



Himalaya
Indian
Sub-continent

lipstick consulting everest circuit & the cho la



trip highlights

Combine our Everest Base Camp and Gokyo Lakes treks with a stunning crossing of the Cho La pass

Climb Kala Pattar & Gokyo Ri for unrivalled Himalaya views from Mount Everest to Tibet's Cho Oyu

Challenge yourself on the most comprehensive trek in the Everest region

Trek with the experts, enjoying ample acclimatisation time on a fully supported expedition

Discover Sherpa Culture at its 'capital' in Namche Bazaar

Soak in the serenity at the Pangboche monastery, thought to be the oldest in the Khumbu

Experience a breathtaking Himalayan mountain flight from Kathmandu to Lukla

Stay energised with three hearty meals per day prepared by our cooks

Immerse yourself in Kathmandu with visits to the Hindu shrine of Pashupatinath and the giant Buddhist stupa at Boudhanath

Trip escorted by CEO, Life Coach and Adventurer, Annie Gibbins



Trip Duration	21 days	Trip Code: SOG4764
Grade	Moderate to Challenging	
Activities	Trekking	
Summary	21 day trip, 17 day trek, 3 nights hotel, 11 nights camping nights in private eco campites, 6 nights eco lodge	

welcome to World Expeditions

Thank you for your interest in our Lipstick Consulting Everest Circuit & the Cho La trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

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 permanent 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.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

trip dates

important notes

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.

the trip

Combining our classic Everest Base Camp and Gokyo Lakes treks with a stunning crossing of the non-technical Cho La pass provides an unsurpassed circuit trek of the Everest region. We make climbs of the popular Gokyo Ri and Kala Pattar along the way, which provide magnificent photo opportunities of the world's highest mountain, Mount Everest, and views as far as Kanchenjunga in the east and the Tibetan 8000m peak Cho Oyu to the north. We will also view Lhotse, Nuptse, Pumori, Cholatse, the beautiful pyramid of Ama Dablam, as well as countless other Himalayan peaks. There is also time to visit the famous Base Camp, and during the months of March, April & May, will view the many expedition camps. Each night you will be accommodated in our private eco campsites as well as handpicked eco lodges. Another dimension to this adventure is the famous Sherpa culture providing a truly unforgettable experience.

our partners

Lipstick is a company which empowers women from the inside out and from the grass-roots up. Lipsticks' range of services enable a global community of women to be affirmed, supported and mentored to journey through life together via Fitness, Adventure, Mentoring, Life Coaching and Business Consulting.

about your leader/escort

Annie Gibbins is the fun loving CEO of Lipstick Consulting, an innovative global company which aims to inspire and empower women to be authentic and live with purpose and passion. After 25 years in the health education sector and being a mum of 5 including 2 sets of twins, Annie used her executive qualifications, skills and #lipstickpowerwomen mindset to create Lipstick Consulting, a platform which challenges women to be 'gently' pushed out of their comfort zone and into a position of self control, choice and opportunity. Annie enables a framework of positive change through her 5 distinct and interrelated business arms: Fitness, Adventure, Mentoring, Life Coaching and Business Consulting. Adventure travelling with Annie includes invaluable life coaching opportunities which affirm, support and mentor women in overcoming limited belief systems, for example trust and fear. Annie aims to ensure all adventure trips are eco friendly, value local culture and support charities which empower women and girls to thrive in their local area.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	IN KATHMANDU (1330M)
DAY 3	FLY LUKLA (2800M). TREK TO GHAT (2600M). WALK APPROX 2 HOURS.
DAY 4	TO MONJO (2850M). WALK APPROX 4-5 HOURS.
DAY 5	TO NAMCHE BAZAAR (3440M). WALK APPROX 4-5 HOURS.
DAY 6	REST DAY NAMCHE BAZAAR
DAY 7	TO PORTSE TENGA (3600M). WALK APPROX 6 HRS
DAY 8	TO DOLE (4000M). WALK APPROX 3 HRS.
DAY 9	TO MACHHERMO (4410M), WALK APPROX. 3 HRS.
DAY 10	TO GOKYO (4759M). WALK APPROX 5-6 HRS
DAY 11	ASCENT OF GOKYO RI (5483M). WALK APPROX 4 HRS
DAY 12	TO THAGNAK (4800M). WALK APPROX 4-5 HRS
DAY 13	CROSS CHO LA (5420M) TO DZONGLA (4843M). WALK APPROX 8-9 HRS
DAY 14	TO LOBUCHE (4930M). WALK APPROX 3 HRS
DAY 15	TO GORAK SHEP (5288M) & BASE CAMP (5360M). WALK APPROX 7-8 HOURS
DAY 16	KALA PATTAR (5545M), & TREK DINGBOCHE (4330M), WALK APPROX. 7-8 HOURS
DAY 17	TO DEBOCHE (3770M). WALK APPROX 4-5 HOURS

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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

Moderate to Challenging

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

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

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.

DAY 18 TO NAMCHE (3440M), WALK APPROX. 5-6 HOURS

DAY 19 TO LUKLA (2800M). WALK APPROX 7-8 HOURS

DAY 20 FLY TO KATHMANDU

DAY 21 TRIP CONCLUDES IN KATHMANDU

what's included

- 20 breakfasts, 19 lunches and 17 dinners including all meals on trek valued at US\$810
- flights Kathmandu/Lukla/Kathmandu approx. USD\$352
- 15kgs luggage allowance on Kathmandu/Lukla flights
- airport transfers on day 1 and 21
- expert bilingual guide
- group medical kit
- good quality accommodation in Kathmandu
- accommodation on trek in a combination of our comfortable eco lodges and private eco campsites with off the ground camp beds, mattresses and pillows
- souvenir World Expeditions kit bag
- trek pack including sleeping bag, down or fibre filled jacket and insulated mat, valued at USD \$500
- private transportation
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment
- porter's insurance
- Trip escorted by CEO, Life Coach and Adventurer, Annie Gibbins

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance

detailed itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner.

meals: NIL

DAY 2 In Kathmandu (1330m)

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath, returning to the hotel by 2pm. In the afternoon you may have time to explore Swayambhunath, Durbar Square, Patan or Bhaktapur, and the lesser-known towns that dot the valley on

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, 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.

foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

meals: B

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

We transfer to the airport for the 45 minute flight to the STOL airstrip at Lukla. This was the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvellous views of the Eastern Himalaya. At Lukla we are immediately impressed by the scale of the huge peaks that surround the village but this is only a foretaste of what is to come. Our crew assemble and we head downhill towards the Dudh Kosi, a raging river that flows from the highest peaks. The broad and well-marked trail meanders around fields of potatoes and buck-wheat and passes through small villages, as we pass rows of tree dahlia to make our way to our private eco camp at Ghat.

meals: B,L,D

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

Today we cross and re-cross the thundering glacial river, named 'Dudh' (milk) Kosi (river) because of its colour. Sections of today's walk are through pine forest and cleared areas reveal terraced fields and a variety of crops. We pass small groups of donkeys, yaks and dzopko carrying trading goods and trekking gear along the trail. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, more commonly found at higher altitudes. Spectacular mountain peaks unfold above us and seem to hover above the tree-line as they rise above the deep river valley. Shortly after leaving camp we cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamskerku (6808 m) rises majestically, seemingly from the river floor. We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription 'Om Mani Padme Hum' which translates to 'Hail to the jewel in the lotus', and is mantra (chant) venerated by Buddhists and Brahmans alike. Buddhists will walk to the left of these Mani Walls and chortens, but you may notice that people of the lowlands who have no knowledge of Buddhism do not follow this practice. The allure of the mountains is hard to resist, but we must be patient, as it is very important to acclimatise slowly and thereby fully appreciate our time at higher altitude. Today's walk is not a long one, and you will be eager to press on. Slow down, and enjoy the journey. Overnight at our private eco camp site located above Monjo.

meals: B,L,D

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

This morning we pass through the gates of the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area and the few local people who have a permit to cut wood must gain approval from the authorities on the basis of it being primarily for their personal use. We follow the river course to the confluence of the Dudh Kosi and the Bhote Kosi, and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view

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of Mt Everest. The trail continues to climb and meander to Namche, and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain. Our accommodation will be at our private eco camp site.

meals: B,L,D

DAY 6 Rest day Namche Bazaar

Sagarmartha National Park Headquarters just above our Sherpa hotel offers a very interesting display of photographs, memorabilia and information on the park, and the hill above is a wonderful vantage point for the spectacular view up the Imja Khola Valley towards Everest. The change from the narrow lowland valleys to the broad glacial ones is immediately obvious. The steep-sided glacial valley before us gradually winds towards the base of Everest, broken only by the moraines left by retreating glaciers. Its more gradual rate of climb is a blessing for those trekking higher. Towering to over 4000 metres above the valley floor, spectacular peaks seem to engulf us. Around us are Taweche (6542 m), Thamskerku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) and Lhotse (8511 m). The greatest of all, Mt Everest (8848 m), rises at the head of the valley. The Sherpa Cultural Centre has an interesting collection of mountaineering items and photographs. Those who are fit and acclimatising well may wish to take the optional walk to the Everest View Hotel (4-5hrs) where spectacular views of Everest and Ama Dablam may be seen.

For those feeling well acclimatised there is also the option of a day walk to the pretty village of Khumjung. Khumjung is where Sir Edmund Hillary built his "Schoolhouse In the Clouds" and the famed Khunde hospital is close by. World Expeditions supports both of these famous community facilities, as well as the many other projects operated by the Himalayan Trust. There will generally be the opportunity for you to visit the hospital and school. We will also be able to visit the monastery at Khumjung where we may have the opportunity to see the "scalp of a yeti". Overnight private eco camp site.

meals: B,L,D

DAY 7 To Portse Tenga (3600m). Walk approx 6 hrs

Heading North-East we initially follow the main trail to Thyangboche as it contours around the hills, before we branch off on a climb on the flanks of the sacred peak of Khumbila (5761 m). We traverse for some time across yak pastures as the trail gradually ascends to Mon La. Below us is the confluence of the Dudh Kosi and Imja Khola and across the valley Thyangboche monastery is framed by Ama Dablam and Kantega. We reach a stupa draped with prayer flags atop a ridge at 3992 metres and then descend steeply through forest to the Dudh Kosi. Crossing the river we pass a water-powered grain mill and eventually to our private eco camp at Portse Tenga. After afternoon tea an optional walk up the ridge beyond camp will bring us to the village of Portse.

meals: B,L,D

DAY 8 To Dole (4000m). Walk approx 3 hrs.

The early morning sun warms the camp site and we head north, still following the Dudh Kosi towards its source, the magnificent Ngozumpa Glacier. An initial short climb gets us onto the trail for the steady climb towards Gokyo. Since leaving the main trail we have seen progressively fewer trekkers and locals and the relative isolation of the trail is a pleasure. Sections of red birch, fir and dwarf rhododendron forest are interspersed with areas of yak pasture as we gradually gain altitude. We pass pleasant waterfalls and can rest and gaze at the glaciers that flow from Taweche

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and Cholatse on the opposite side of the valley. Behind us, spectacular ridges lead to the peak of Khumbila and the numerous unnamed peaks that reach almost 6,000 metres. In the distance Kantega and Thamserku rise above the foothills. It was at Dole that one of the more recent and “credible” yeti sightings took place. Ask your trek leader for details and draw your own conclusions. Overnight private eco campsite in Dole.

meals: B,L,D

DAY 9 To Machhermo (4410m), walk approx. 3 hrs.

Continuing a steady but constant climb, we reach the “village” of Machhermo for lunch. Like the few small villages in this valley, Machhermo has only a few buildings and these are empty much of the year. Villagers in Khumjung and Khunde generally own land here high up the valley, where they graze yaks in the summer months. Our camp sits in the valley amidst stunning surrounds and is one of our most popular stops on the circuit. This is a valuable acclimatisation day as we prepare for the higher altitudes and our ascent of Gokyo Ri (5483m). This afternoon can be spent relaxing or you may wish to stretch your legs and take a walk up the ridge behind Luza for a view of the Gokyo Valley. Just a short walk from camp is the Machhermo Porter Shelter and Rescue Post which is well worth a visit, here you can learn more about altitude and the work of IPPG (International Porter Protection Group). Overnight private eco camp.

meals: B,L,D

DAY 10 To Gokyo (4759m). Walk approx 5-6 hrs

Following the valley high above the river, we commence the ascent to Gokyo village. There are excellent views of Cholatse at the village of Pangka and we stop to enjoy them. We are now in high alpine country and as we approach the Ngozumpa Glacier we trek onto the moraine and rock that extends down from it. We enjoy excellent views of Kantega to the south and Cho Oyu to the north. Each mountain has its individual character and presence, and you can understand why mountain people have such spiritual significance. Once we have ascended the snout of the glacier the path levels. We pass the first of the lakes, Longponga, before reaching, Taoche Lake, a larger body of water and a place where ducks are often seen swimming in the freezing waters on their annual migrations to and from Tibet. As we walk up the valley our path parallels the Ngozumpa Glacier while separating us from the glacier is the massive lateral moraine. Overnight eco lodge.

meals: B,L,D

DAY 11 Ascent of Gokyo Ri (5483m). Walk approx 4 hrs

An early start is made to take advantage of the early morning views. The steady yet unrelenting ascent of Gokyo Ri will take two to three hours, depending on your level of fitness and acclimatisation. It is not a race and times of up to six hours are cherished by those who thought they would not make it at all. If you find the climb hard work don't hesitate to ask one of the guides to carry your day pack. You will be elated when you reach the summit with its spectacular view. Probably the most comprehensive view of 8,000 metre peaks in Nepal, many people consider it to be Nepal's best. Surrounding us are Cho Oyu (8153 m), (a mountain that defeated a British Expedition of climbers, including Hillary, in their lead-up to their successful assault of Everest), Gyangchung Kang (7922 m), Lhotse (8501 m), Makalu (8475 m), Cholatse (6440 m), Taweche (6542 m), Kantega (6685 m), Thamserku (6808 m), Lobuche (6145 m) and Mt Everest (8848 m). Hundreds of other peaks fill the scene, whilst below us the Ngozumpa Glacier, the largest in Nepal, stretches through the valley. The striking colour of the lakes below completes the picture. The only way to

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get a better view of the entire Everest region would be to climb an 8,000 metre peak! Although further from Everest than Kala Pattar, the traditional viewing point, here we see more of the mountain and enjoy a more relaxed environment to view the peak. Overnight eco lodge.

meals: B,L,D

DAY 12 To Thagnak (4800m). Walk approx 4-5 hrs

We weave our way towards Thagnak on a trail that meanders through a section of the largest glacier in Nepal. It's an exciting hike, as we leave Gokyo and begin the approach towards the Cho La. There are great views today of Cho Oyu and Cholatse. Keep an eye open for Himalayan Thar on the rocky slopes. Overnight eco-lodge.

meals: B,L,D

DAY 13 Cross Cho La (5420m) to Dzongla (4843m). Walk approx 8-9 hrs

We start early to take advantage of the stable early morning weather pattern that generally prevails in the Himalaya. Depending on the snow conditions, it will take us approximately 5 hours to reach the saddle of the pass from Thagnak. There will be time on the top of the pass to soak in the experience before the descent into the valley and the camp on the other side. This is a special day and for some the highlight of the trip. The views are excellent all day. Words fail to describe the beauty and the sense of achievement of this pass crossing. Finally as we descend to our camp beside the steep north face of Cholatse, the stunning peak Ama Dablam comes into view. Overnight private eco campsite.

meals: B,L,D

DAY 14 To Lobuche (4930m). Walk approx 3 hrs

The early morning sun is welcome after a cold night and reveals a dramatic panorama of spectacular peaks. We traverse high on the flanks of Awi Peak, above the village of Chola and continue past Cholatse Lake. Beyond the lake, the Chola Glacier flows steeply from a saddle between the cliffs of Cholatse and Taweche in a rugged and beautiful display. We crest a small rise and before us unfolds the stunning form of Nuptse (7745 m), rising above the Khumbu Glacier. We continue our traverse until we join the busy trail from Thyangboche to Lobuche, where the volume of people and yaks may come as quite a shock. The successful 1953 British Expedition to Everest thought of this place as a warm and pleasant rest point. The hill above the settlement affords fine sunset views of Nuptse. Overnight eco lodge.

meals: B,L,D

DAY 15 To Gorak Shep (5288m) & Base Camp (5360m). Walk approx 7-8 hours

We trek alongside the Khumbu Glacier as the path winds over the rocky moraine towards the settlement of Gorak Shep. We are high, among the glaciers of the world's highest peaks. Following our arrival at Gorak Shep we have an early lunch before we commence our trek to Everest Base Camp. In the pre monsoon season many expeditions can be seen at base camp and this excursion is one of the highlights of the trek. Overnight lodge.

meals: B,L,D

DAY 16 Kala Pattar (5545m), & trek Dingboche (4330m), walk approx. 7-8 hours

Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks atop the hill the views are spectacular. Most eyes are locked on the mass of Everest and its rocky buttresses immediately before us. Many of the famous ascent routes are quite clear. Below us the Khumbu Glacier snakes towards

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the icefall and Western Cwm. We can see the area where expeditions set their base camp but the original site was at Lake Camp, now known as Gorak Shep. Take a look in every direction and soak it in. The view south and our route out, is particularly beautiful. In the afternoon we make the return trek to our private permanent camp at Dingboche, soon after setting off we reach the site of a row of cairns to Sherpa climbers who died on Everest, before we continue to the small settlement at Tugla. Our path on an old lateral moraine takes us to the sheltered village of Dingboche and our private eco camp. To the east at the head of the Imja Khola valley sits the pyramid peak of Imja Tse (6189 m). This afternoon we can walk up the ridge behind Dingboche for sunset views of Nuptse, Lhotse and Chhukung Peak.

meals: B,L,D

DAY 17 To Deboche (3770m). Walk approx 4-5 hours

There can be a tendency now to rush, particularly as we are walking downhill, but there is still much to see. We descend to Pangboche and visit its historic old monastery, thought to be the oldest in the Khumbu. Continue on to our private eco camp at Deboche for the night.

meals: B,L,D

DAY 18 To Namche (3440m), walk approx. 5-6 hours

If the weather is clear, the mountain views from Thyangboche monastery as we pass through are outstanding - Everest, Lhotse and Nuptse are at the head of the valley, their line of sight flanked by Taweche on one side and Ama Dablam on the other. Almost directly above us are Kantega and Thamserku. Completing a 360 degree panorama of mountains are Khumbliya and Kongde Ri which encircle us from across the valley. It's a pleasant walk down to Namche, and as we near the village we pass through terraced fields that are home to a brightly colored pheasant, the Danphe Pheasant, the national bird of Nepal. Overnight private eco camp site in Namche.

meals: B,L,D

DAY 19 To Lukla (2800m). Walk approx 7-8 hours

Leaving Namche we descend through the forest towards the Dudh Kosi, and continue our return journey crossing and re-crossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world. Retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savour our final mountain sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek is a good time to have a small party for all the team, especially the porters who will return to their villages from here. There is usually lots of music, dancing and singing and if we are lucky, one of the superb cakes that our Nepali chefs are renowned for. Overnight lodge.

meals: B,L,D

DAY 20 Fly to Kathmandu

This morning we take the return flight to Kathmandu, a thrilling flight over forests, fields and villages, with the Himalaya in the background. On arrival, we transfer to the hotel. The rest of the day is at leisure, a good time for last minute shopping or sightseeing.

meals: B

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DAY 21 Trip concludes in Kathmandu

After breakfast arrangements cease unless further ones have been made. Those people departing by aircraft will be transferred to the airport.

meals: B

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

suggested extensions

- Chitwan Safari
- Annapurna Circuit
- Kathmandu to Delhi

country information

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

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

climate

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

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can

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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

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 or hot chocolate served in your tent, porridge or a grain cereal, toast with spreads, eggs -fried, omelet or boiled, baked beans 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, tea, coffee or hot chocolate, boiled water

Dinner

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

mountain flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash, travellers cheques, 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.

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



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

exclusive eco-comfort camps

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

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

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wilderness camps

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

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eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

dietary requirements

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

equipment provided



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

accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. Whilst trekking we camp at private eco campsites or stay in eco lodges.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

equipment required

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

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acute mountain sickness

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

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

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

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

porter initiatives

Porter Welfare in Nepal: the Himalaya

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

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

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

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

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

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

covid-19 requirements for travellers

Your safety and well-being continues to be our utmost priority as you plan and then depart on your active holiday. Since the outbreak of COVID-19 we have evolved our operating protocol to build in additional measures on our existing safety and risk mitigation strategies. We've seen the incredible success of the vaccination program in our operational bases around the globe and new found freedoms a high level of vaccination brings. On that basis, it is our requirement that you are fully vaccinated in order to join this trip. Please refer to our website for full details of our vaccination policy. Before you travel make sure you understand and follow all airline and destination requirements related to travel, mask wearing, testing, or quarantine, which may differ from your own country's requirements. If you do not follow your destination or transit countries' requirements, you may be denied entry and required to return to your home country. Keeping up to date with individual countries requirements and restrictions can be difficult as policies are changing daily. The following website is a useful resource <https://www.iatatravelcentre.com/world.php>. Please contact us if you have any questions and we will do our best to answer in relation to current conditions.

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

Visa issued by a Nepalese Diplomatic Mission prior to your departure from home -

Queues are common during peak tourist arrival times, especially at the visa application counters. In order to skip the bulk of the queues you are able in many cases to apply for your visa at your nearest Nepalese diplomatic mission. The location and contact details of your nearest mission can be found at <https://nepalembassy.gov.np>. Visa fees are often comparable to that paid on arrival though you will need to consider the courier costs associated in sending your passport to and from the appropriate mission. 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. There is an online form for completion which is then printed and presented with your passport and payment to the relevant mission for visa issuance. 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. Should you prefer, World Expeditions can arrange your visa for you, noting there are costs associated with courier fees to do so. Let us know if you'd like us to assist with your visa.

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 15 days prior) which removes the need to carry passport photographs as the electronic versions of your image are supplied as part of the process. Once you've applied, the form can be printed for use on arrival and payment made as outlined below.

Visa Application submitted on arrival -



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If you opt to obtain your visa on arrival and have not prefilled the online form as noted above, join the queues to a row of computers and fill out the online form. Unfortunately, at time of writing, there are no printers attached to the computers so make sure to take screenshot of your final application, then join the queue 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 (note these may soon be replaced with electronic versions however carrying 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.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at [facebook.com/worldexpeditions](https://www.facebook.com/worldexpeditions)

INSTAGRAM: [@worldexpeditions](https://www.instagram.com/worldexpeditions)

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

YOUTUBE: World Expeditions

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

Share the love

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



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trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.