

Himalaya
Indian
Sub-continent

everest trails to ama dablam - private comfort camps



trip highlights

Trek to Ama Dablam Base Camp on quieter trails away from the main Everest routes

Enjoy panoramic Himalayan views including Everest, Lhotse, Nuptse and Ama Dablam

Stay in exclusive Eco-Comfort Camps and handpicked local lodges

Immerse yourself in Sherpa culture with visits to traditional mountain villages and the iconic Hillary Trust sites in Khunde and Khumjung.



Trip Duration	14 days	Trip Code: SHE
Grade	Moderate	
Activities	Trekking	
Summary	14 day trip, 10 day trek, 2 nights hotels, 11 nights in private Eco-Comfort Camps or Lodges	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Everest Trails to Ama Dablam - Private Comfort Camps, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. A highlight of trekking with World Expeditions in the Everest region is the development of our unique eco friendly private eco campsites. You will enjoy a full service trek including 3 wholesome meals each day prepared to the highest standards of hygiene and served in our heated dining rooms where you are welcome to relax on cushioned seating at the end of each trekking day. Our tented accommodation is in locally made, head high tents with comfortable camp beds, and we supply you with high quality 4 season, down sleeping bags in your trek pack. Bathrooms in our camps comprise of composting toilets and convenient wash basins. In the main villages we stay in handpicked eco lodges, and in Kathmandu we use an excellent centrally located 4 star hotel. You can be sure that when booking a World Expeditions trek in Nepal there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more about our sustainable travel practices and philosophies in these trip notes.



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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

inclusions valued at USD\$:

Meals: USD\$550

Internal Flights: USD\$510

meals on trek:

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

the trip

This trek is an ideal introduction to the Everest region, offering a well-paced journey through Sherpa villages, monasteries and classic Himalayan scenery without extreme altitude demands. Beginning with the iconic flight to Lukla, the route climbs gradually to Namche Bazaar before leaving the busier trails for quieter viewpoints beneath Ama Dablam, with wide-ranging views across the Everest massif. Cultural highlights include visits to Khunde and Khumjung, villages shaped by Sir Edmund Hillary's Himalayan Trust projects, offering insight into Sherpa life and traditions. The 14-day itinerary includes 10 trekking days, with accommodation in Kathmandu hotels and a mix of private eco-camps and lodges on trek, combining comfort, safety and immersion.

at a glance

DAY 1	JOIN KATHMANDU, (1,330 M / 4,364 FT)
DAY 2	FREE DAY IN KATHMANDU (1,330 M / 4,364 FT) OR DRIVE TO RAMECHHAP (DRIVE 5 HRS)
DAY 3	FLY TO LUKLA (2,800M / 9,186FT, 30 MINS) TREK TO GHAT (2,600M / 8,530FT, 2 HRS)
DAY 4	TREK TO MONJO, (2,850 M / 9,350 FT, 4-5 HRS)
DAY 5	TREK TO NAMCHE BAZAAR, (3,440 M / 11,286 FT, 4-5 HRS)
DAY 6	TREK TO KYANGJUMA, (3,550 M / 11,647 FT, 3-4 HRS)
DAY 7	TREK TO PANGBOCHE, (3,930 M / 12,894 FT, 5-6 HRS)
DAY 8	TREK TO CHULUNGCHE / MINGBO, (4,530 M / 14,862 FT, 5 HRS)
DAY 9	TREK TO AMA DABLAM BASE CAMP AND RETURN TO PANGBOCHE, (4,800 M / 15,748 FT, 6-7 HRS)
DAY 10	TREK TO PHORTSE TENGA, (3,600 M / 11,811 FT, 4-5 HRS)
DAY 11	TREK TO NAMCHE BAZAAR, (3,440 M / 11,286 FT, 4-5 HRS)
DAY 12	TREK TO LUKLA, (2,800 M / 9,186 FT, 8-10 HRS)
DAY 13	FLY TO KATHMANDU OR VIA RAMECHAP
DAY 14	TRIP CONCLUDES IN KATHMANDU

what's included

- Return flights to and from Lukla
- All meals during the trek: 13 breakfasts, 11 lunches and 11 dinners
- Use of a World Expeditions trek pack including a quality sleeping bag, sleeping bag liner, and down or fibre-fill jacket (valued at US\$500)
- National Park entry fees and TIMS trekking permit
- Good quality hotel accommodation in Kathmandu
- Accommodation in private Eco-Comfort Camps and handpicked local lodges during the trek
- Airport transfers if arriving on Day 1 and departing on Day 14, or with pre/post-tour hotel booking at the Radisson through World Expeditions
- Extra baggage allowance on Lukla flights (total 20kg / 44lb)
- Expert bilingual local guides trained in wilderness first aid
- Use of comprehensive group medical kit
- Ethical porter support including fair wages, insurance, proper equipment and responsible load limits
- Daily supply of safe treated drinking water to reduce single-use plastic waste
- Souvenir World Expeditions kit bag

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trip dates

2026 03 Oct - 16 Oct
24 Oct - 06 Nov
14 Nov - 27 Nov
05 Dec - 18 Dec

2027 02 Jan - 15 Jan
16 Jan - 29 Jan
30 Jan - 12 Feb
06 Mar - 19 Mar
27 Mar - 09 Apr
11 Apr - 24 Apr
26 Apr - 09 May
11 May - 24 May
02 Oct - 15 Oct
23 Oct - 05 Nov
13 Nov - 26 Nov
04 Dec - 17 Dec

important notes

1 - This trip has been confirmed below our normal minimum group size. There may be a small surcharge to pay if you join this departure, which will be removed if minimum numbers are met. Please ask us

for details regarding the additional cost.

fast facts

Countries Visited:
Nepal

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is available for this trip*

Leader:
Expert local leader

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

*Ask our staff for more information.

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

what's not included

- International flights
- Visa
- Travel insurance (compulsory)
- Meals not listed as included
- Bottled water and alcoholic drinks
- Personal expenses such as laundry
- Tips

detailed itinerary

DAY 1 Join Kathmandu, (1,330 m / 4,364 ft)

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

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

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

Accommodation: Radisson Hotel Kathmandu
meals: NIL

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

Depending on the season, today is either a free day to explore Kathmandu or a road journey to Ramechhap in preparation for your flight to Lukla. If remaining in Kathmandu, you may choose to visit historic temples and markets, explore UNESCO World Heritage sites, or simply relax before the trek begins.

During peak trekking seasons, flights to Lukla operate from Manthali Airport in Ramechhap, requiring an approximately five-hour drive through rural countryside to position for an early morning departure. Your leader will confirm flight logistics and timings during the pre-trek briefing.

Accommodation: Radisson Hotel, Kathmandu or Eco-Comfort Camp, Ramechhap
Note: Domestic flights to and from Lukla may operate from Manthali Airport, Ramechhap during the spring and autumn trekking seasons (March to May and October to December). This is determined by the Civil Aviation Authority of Nepal and is subject to change.
meals: B

DAY 3 Fly to Lukla (2,800m / 9,186ft, 30 mins) Trek to Ghat (2,600m / 8,530ft, 2 hrs)

An early start for the short but spectacular flight to Lukla, operating either from Kathmandu (around 35 minutes) or from Ramechhap (around 20 minutes), depending on seasonal flight arrangements. The flight offers superb views of the eastern

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thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

Himalaya before landing at the dramatic Tenzing–Hillary Airport, established by Sir Edmund Hillary to support access to the Everest region and the Sherpa people. On arrival, meet the support crew and begin walking downhill on a broad, well-marked trail through cultivated fields, small villages and lines of dahlia trees. The walk provides a gentle introduction to the region before reaching the first overnight camp at Ghat. Accommodation: Private Coo-Camp, Ghat

meals: B,L,D

DAY 4 Trek to Monjo, (2,850 m / 9,350 ft, 4–5 hrs)

Today we cross and re-cross the thundering glacial Dudh Kosi, named “milk river” for its pale, silty colour. The trail weaves through pine forest and open farmland, with terraced fields and crops lining the valley sides. Along the way we pass strings of donkeys, yaks and dzopko carrying trading goods and trekking equipment, and begin to see the first mani walls—stone tablets carved with the mantra Om Mani Padme Hum, which are traditionally passed on the left. Mountain views build steadily above the river gorge, with peaks such as Kusum Kangru, Nupla, Kongde Ri and Thamserku appearing between ridgelines and above the treeline. Although the distance is manageable, a steady pace is important as we continue to acclimatise. Accommodation: Private Eco-Camp, Monjo

meals: B,L,D

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

This morning we enter Sagarmatha National Park, established to help protect the region’s fragile alpine forests. The trail follows the valley to the confluence of major mountain rivers, where we cross a dramatic high suspension bridge before beginning the steady ascent to Namche Bazaar, the Sherpa capital of Nepal. The climb winds through pine forest to a viewpoint offering our first glimpse of Mount Everest, before continuing into the broad amphitheatre where Namche sits opposite the striking peak of Kongde Ri. This afternoon there is time to explore the village, browse local markets or relax after the day’s climb. Accommodation: lodge, Namche Bazaar

meals: B,L,D

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

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

meals: B,L,D

DAY 7 Trek to Pangboche, (3,930 m / 12,894 ft, 5–6 hrs)

One of the most scenic walking days of the trek, the trail traverses open ridgelines with Everest visible ahead before descending through rhododendron forest to a lunch stop. After lunch, begin a steady ascent along a ridge flowing down from the peak of Khangtega, walking through pine and rhododendron forest where wildlife is often seen, including Himalayan tahr, musk deer and pheasants. Approaching the ridgeline, pass a traditional gateway and chorten before cresting onto a wide grassy meadow at the monastery village of Thyangboche. Rebuilt with assistance from Sir

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trip grading Moderate

On a moderate trek physical activity will generally not exceed eight hours in a day, and altitudes generally not exceeding 5,500 metres. On a moderate adventure the physical activity is sustained and travelers should be comfortable with occasional rough terrain. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

To prepare for a moderate trek you should begin training at least four to five months before your departure. As a guideline, an hour of aerobic exercise three to four times per week would be considered a minimum requirement. The best preparation is bushwalking / hike involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk / hike, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important, stamina, confidence and continuity are.

adventure travel

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

Edmund Hillary after a fire in 1989, the monastery commands superb views across the Everest massif and surrounding peaks. After time to explore, descend to the overnight camp at Pangboche. Accommodation: Private Eco-Camp, Pangboche
meals: B,L,D

DAY 8 Trek to Chulungche / Mingbo, (4,530 m / 14,862 ft, 5 hrs)

Leaving the main trail behind, trek on quieter paths above Thyangboche and into conifer forest, with fine views back to the monastery and the peak of Taboche rising beyond. The route climbs steadily above the treeline to summer yak pastures, contouring along the ridges of Khangtega. Seasonal settlements that are busy during the monsoon months are now deserted, adding to the sense of isolation and solitude. Passing through the small hamlet of Omoga, continue on to Mingbo, set high above the valley floor, where the clear air brings the surrounding high peaks strikingly close.

Accommodation: Lodge, Chulungche / Mingbo
meals: B,L,D

DAY 9 Trek to Ama Dablam Base Camp and return to Pangboche, (4,800 m / 15,748 ft, 6-7 hrs)

Today's walk climbs steadily along a high ridge into a sheltered valley leading to Ama Dablam Base Camp. One of the world's most striking peaks, Ama Dablam takes its name from the "mother's necklace," with long ridges likened to protective arms and the hanging glacier resembling the traditional dablam pendant worn by Sherpa women. There may be an opportunity to see climbing expeditions preparing at base camp, where we stop for lunch and take time to enjoy the dramatic setting. In the afternoon, return to Pangboche along the main trail, with a mix of ascents and descents and a crossing of the Imja Khola via a steel suspension bridge.

Accommodation: Private Eco-Camp, Pangboche
meals: B,L,D

DAY 10 Trek to Phortse Tenga, (3,600 m / 11,811 ft, 4-5 hrs)

If conditions are clear, enjoy outstanding mountain views as the trail passes near Thyangboche, with Everest, Lhotse and Nuptse dominating the head of the valley. These peaks are framed by Taweche and Ama Dablam, while Khangtega and Thamserku rise almost directly overhead, with Khumbila and Kongde Ri completing a sweeping mountain panorama across the valley. The walk is comfortable and unhurried, allowing time to explore quieter, more traditional villages along the way. Near the settlements, the trail passes through terraced fields where the brightly coloured Danphe pheasant, Nepal's national bird, is sometimes seen. Accommodation: Private Eco-camp or lodge, Phortse Tenga
meals: B,L,D

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

Begin the descent back down the valley, gradually returning to the lively hub of Namche Bazaar. As the trail winds lower, there are opportunities to pause and take in final views of the snow-capped peaks, marking the transition out of the high heart of the Everest region. Arriving back in Namche, there is time to relax, revisit favourite cafés or explore the village once more. Accommodation: Lodge, Namche Bazaar
meals: B,L,D

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important note

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

DAY 12 Trek to Lukla, (2,800 m / 9,186 ft, 8-10 hrs)

Leaving Namche, we descend through forested trails and familiar villages as the journey gradually winds back toward Lukla. Retracing the route through the valley highlights just how far we have travelled since the early days of the trek, with memories of high passes, dramatic peaks and remote settlements along the way. A final gentle climb leads back into Lukla, where there is time to relax and reflect on the journey. This evening is an opportunity to celebrate the completion of the trek and thank the team, especially the porters who return to their villages from here. Accommodation: Lodge, Lukla

meals: B,L,D

DAY 13 Fly to Kathmandu or via Ramechhap

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 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. Accommodation: Radisson Hotel, Kathmandu

meals: B

DAY 14 Trip concludes in Kathmandu

After breakfast, trip arrangements conclude unless further services have been organised. Those departing by air will be transferred to the airport and assisted with check-in procedures as required.

meals: B

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

suggested extensions

Annapurna Chitwan Trek

country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern 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.

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climate

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

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

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

meals on trek

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Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water



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mountain flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash or credit cards (Visa, Mastercard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

contingency itinerary for flight delays

We aim to ensure the continuity of travel in the event of flight cancellations or adverse weather conditions. If flights from Ramechhap are delayed, we will attempt to fly the following day. If unsuccessful, a contingency itinerary will be put into place to ensure you are able to achieve the key goals of the trip, without compromising on acclimatisation. Your leader will brief you on the revised itinerary if it is necessary to put it into place. There is no additional cost associated with the itinerary change as the cost for the flights will be utilised towards the vehicles required to fulfil the new arrangements. In brief, the day to day itinerary will be as follows:

DAY 1: Arrive Kathmandu DAY 2: Drive to Ramechhap DAY 3: In Ramechhap, attempting to fly. DAY 4: If no flight possible by 12 pm, drive to Phaplu (approx 6-7hrs), overnight lodge DAY 5: Drive to Bhupsa (7-8hrs) and trek to Paiyan walk 2-3 hours, DAY 6 To Ghat, walk approx. 7-8hrs Day 7 To Namche DAY 8 To Kyanjuma Day 9 To Pangboche Day 10 To Ama Dablam Base camp Day 11 To Namche Day 12 To Lukla Day 13 Fly to Kathmandu Day 14 Trip concludes in Kathmandu

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

a typical day

Each morning begins with a wake-up cup of tea brought to you around 6:30 am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag, which is carried by our porters or pack animals and won't be back with you until you reach that night's camp or lodge.

After a wholesome breakfast we are usually on the trail between 7:30 and 8:00 am, depending on the day's distance and terrain. The morning walk runs around three to four hours before we break for about an hour for lunch, at a spot our crew has chosen ahead of us. The afternoon walk is generally shorter, and we aim to arrive between 3:30 and 4:30 pm.

Afternoon tea is ready soon after you arrive, leaving time to rest or explore before dinner, usually served between 6:00 and 7:00 pm. Bring your headlamp and water bottles with you to the dining area so the bottles can be filled with boiling water for the night.

On the nights you are at one of our private eco comfort camps, dinner is served in a heated dining room with cushioned seating. After a long day at altitude, a warm place to sit and eat with the group makes a real difference.

Evenings on the trek are a special part of the journey. Whether it is playing cards, sharing stories, or music and dancing with the local crew, these are the moments most travellers remember long after the walking is done.

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exclusive private comfort camps

The Everest area is a built up region. It's the homeland of the Sherpa people and the highest mountains on earth. As a result, it is Nepal's most popular tourism region for trekkers. Over time, villages in the area have grown with scores of lodges, restaurants and trekking equipment shops. We have observed many companies change over from camping to lodge/tea house trekking with these developments. These accommodations are reliant on wood from the region for heating, cooking and to generate warm showers. Some have solar technologies which are crude and not consistently functional as they rely on fine weather conditions. World Expeditions has always argued that lodge/tea house trekking is therefore a drain on a natural resource which is becoming increasingly scarce. We cannot consciously contribute to this problem which is now termed as a deforestation crisis. Our exclusive eco-comfort camps provide innumerable benefits. Firstly, we are able to continue our philosophy of offering camping treks which is the most sustainable type of trekking, whilst offering a greater level of comfort as a result of the construction of a permanent dining room structure which will replace the traditional mess tent. Meals will be taken in the dining rooms, and at the end of the trekking day, you may relax with cushioned seating and a pot belly stove that is fuelled by yak dung and not wood, to warm the room. There are no smoke emissions in the room as the chimney carries it outside. An ablution block comprising of several toilets with composting western sit toilets and hand basins are also installed in our camps. Our exclusive eco-comfort camps create an atmosphere of privacy and exclusivity and come with fine views of the mountains - a place where our travellers and staff come together, and where camaraderie and friendships are formed. We know this to be a highlight of our camping treks and consistently receive feedback that overwhelmingly supports this. Finally, our camping treks employ many local people - a workforce of up to 25% more than a lodge trek provides.

Hot shower facilities are available at some locations in the Everest region. These locations are: Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo. There will be a small charge of between 300-650rps to utilise this service, and it is subject to availability. Most, but not all, World Expeditions trips in the Everest region visit one of more of these locations.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

equipment provided



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

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our porters and guides are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well-located Radisson Hotel, and while trekking we camp at our private eco-comfort camps or stay in hand-picked lodges.

what you carry

You will carry a daypack containing warm clothing appropriate to the altitude and weather, a rain jacket, water bottle, camera, valuables and personal items such as sunscreen and lip balm. Porters and pack animals carry all group equipment and your trek pack throughout the journey.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

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

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote

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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

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.

Option 1 – Apply Online Before Departure

You may apply in advance through the Honorary Consulate Australia. The online application form is available at:

<https://consulatenepal.org/services/tourist-visa-to-nepal/>

This option allows you to upload your passport scan and passport photo, pay the visa fee before arrival, and travel with your visa arrangements already organised. A handy user manual is available for download on the site, and you can also watch a step-by-step guide here:

<https://www.youtube.com/watch?v=oT4rr7zxmAY>

Option 2 – Apply via Your Nearest Nepalese Diplomatic Mission or Consulate

You can also apply in person by visiting your nearest Nepalese Embassy or Consulate. Complete the online visa form <https://consulatenepal.org/services/tourist-visa-to-nepal/> print your application, and take it along with your passport and supporting documents to your local Nepalese diplomatic mission for processing.

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Option 3 – Visa Application Submitted on Arrival

If you choose to obtain your visa on arrival and have not pre-filled the online form, join the queues to the row of computers on the right as you enter the terminal and complete the online application. Unfortunately, at the time of writing, there are no printers attached to the computers, so be sure to take a screenshot of your final application.

Next, 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). Cash payment is recommended. The preferred currency is USD, however AUD, CAD and GBP are also accepted at the exchange rate of the day.

Proceed to the immigration desk with your screenshot of the online application, payment receipt, passport, and two passport-sized photographs (note: when using the pre-arrival service, digital versions are accepted; however, carrying a few spare passport photos is always advisable). Immigration will then process your visa and issue the entry stamp.

Important Reminder

Please bear in mind that visas may also be required for countries you are visiting en route or transiting through. Visa costs and requirements can change regularly, so we suggest confirming details with your travel agent or World Expeditions reservations consultant. Ultimately, it is your responsibility to obtain all necessary visas.

webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

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

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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.