



Himalaya

west khumbu exploratory with tim macartney-snape



trip highlights

- Trek with Tim Macartney-Snape, one of Australia's most accomplished Himalayan mountaineers
- Journey through a rarely visited part of the Everest region, far from the main trekking routes
- Follow historic trade and seasonal paths once linking Nepal and Tibet
- Cross high alpine terrain and explore the remote Nangpa La border region
- Join an off the beaten track adventure and enter the Khumbu via the high route
- Spend extended time wilderness camping in high mountain landscapes
- Special guest Soren Kruse Ledet joining from Thame



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|---------------|--|----------------|
| Trip Duration | 26 days | Trip Code: NLM |
| Grade | Entry level Mountaineering or Exploratory Treks | |
| Activities | Trekking | |
| Summary | 21 day trek, 17 nights wilderness camping, 4 nights Radisson Hotel, 4 nights lodge or eco campsite | |

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 West Khumbu Exploratory with Tim Macartney-Snape, 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 the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience. All mountaineering expeditions are 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 good quality accommodation in Kathmandu and well maintained, good quality equipment is supplied for the expedition. We also carry a portable high altitude chamber, satellite phone and comprehensive medical kit. 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. 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 on our philosophies and projects further in these trip notes.



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Trek a rarely travelled route through remote valleys and ancient forests, retracing the old trade routes towards the Nangpa La



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

2026 08 Nov - 03 Dec

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

The Nangpa La Pass Trek is an exceptional high-altitude expedition through one of the most remote and least visited areas of the Everest region. Led by renowned Australian mountaineer Tim Macartney-Snape, this journey ventures deep into Himalayan terrain near the Nepal-Tibet border, following a rarely travelled network of valleys and high mountain corridors far removed from mainstream trekking routes. Beginning in the quiet Solu region, the expedition deliberately avoids the busy Everest approaches, establishing a strong sense of isolation from the outset. Over successive days, the route transitions through a remarkable range of environments, from forested hills and traditional settlements to stark alpine terrain sculpted by ancient glaciers. The gradual progression supports effective acclimatisation while allowing trekkers to fully absorb the changing landscapes.

As the trek moves north, the terrain becomes more demanding and technical. Progress involves negotiating glacial rivers, steep valley systems, and remote crossings that require careful assessment and experienced leadership. A defining section is the passage through the Lumding Khola gorge, where expedition-style decision-making and adaptive route planning are essential, reinforcing the serious nature of the journey.

In the upper Bhote Kosi and Nangpa La border region, the landscape opens into vast glacial basins framed by towering peaks. Camps are established in dramatic, seldom-visited locations, enabling deeper exploration of this isolated high-mountain environment. The expedition reaches its highest point during an acclimatisation ascent towards the Nangpa La at 5,716 metres, a historic Himalayan crossing once central to trade between Nepal and Tibet.

Accommodation combines wilderness camping with simple lodges where available, reflecting the remote character of the route. This is not a conventional Everest trek, but a challenging and deeply rewarding expedition designed for experienced trekkers seeking altitude, solitude, cultural history, and the raw scale of the Himalaya under the guidance of one of the world's most respected high-altitude mountaineers.

about your leader/escort

Tim is Australia's best known mountaineer and an inspiring World Expeditions leader. He has climbed Everest twice, firstly via a new route on the North Face and secondly by a world first walk and climb from sea level to the summit. His expeditions span countless other peaks in the Himalaya including Ama Dablam, Yangma and Gasherbrum 4, exploratory treks in Pakistan and beyond, including a new route up the southwest face of Mt Sarmiento in the Tierra del Fuego. Tim's mountaineering success stems from his passion and talent for exploration. He combines this with his deep interest and knowledge of the natural history of the Himalaya and its people, to give participants on his treks the ultimate mountain travel experience.

Making this an extra special trip, Soren Kruse Ledet, who has led and participated in more than 60 mountaineering expeditions and challenging treks in Nepal, Bhutan, Pakistan and Tibet among others will join the group in Thame. Soren is excited about exploring this rarely visited corner of the Khumbu with the group.

at a glance

| | |
|-------|---|
| DAY 1 | JOIN IN KATHMANDU (1,400 M / 4,593 FT) |
| DAY 2 | KATHMANDU – PREPARATION AND BRIEFING DAY (1,400 M / 4,593 FT) |
| DAY 3 | FLY TO PHAPLU (2,413 M / 7,917 FT) TREK TO BENI (3–4 HRS) |
| DAY 4 | TREK TO RINGMO (2,700 M / 8,858 FT) (5–6 HRS) |
| DAY 5 | TREK TO LUZA (3,000 M / 9,843 FT) (5–6 HRS) |
| DAY 6 | TREK TO THANGA (3,600 M / 11,811 FT) (5–6 HRS) |
| DAY 7 | TREK VIA LUMDING KHOLA TO FOREST CAMP (3,500 M / 11,483 FT) (5–6 HRS) |
| DAY 8 | TREK OVER NGOTUNG LA (4,900 M / 16,076 FT) TO GHA (4,400 M / 14,436 FT) (5–6 HRS) |



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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 classified as expeditions and involve either extreme trekking and/or basic mountaineering. Participants should expect remote and often poorly defined trails, variable weather conditions, and long days of up to 12 hours of travel (and occasionally longer, depending on weather and altitude). The routes may include demanding high pass crossings, and evacuation from remote areas can be difficult.

These expeditions are suitable for first-time mountaineers looking to progress from trekking into the realm of mountaineering.

Prior experience trekking at altitude is highly desirable, and participants should be comfortable operating in adverse weather conditions. Previous technical mountaineering experience is not required.

Terrain may include low-angle snow slopes, with ropes used at times for glacier travel and on steeper sections of ice and snow.

technical grading

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.

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| DAY 9 | TREK TO KWANGDE FLANK CAMP (4,300 M / 14,108 FT) (5-6 HRS) |
| DAY 10 | TREK TO THAME VIA THE BHOTE KOSI VALLEY (3,820 M / 12,533 FT) (7-8 HRS) |
| DAY 11 | TREK TO ARIYA (4,200 M / 13,780 FT) (5-6 HRS) |
| DAY 12 | TREK TO THUMNA (4,500 M / 14,764 FT) (4-5 HRS) |
| DAY 13 | TREK TO LONAK (4,850 M / 15,912 FT) (4 HRS) |
| DAY 14 | LONAK - REST AND ACCLIMATISATION DAY (4,850 M / 15,912 FT) |
| DAY 15 | TREK TO KYANGJUNG (5,000 M / 16,404 FT) (3-4 HRS) |
| DAY 16 | TREK TO JASUMBA (5,100 M / 16,732 FT) (5-6 HRS) |
| DAY 17 | ACCLIMATISATION HIKE TO NANGPA LA (5,716 M / 18,753 FT) (APPROX. 6 HRS) |
| DAY 18 | TREK BACK TO LONAK (4,850 M / 15,912 FT) (4-5 HRS) |
| DAY 19 | TREK TO BHALTE (3,900 M / 12,795 FT) (5-6 HRS) |
| DAY 20 | TREK TO THAME (3,820 M / 12,533 FT) (5 HRS) |
| DAY 21 | TREK TO NAMCHE BAZAAR (3,440 M / 11,286 FT) (4-5 HRS) |
| DAY 22 | TREK TO GHAT (2,523 M / 8,278 FT) (5-6 HRS) |
| DAY 23 | TREK TO LUKLA (2,860 M / 9,383 FT) (2 HRS) |
| DAY 24 | FLY TO KATHMANDU OR VIA RAMECHAP (KATHMANDU 1,400 M / 4,593 FT) |
| DAY 25 | KATHMANDU - FREE DAY (1,400 M / 4,593 FT) |
| DAY 26 | TRIP CONCLUDES IN KATHMANDU (1,400 M / 4,593 FT) |

what's included

- Internal flight Lukla-Kathmandu or Lukla-Ramechap (valued at US\$250)
- All meals during the trek: 25 breakfasts, 23 lunches and 23 dinners (valued at US\$650)
- World Expeditions trek pack including high-quality sleeping bag, down or fibre-fill jacket and insulated sleeping mat (valued at US\$500)
- All park entrance fees and trekking permits
- 4 star accommodation at the Radisson Hotel in Kathmandu
- Accommodation primarily in fully serviced wilderness campsites with 4 nights in comfortable lodges during the trek
- All private ground transportation as specified in the itinerary
- Airport transfers on Day 1 and Day 26, or with pre- or post-tour accommodation booked through World Expeditions
- Extra baggage allowance on domestic flights (total 20kg)
- Led by Tim Macartney-Snape, supported by an experienced local crew
- Safety equipment including group medical kit, portable Altitude Chamber and satellite phone
- Daily supply of safe treated drinking water to reduce single-use plastic waste
- Ethical porter support including fair wages, comprehensive insurance, appropriate 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)

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adventure travel

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

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

- 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 in Kathmandu (1,400 m / 4,593 ft)

On arrival at Kathmandu Airport, you will be met by a World Expeditions representative and transferred to the Radisson Hotel. The remainder of the afternoon is at leisure, with time to rest or explore nearby streets. In the evening, meet Tim McCartney-Snape and the expedition team for a welcome briefing, outlining the route, conditions, and expectations for this remote Himalayan journey. An equipment check will also be conducted to ensure all gear is ready for the expedition ahead. Accommodation: Radisson Hotel
meals: NIL

DAY 2 Kathmandu – Preparation and Briefing Day (1,400 m / 4,593 ft)

Today is dedicated to final expedition preparations. In the morning, final permits and equipment arrangements are completed, along with a short orientation walk. Safety systems for remote travel and high-altitude trekking are reviewed to ensure everyone is well prepared for the journey ahead. The remainder of the day is free to explore Kathmandu's bustling streets and significant landmarks at your own pace. Accommodation: Radisson Hotel
meals: B

DAY 3 Fly to Phaplu (2,413 m / 7,917 ft) | Trek to Beni (3–4 hrs)

Fly east from Kathmandu to Phaplu in the Solu Valley on a scenic flight of approximately 35–40 minutes, trading city bustle for rolling hills and rural landscapes. From Phaplu, begin trekking north along a historic summer route once used by local communities travelling between Solu and Khumbu. Walk through forest and scattered settlements to a quiet campsite near Benighat. Accommodation: Wilderness camping Beni
meals: B,L,D

DAY 4 Trek to Ringmo (2,700 m / 8,858 ft) (5–6 hrs)

We climb steadily through forested hillsides and terraced farmland, passing remote hamlets where daily life continues much as it has for generations. This is a measured day that allows everyone to settle into the rhythm of walking, camp routines, and life on the trail. Accommodation: Wilderness camping Ringmo
meals: B,L,D

DAY 5 Trek to Luza (3,000 m / 9,843 ft) (5–6 hrs)

Continue ascending through increasingly quiet terrain. Cultivated land gradually disappears and the forest thickens with conifer and rhododendron. The air cools noticeably, and the sense of leaving the inhabited world behind becomes more pronounced. Accommodation: Wilderness camping Luza
meals: B,L,D

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DAY 6 Trek to Thanga (3,600 m / 11,811 ft) (5–6 hrs)

Climb above the tree line and traverse open slopes and ridges. The landscape opens dramatically, revealing wide views and a growing sense of exposure. This marks a clear transition into high mountain country, with camp set amid expansive alpine scenery.

Accommodation: Wilderness camping Thanga

meals: B,L,D

DAY 7 Trek via Lumding Khola to Forest Camp (3,500 m / 11,483 ft) (5–6 hrs)

Descend into the deep gorge of the Lumding Khola, a powerful glacial river cutting through steep terrain. Conditions are assessed on arrival and, if necessary, a Tyrolean traverse is used to cross safely. Camp is established in forest on the far side, reinforcing the expedition nature of the route. Accommodation: Wilderness camping

meals: B,L,D

DAY 8 Trek over Ngotung La (4,900 m / 16,076 ft) to Gha (4,400 m / 14,436 ft) (5–6 hrs)

Today is a demanding high-mountain day as we cross the Ngotung La, one of the major passes of the expedition. Snow, wind, and cold temperatures are possible, and careful pacing and teamwork are essential. The climb to the pass is steady and rewarding, offering expansive views across the surrounding high peaks. From the Ngotung La, the route descends into a stark alpine landscape of rock and open slopes before reaching camp at Gha. Accommodation: Wilderness camping

meals: B,L,D

DAY 9 Trek to Kwangde Flank Camp (4,300 m / 14,108 ft) (5–6 hrs)

The route climbs onto the northern flank of Kwangde, ascending through rugged alpine terrain to a spectacular camp position high above the Khumbu. As elevation is gained, views open dramatically across the surrounding ranges, with Everest and its neighbouring peaks dominating the skyline and Namche Bazaar visible far below in the valley. The exposed setting and expansive outlook reinforce the sense of scale and remoteness as camp is established in one of the most scenic locations of the expedition. Accommodation: Wilderness camping

meals: B,L,D

DAY 10 Trek to Thame via the Bhote Kosi Valley (3,820 m / 12,533 ft) (7–8 hrs)

Today is a long but rewarding day as the route descends into the Bhote Kosi Valley, following ancient trade paths that once linked Himalayan communities with Tibet. The landscape gradually becomes broader and more open as the valley floor is reached, with impressive views of surrounding peaks and river corridors. Arrival in Thame offers a glimpse into an important Sherpa village and historic trading hub, long standing and central to movement through this region. Camp is established within the village. Special guest Soren Kruse Ledet will join the group in Thame and continue into the far reaches of the valley with the group. Accommodation: Wilderness camp

meals: B,L,D

DAY 11 Trek to Ariya (4,200 m / 13,780 ft) (5–6 hrs)

Depart the main Khumbu corridor and turn north onto a lesser-used route leading into a more secluded valley system. The trail moves steadily higher through open

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terrain as the influence of the main trekking routes disappears. By day's end, camp is established at Ariya, marking a clear transition into a more remote and expedition-focused phase of the journey. Accommodation: Wilderness camping
meals: B,L,D

DAY 12 Trek to Thumna (4,500 m / 14,764 ft) (4–5 hrs)

Continue deeper into the upper valley, travelling through expansive high-altitude terrain dominated by glacial landforms and wide horizons. The walking is steady and measured, with the growing altitude becoming more apparent throughout the day. Camp at Thumna is set in an exposed alpine environment, offering a strong sense of scale and separation from lower regions. Accommodation: Wilderness camping
meals: B,L,D

DAY 13 Trek to Lonak (4,850 m / 15,912 ft) (4 hrs)

The trek enters a stark high-altitude environment defined by rock, moraine, and glacier-fed streams. Vegetation is minimal and the landscape becomes increasingly austere, with towering peaks rising to above 6,000 metres enclosing the upper valley. The shorter walking time allows for careful pacing and continued acclimatisation as we move deeper into this remote region. Camp is established at Lonak, set amid dramatic alpine scenery and surrounded by immense Himalayan peaks. Accommodation: Wilderness camping
meals: B,L,D

DAY 14 Lonak – Rest and Acclimatisation Day (4,850 m / 15,912 ft)

Today is a full rest day dedicated to consolidating acclimatisation at high altitude. The day allows the body time to adapt, with an emphasis on rest, hydration, and recovery. Optional short walks may be taken in the surrounding area, depending on weather conditions and group energy levels, offering opportunities to stretch the legs and enjoy expansive mountain views without overexertion. The remainder of the day is spent relaxing in camp and taking in the stark beauty of this remote alpine setting. Accommodation: Wilderness camping
meals: B,L,D

DAY 15 Trek to Kyangjung (5,000 m / 16,404 ft) (3–4 hrs)

Today is a shorter day through high alpine terrain, designed to support ongoing acclimatisation while still making steady progress deeper into the valley system. The route crosses open slopes and rocky ground, with wide views of the surrounding peaks and glacial landscapes. Accommodation: Wilderness camping
meals: B,L,D

DAY 16 Trek to Jasumba (5,100 m / 16,732 ft) (5–6 hrs)

The trek continues into the Nangpa La border region, travelling through an increasingly isolated high-mountain landscape. Weather conditions can shift rapidly at this altitude, and the day demands steady pacing and careful route selection. Camp is established at Jasumba, set amid dramatic alpine scenery in one of the most remote sections of the expedition. Accommodation: Wilderness camping
meals: B,L,D

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DAY 17 Acclimatisation Hike to Nangpa La (5,716 m / 18,753 ft) (approx. 6 hrs)

A challenging acclimatisation hike towards the historic Nangpa La, once a major trading crossing between Nepal and Tibet. The climb offers insight into the scale and history of the region before returning to camp at Jasumba. Accommodation: Wilderness camping

meals: B,L,D

DAY 18 Trek back to Lonak (4,850 m / 15,912 ft) (4–5 hrs)

Retrace the route down the valley, descending carefully across loose moraine and glacial terrain. The walk requires steady footing as we follow the rugged landscape back to Lonak, surrounded by stark alpine scenery. Accommodation: Wilderness camping

meals: B,L,D

DAY 19 Trek to Bhalte (3,900 m / 12,795 ft) (5–6 hrs)

Continue descending into warmer and more sheltered terrain as the valley opens out and vegetation gradually returns. The stark alpine environment gives way to gentler landscapes, with increasing signs of plant life and pastoral areas along the trail. This day marks a noticeable transition from the high mountain wilderness to a more hospitable environment as we make our way toward Bhalte. Accommodation: Wilderness camping

meals: B,L,D

DAY 20 Trek to Thame (3,820 m / 12,533 ft) (5 hrs)

Return to Thame and the Bhote Kosi Valley, following scenic trails through open alpine landscapes and along the valley floor. As altitude decreases, the environment becomes more sheltered, and signs of settlement gradually reappear. On arrival in Thame, there may be time to visit the historic Thame Monastery, one of the oldest in the Khumbu region, or explore the village and observe daily Sherpa life. The cultural atmosphere provides a rewarding contrast to the remote and austere days spent higher in the mountains. Accommodation: Wilderness Camping

meals: B,L,D

DAY 21 Trek to Namche Bazaar (3,440 m / 11,286 ft) (4–5 hrs)

Follow classic Khumbu trails as we make our way to Namche Bazaar, the vibrant heart of the region. The trail winds through pine forests and crosses high suspension bridges before climbing steadily to this iconic Sherpa town, dramatically perched above the Dudh Kosi Gorge. On arrival, there is time to explore the bustling streets, visit local markets, and take in sweeping mountain views that make Namche a hub for trekkers and climbers alike. Accommodation: Lodge

meals: B,L,D

DAY 22 Trek to Ghat (2,523 m / 8,278 ft) (5–6 hrs)

The trail descends through lush forested landscapes and traditional Sherpa villages, offering insight into local life along the way. We cross several high suspension bridges spanning the thundering Dudh Kosi River, with dramatic views of the valley below. This scenic descent provides a fitting transition through the heart of the Khumbu region as we continue our journey. Accommodation: Eco-Comfort Camp

meals: B,L,D

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DAY 23 Trek to Lukla (2,860 m / 9,383 ft) (2 hrs)

We continue following the Dudh Kosi and pass through a variety of settlements and forests before the final climb to Lukla. We savour our final sunset of the trek as we complete this exhilarating journey. Our last evening of the trek is a good time to celebrate a successful journey and have a small celebration with the entire crew, especially the porters who will return to their villages from here. Accommodation: Lodge

meals: B,L,D

DAY 24 Fly to Kathmandu or via Ramechhap (Kathmandu 1,400 m / 4,593 ft)

We begin the day with a scenic morning flight from Lukla, returning either directly to Kathmandu (approx. 35 minutes) or to Ramechhap (approx. 20 minutes), depending on flight operations. If flying to Ramechhap, continue by road to Kathmandu, a journey of around 5-7 hours. On arrival in Kathmandu, transfer to the Radisson hotel and enjoy the remainder of the afternoon at leisure. This is a good opportunity to relax after the trek or enjoy some last-minute sightseeing or shopping. Overnight: Radisson Hotel

meals: B,L,D

DAY 25 Kathmandu – Free Day (1,400 m / 4,593 ft)

Today is free to relax and enjoy Kathmandu at your own pace. You may choose to explore the city's vibrant streets, visit cultural landmarks, enjoy a café or spa, or do some last-minute shopping and sightseeing. It is also the perfect opportunity to organise a celebratory dinner with your fellow trekkers and Tim, reflecting on your incredible journey together. Accommodation: Radisson Hotel

meals: B,L,D

DAY 26 Trip Concludes in Kathmandu (1,400 m / 4,593 ft)

After breakfast, you will be transferred to the airport for your onward flight, or you may choose to continue your adventure in Nepal. We hope to see you again on another World Expeditions journey soon.

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,



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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 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

Generally speaking 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.

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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.

Treks in Mustang, Dolpo & Damodar are close to the Tibetan Plateau – If you are travelling to these areas the climate can be very dry and considerably colder than the dense mountainous regions such as the Annapurna and Everest regions. Expect sudden cold snaps even in spring (April-May), and dramatic temperature ranges, particularly at high altitudes. These areas are not as subject to the defining influence of the Indian monsoon from late May to mid-September. The ideal time to visit this region is either pre-monsoon, from mid-March until the end of May; or post-monsoon, from September to mid-November, when the weather tends to be relatively cool and dry. Temperatures can vary considerably depending on your elevation but as a guideline, temperatures in April/May and September/October roughly range from 5C to -15C.

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 –

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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, though the nature of this trip will likely necessitate longer days on occasion, for example on pass crossings. 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.

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.

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 altitude, location, and weather conditions), a rain jacket, water bottle, camera equipment, valuables, and personal items such as sunscreen and lip balm. Porters will carry all group equipment and your World Expeditions trek pack.

At times, your leader may request that you carry additional items such as your sleeping bag, sleeping mat, or extra warm clothing, particularly in the event of inclement weather or if there is a possibility of being away from camp longer than expected. For this reason, it is essential that you follow the gear list recommendations outlined in the pre-departure information. You will need a backpack large enough to accommodate these additional items; a minimum capacity of 55 litres is recommended.

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

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- 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

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.

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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 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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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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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.