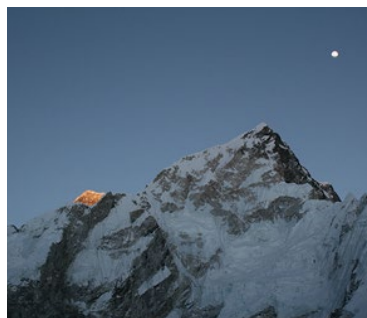


Himalaya
Indian
Sub-continent

Sir Edmund Hillary Foundation Celebration Trek - 11 days



trip highlights

- Experience Sherpa culture and the warm hospitality of the Khumbu region
- Walk part of the classic Everest trail with views of Ama Dablam, Thamserku, and possible Everest views from Namche
- Stay in a combination of eco-lodges and permanent camps
- Enjoy freshly prepared meals prepared by our expert trekking crew
- Visit the historic Khunde Hospital and Hillary School, key Foundation projects
- Join the Sir Edmund Hillary Foundation anniversary celebrations in Khunde alongside the local Khumbu community
- Support the Sir Edmund Hillary Foundation's ongoing work through a minimum \$1,000 donation per trekker
- Scenic mountain flight to Lukla and return to Kathmandu



Trip Duration	11 days	Trip Code: SOG9640
Grade	Moderate	
Activities	Trekking	
Summary	11 day trip, 2 nights hotel, 8 nights in eco-comfort camps / 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 Sir Edmund Hillary Foundation Celebration Trek - 11 days, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

World Expeditions has been pioneering treks in Nepal since 1975, setting the benchmark for responsible and well-supported trekking. Guided by experienced local leaders trained in remote wilderness first aid and supported by a dedicated crew, this special departure also includes participation in the Sir Edmund Hillary Foundation anniversary celebrations in Khunde a unique opportunity to connect with the Khumbu community and honour Sir Edmund Hillary's legacy.

Our Everest treks feature exclusive eco-comfort camps, offering a sustainable and comfortable alternative to traditional lodges, with spacious tents, heated dining areas, wholesome meals, and high standards of hygiene. In select villages we stay in eco-lodges, while in Kathmandu your journey begins and ends in a centrally located four-star hotel.

As part of this special trek, travellers are asked to contribute a minimum donation of \$1,000 CAD to the Sir Edmund Hillary Foundation Canada, supporting ongoing education, healthcare, and community projects across the Khumbu region. More than just a trek, every journey with World Expeditions helps support local communities while protecting the fragile Himalayan environment.



Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



We pair you with a traveller of the same gender, and if we can't, the room (and/or tent) is yours at no charge. Prefer your own space? Add the optional single supplement

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

the trip

This rewarding short trek offers a scenic approach to Khunde, combining gentle days on the Everest trail with a meaningful visit to the Sir Edmund Hillary Hospital and participation in the Sir Edmund Hillary Foundation's special anniversary celebrations in the Khumbu. Travelling through Sherpa villages and rhododendron forests, trekkers experience the warmth of the local community, breathtaking mountain views, and the legacy of Sir Edmund Hillary's lifelong commitment to improving lives in this remote Himalayan region. As part of this special departure, each trekker is asked to contribute a minimum donation of \$1,000 CAD to the Sir Edmund Hillary Foundation Canada, helping support ongoing education, healthcare, and community projects in the region.

If the donation is made directly by the traveller, SEHF will issue a charitable tax receipt. Travellers who wish to fundraise their contribution may do so through a fundraising page arranged by World Expeditions, with tax receipts issued to donors by the fundraising platform.

at a glance

DAY 1	17 - NOV ARRIVE IN KATHMANDU
DAY 2	18 - NOV FLY TO LUKLA (2,800M) TREK TO MONJO (2,850M). WALK APPROX 6 HOURS
DAY 3	19 - NOV - TO NAMCHE BAZAAR (3440M). WALK APPROX 4-5 HOURS.
DAY 4	20 - NOV TREK TO THAME (3,800M). WALK APPROX 4-5 HOURS
DAYS 5-7	21 - 23 NOV TREK TO KHUNDE AND CELEBRATE (3,840M). WALK APPROX 4-5 HOURS
DAY 8	24 - NOV - TREK TO MONJO (2,850 M / 9,350 FT, WALK 5-6 HRS)
DAY 9	25 NOV - TREK TO LUKLA (2,800 M / 9,186 FT, WALK 5-6 HRS)
DAY 10	26 - NOV - FLIGHT TO KATHMANDU
DAY 11	27 - NOV - DEPARTURE

what's included

- Breakfasts, lunches and dinners as indicated
- Airport transfers if arriving on day 1 and 11
- Return flights to/from Lukla included
- Luxury accommodation in Kathmandu
- Flights Kathmandu/Lukla/Kathmandu
- Trek pack including sleeping bag, down or fibre filled jacket and insulated mat
- Expert bilingual guide
- Souvenir World Expeditions kit bag with Sir Edmund Hillary Foundation' logo
- All park entrance fees and trekking permits
- Private transportation
- Porters to carry all personal and group equipment
- WE kit bag

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

what's not included

- Lunch & dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks

Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



trip dates

2026 17 Nov - 27 Nov

important notes

BP - Base Price

S - Surcharge

fast facts

Countries Visited:

Nepal

Visas:

Required*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local bi-lingual leader

Advice for people with limited mobility

Not suitable

*Ask our staff for more information.

- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes
- Visa
- Travel Insurance
- Foundation donation
- Helicopter
- A minimum donation of \$1,000 CAD to the Sir Edmund Hillary Foundation Canada (SEHF)

detailed itinerary

DAY 1 17 - Nov Arrive in Kathmandu

You will be met by a representative of World Expeditions and transferred to the Yak and Yeti Hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner (Not included), this is a great opportunity to get acquainted with your fellow group members.

Overnight: Yak & Yeti hotel or similar

meals: NIL

DAY 2 18 - Nov Fly to Lukla (2,800m) Trek to Monjo (2,850m). Walk approx 6 hours

This morning we have an early start with a spectacular mountain flight to the famous STOL airstrip at Lukla, built with the support of Sir Edmund Hillary to provide access to the remote Everest region. Weather permitting, the flight offers superb views of the eastern Himalaya. On arrival in Lukla, our trekking crew assembles and we begin our journey on the classic Everest trail. The broad path descends gently through pine forest and small Sherpa settlements, crossing suspension bridges over the rushing Dudh Koshi River. We pass mani stones, prayer wheels, and cultivated fields before reaching our first lodge.

Overnight: exclusive eco-comfort camp Monjo

meals: B,L,D

DAY 3 19 - Nov - To Namche Bazaar (3440m). Walk approx 4-5 hours.

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

meals: B,L,D

Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



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.

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/hiking involving relatively steep ascents and descents. If you can manage a couple of valley floor to ridgeline ascents per bushwalk, albeit with stops along the way, you will cope with a moderately graded trek. Speed is not important,

DAY 4 20 - Nov Trek to Thame (3,800m). Walk approx 4–5 hours

Leaving the main Everest Base Camp trail, we head west along a quieter route into the peaceful Bhote Koshi valley. The trail climbs gradually through traditional Sherpa villages and open alpine landscapes, offering beautiful views of snow-capped peaks. Thame is a historic village known for its ancient monastery and strong mountaineering heritage, home to many famous Sherpa climbers. The afternoon is free to explore the village and visit Thame Monastery. Overnight: Lodge in Thame

meals: B,L,D

DAYS 5-7 21 - 23 Nov Trek to Khunde And celebrate (3,840m). Walk approx 4–5 hours

21 November 2026 – Arrival in Khumjung and Khunde

-Early morning start to trek from the traditional Sherpa village of Thame to Khumjung and Khunde.

-Visit Khumjung School and the Sir Edmund Hillary Visitor Centre.

-Attend the official welcome reception at Khumjung School.

-Visit Khumjung Gumpa and enjoy a community-hosted lunch.

-Attend the Khunde Reflection Workshop, featuring presentations and discussions on the history, achievements, and future of Kunde Hospital.

-Group dinner in Khunde.

22 November 2026 – Kunde Hospital 60th Anniversary Celebrations

-Early morning visit to Hillary View Point and Khunde Ri, with prayers at the Hillary Memorial.

-Visit Kunde Hospital and the Zeke O'Connor Memorial Garden.

-Brunch at Kunde Hospital.

-Participate in the official 60th Anniversary celebrations, including guest welcomes, donor and doctor recognitions, cultural performances, and commemorative speeches.

Free time in the afternoon.

-Evening Chhyangdung ceremony and farewell dinner at Khunde Mani Lhakhang.

23 November 2026 – Day at Leisure

Free day to relax in Khunde, explore the surrounding Sherpa villages, or enjoy optional walks with panoramic views of Ama Dablam and the peaks of the Khumbu region.

Opportunity to further experience local culture and hospitality before continuing the journey.

Overnight: Lodge in Khunde.

meals: B

DAY 8 24 - Nov - Trek to Monjo (2,850 m / 9,350 ft, walk 5–6 hrs)

Leaving Khunde, the trail descends steadily through pine forest toward the Dudh Kosi River, crossing several suspension bridges along the way. The landscape feels familiar yet transformed, carrying the weight of everything we have experienced during our trek. Continuing down the valley, we exit Sagarmatha National Park and arrive at Monjo, marking the final stages of our journey through the Everest region.

Overnight: exclusive eco-comfort camp Monjo

meals: B,L,D

Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



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.

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.

DAY 9 25 Nov - Trek to Lukla (2,800 m / 9,186 ft, walk 5-6 hrs)

We retrace our steps along the Dudh Kosi Valley, passing familiar villages, mani walls, and forested sections that now feel like old friends after our time in the high Khumbu. The trail undulates gently through the valley, with a final steady climb bringing us back to Lukla, where our trek first began. As we arrive, there is a strong sense of achievement after completing one of the world's great mountain journeys. This evening provides an opportunity to celebrate together and thank our trekking crew and porters, many of whom will return to their home villages from here.

Accommodation: Lodge Lukla

For those wishing to shorten the trip by one day, there is the option to take a helicopter from Khunde to Kathmandu. You would spend the night at the Yak & Yeti Hotel and depart the following day. (Please refer to the helicopter surcharge for pricing information. If travelling in a group of five, the per-person cost is significantly lower compared to booking the helicopter individually.)

meals: B,L,D

DAY 10 26 - Nov - Flight to Kathmandu

In the morning, you will take an early flight from Lukla to Kathmandu, an iconic short takeoff and landing (STOL) flight lasting approximately 30-40 minutes, offering spectacular mountain views along the way. Upon arrival in Kathmandu, you will be transferred to your hotel. The remainder of the day is at leisure, giving you time to rest, shop for souvenirs, or explore Kathmandu's many cultural and historical sites.

Overnight: Yak & Yeti hotel or similar

meals: B

DAY 11 27 - Nov - Departure

Transfer to Kathmandu's international airport for your onward flight.

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

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

Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

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

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

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

mountain flights

Flights to and from Lukla are on small fixed-wing aircraft such as the Twin Otter. They are generally reliable, but mountain weather can cancel them. If that happens, we charter a helicopter to keep you on schedule for your international flight.

Helicopters can fly with 1,500m of visibility, while fixed-wing aircraft need 5,000m under Nepal's Civil Aviation rules, so a helicopter can often fly when planes are grounded.

If a helicopter is needed, you pay for it at our Kathmandu office. It costs US\$350 to US\$650 per person, depending on how many people share it. We accept US cash, Visa, Mastercard and American Express. We'll give you a receipt so you can claim the cost from your travel insurance if your policy covers it.

Luggage limits on these flights are strict: 15kg checked and 5kg hand luggage per person. About 5.5kg of your checked allowance is taken up by the gear we lend you: sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg). That leaves about 9.5kg for your own things, so please pack carefully.

Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



a typical day

Each morning begins with a wake-up cup of tea brought to your tent around 6:30 am, followed by a small bowl of warm water for washing. Before breakfast, you'll pack your gear into your kit bag, which will be carried by porters or pack animals and won't be accessible again until you reach camp in the afternoon.

After a wholesome breakfast, trekking usually begins between 7:30 and 8:00 am, depending on the day's distance and terrain. The morning walk lasts around three to four hours before stopping for a freshly prepared lunch at a scenic rest point. The afternoon walk is generally shorter, and we aim to reach our eco-comfort camp or lodge by 3:30–4:30 pm.

Upon arrival, afternoon tea is served while the crew sets up camp, leaving time to rest, read, or explore the nearby village before dinner, typically between 6:00 and 7:00 pm. Bring your headlamp and water bottle to the dining tent so it can be filled with boiling water for the night. Evenings on trek are relaxed and friendly sharing stories, playing cards, or enjoying Sherpa songs with the crew, creating lasting memories of life in the Khumbu.

exclusive private comfort camps

Our Private Comfort Camps aren't glamping. They aren't the style of camping we started with in 1975 either. On our first Himalayan treks that meant a thin mat on the ground, whatever food could be carried in, and a wash in the nearest stream. Not anymore.

The Everest region is the Sherpa homeland and Nepal's most popular trekking area, and its villages are now full of lodges, restaurants and gear shops. Our camps sit apart from the busy main trail. They are permanent private campsites on land we rent from local landowners who farm it, with open views of the mountains. Because the sites are ours to use, you never compete for a bed. There's no shared teahouse dormitory, no arriving to find the lodge full, and no pushing on to the next village because there was nowhere to stop.

At every camp you'll find:

A standing-height comfort tent with a bed raised off the ground, a thick mattress, pillow and clean linen

A heated dining room with cushioned seating, and meals cooked in a permanent kitchen

A pot belly stove that burns yak dung, not wood, with a chimney that carries the smoke outside

An ablution block with composting sit-down toilets and hand basins

The dining room is where travellers and crew gather at the end of the day, and where the friendships of the trek are made. Travellers tell us it is one of the highlights of their trip.

Much of your dinner is grown where you sleep. The landowners who rent us the land also supply vegetables to our kitchen, so what's on your plate is picked, not portered.

Hot showers are available at Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo, for a small charge of NPR 300 to 650, subject to availability. Most World Expeditions trips in the Everest region stop at one or more of these places, but not all do.

This isn't luxury. It's what we've learned since 1975 about what a trekker needs in the mountains.

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



Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



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

equipment provided

You will be provided with the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and sleeping bag liner (valued at over US\$500). Further, our porters and guides are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

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

acute mountain sickness

Above 2,500 m / 8,202 ft your body has to adjust to less oxygen. Our itineraries are built to ascend slowly so that adjustment can happen.

While you acclimatise you may get a headache, tiredness, disturbed sleep, loss of appetite or nausea, shortness of breath, a cough, palpitations, or swelling of the hands and face. These are common and do not always mean you should stop.

People acclimatise at different rates. Take your time and drink plenty of water.

Tell your leader about any symptom, every time. All our leaders hold extensive first aid training and monitor the group daily.

The only cure for acute mountain sickness is to descend. Your leader has the final say and may ask you to descend.

porter initiatives

Porters make this style of trekking possible. We take travellers off the beaten track, away from congested trails, on often remote tent-based adventures. On the trail, travellers, guides and porters are one team with the same need for safety.

Our Nepal porters receive:

A wage regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay to their unionised guidelines.

Three cooked meals a day, prepared by our cooks

Lodging or tents, sleeping mats and blankets

Life insurance and income protection insurance

The same first aid care as our travellers, including emergency helicopter evacuation if needed

Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



Wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pairs of leather shoes on long treks or 2 pairs of canvas shoes on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket

Load limit 30kg. Minimum age 16, maximum age 50.

We support international organisations working for the health and education of porters:

International Porter Protection Group: www.ippg.net

International Mountain Explorers Connection: www.mountainexplorers.org

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

vehicles & safety

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

visas

All nationalities need a visa for Nepal. Most travellers can get a multiple-entry tourist visa on arrival at Tribhuvan International Airport (TIA) in Kathmandu.

We recommend applying online before you travel. It's the quickest way through the airport and avoids long queues.

To apply online before you go:

Go to the Nepal Immigration portal: <https://nepalport.immigration.gov.np/>

Select "Visa on Arrival" and choose Tribhuvan International Airport as your point of entry.

Complete and submit the form.

Print or save the barcode confirmation.

You can apply no earlier than 14 days before you arrive. Your barcode is valid for 15 days, so if your dates change and you arrive later than that, you'll need to apply again. A guide to paying the fee online is here: <https://immigration.gov.np/user-manual-for-visa-fee-payment>

When you land, pay the visa fee at the payment counter, then show your passport, payment receipt and barcode confirmation at Immigration to receive your visa.

If you haven't applied online, complete the form at a kiosk in the arrivals hall. Print the confirmation or take a clear photo of the screen, pay at the payment counter, then go to Immigration with your confirmation, receipt, passport and photos. Queues can be long in busy periods.

Bring with you:

A passport valid for at least 6 months from your arrival date

4 passport-sized photos

Your barcode confirmation, printed or saved (if you applied online)

The visa fee, ideally the exact amount in US dollars cash

Tourist visa fees are US\$30 for 15 days, US\$50 for 30 days and US\$125 for 90 days. USD cash is fastest. AUD, CAD and GBP are usually accepted at the day's exchange rate.

Visa rules can change without notice, so check the latest requirements with Nepal Immigration before you travel.

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

Sir Edmund Hillary Foundation Celebration Trek - 11 days

A short Himalayan journey to Khunde for the Sir Edmund Hillary Foundation's hospital visit and anniversary celebrations, supporting the Foundation's work in the Khumbu.



with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

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

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.

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 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.

