, on the higher bank of the rocky riverbed. From our basecamp at Na village, we venture into suitable locations to learn a variety of skills, including the placement of snow anchors, ascending/descending fixed lines, lead climbing, placing rock protection, rock climbing, abseiling and jumaring. Time will be spent consolidating and practicing these skills. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAY 13 Trek to Chekigo Basecamp

We begin to make our way towards our objective, Chekigo Peak (6121m) enjoying the majesty of our surroundings and looking forward to the summit ahead. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAYS 14-15 Rest Day and preparations at Chekigo Basecamp

We will spend a few days at base camp to rest and prepare. Here we are able to pull out all our climbing gear; sort and check it, and rehearse and revise techniques we will use on the climb. Your guide will coordinate these activities to ensure everyone is completely conversant in procedures and correctly equipped. It will only be necessary to take personal gear for the climb with you. Any group gear, such as food, fuel and group climbing equipment/ropes etc will be carried up by some of our porters and staff. The remainder of gear will be stored at base camp where some of our staff will also stay until our return. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAY 16 High Camp

Moving towards high camp in the company of our expert climbing sherpas, with one for every three climbers ensuring a good level of support. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAYS 17-19 Summit attempt and Contingency days

An early start to ensure the best conditions for your summit attempt, arising prepared to put the skills garnered over the last two weeks into practice. The route is semi technical, with the need for us to move efficiently and to work well as a team to meet our objective. Some pitches are likely to be fixed and with the route being somewhat exploratory in nature, it will be determined as the conditions dictate. The vast expanse of the Tibetan plateau stretches out before us as from the summit, a just reward for our efforts. Our itinerary is totally flexible and it may be influenced by many factors such as weather, glacier and snow conditions, and the progress of the group and crew/porters. Your leader will have complete control of setting the schedule in order to maintain safety for all members of the expedition and to achieve the trip objectives in the smoothest and most efficient manner. Contingency days may be used anywhere on the trip to best effect. Overnight fully serviced wilderness campsite.

meals: B,L,D

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



DAY 20 Trek to Beding

The stage back to Beding retraces our route through Rhododendron, pine and juniper forest whilst travelling by the riverside. There is also an abundance of birdlife and the chance to savour our achievements on the trip.

meals: B,L,D

DAYS 21-22 To Dongang and Simagoan

Our route back to the trailhead offers the chance to once more experience culturally diverse villages amid old growth forests, against a backdrop of majestic peaks. The last night is always memorable for an end of trip celebration with all the crew and porters. Overnight fully serviced wilderness campsite.

meals: B,L,D

DAY 23 Trek to Chechhet, bus to Kathmandu (1330m)

This morning we will follow the trail down the valley before joining our bus for the drive to Kathmandu and the Radisson Hotel, to enjoy a well earned shower. Overnight hotel.

meals: B,L

DAY 24 Trip concludes Kathmandu

The trip concludes in Kathmandu after breakfast with a transfer to the airport.

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

am i suitable for this trip?

A Challenging trip is more difficult than any other program we offer. Each of these expeditions has an ambitious objective or goal that necessitates cooperation, contribution and a positive spirit from every member for it to be successful and ultimately rewarding and enjoyable for all. Being personally very fit and healthy will allow you to cope with the rigours of the trip through all conditions right through to the finish, and being mentally ready to embrace the variety of experiences involved is equally important. We strongly encourage intending participants to talk and meet with us directly as early as possible to discuss your ideas and ensure you have chosen the right trip for your level of experience and fitness.

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



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

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. On climbing days, we'll venture out from our basecamp into the nearby training grounds - frozen waterfalls and glaciers and on these days the routine will differ slightly. 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. Expect longer days and differing meal times on summit days where flexibility is needed. 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.

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.

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



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.

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. There may be times when your leader will request you carry extra equipment such as sleeping bag, sleeping mat and extra warm clothes in case of inclement weather conditions and the possibility of being caught out away from camp. It is very important that you follow the gear list recommendations found in the pre-departure information document, as you will need a back pack which is big enough to carry these additional items - we recommend a minimum of 55 litres capacity.

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.

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



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

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,

chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



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 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!

subscribe to our e-newsletter

Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free newsletter.



chekigo peak (6121m) with soren kruse ledet

An opportunity to enhance your mountaineering skills and take part in a first Australian ascent



social networking

Connect with our community @

FACEBOOK: @worldexpeditions

facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

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

YOUTUBE: World Expeditions

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

Share the love

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

trip availability

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

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

how to book

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