



# NATRAJ TREKKING since 1967

One of the leading trekking agency in Nepal for Tibet, Bhutan & India tour packages

## EVEREST BASE CAMP TREK-17 DAYS

### EVEREST BASE CAMP TREK HIGHLIGHTS

- ❖ The classic trek to **Everest Base Camp**, following in the footsteps of the great summiteers base camp.
- ❖ Exploring fascinating Namche Bazaar and soaking up the Sherpa culture
- ❖ Trekking through some of the world's highest peaks, with incredible views of Everest, Nuptse and Pumori from Kala Pattar
- ❖ Visiting monastery at Thyangboche

**Everest Base Camp Trekking** is the most popular trekking trail in **Everest Region** which offers a unique and unforgettable experience with awesome views of the world's highest and most beautiful mountains including Mt. Everest and many other high mountains.

**Everest Base Camp Trek** has become famous since Sir Edmund Hilary and Tensing Norgay made the first successful summit of Everest in 1953 A.D then thousands of Trekkers have been exploring Everest Base Camp Trekking every year to fulfill their desire of life time to be at the base camp of the rooftop of the world. **Everest Base Camp Trek** become so popular not only cause it is the top of the world since one can view the superb Himalayan sceneries including of Mt. Everest (8848m), Mt Lhotse (8516m), Mt. Nuptse (7855m), Mt. Pumori (7161m), Mt. Changaste (7550m), Mt. Lingterin (6679m), Mt. Amadablam (6856m), Mt. Thamserku (6614m), Mt. Kantega (6685m), Mt.Kusum Khagaru (6367m),Mt.Kongde (6011m), Mt. Khumbila (5761m) , Mt. Tawache peak (6367m), Mt. Cholaste (6335m) ,Island peak (6179m), Lobuche peak (6145m),Pokalde peak (5806m), Honku south peak (6119m) during Everest Base Camp Trek and can spot various animals such as musk dears, jackals, Himalayan Thar, birds such as Pheasant as well.



**Everest Base Camp Trek** another attraction is the culture and the lifestyle of the inhabitants of this region "Friendly Sherpas" who have become very famous in the world as they are the king of the mountains and they have been successful to make many world records in mountain climbing and expeditions. A part from this one can visit the Tengboche Monastery in Everest Base Camp Trek which represents the Tibetan Buddhism and this is the biggest monastery that exists in the Khumbu Region.

**Everest Base Camp Trek** of 17 days is specially designed to reach **Everest Base Camp** including **Kala Pattar** which is the best view point to view the sunrise over the high Himalayas including the Mt. Everest. Starting by flight about 40 minutes from Kathmandu to the small mountain airstrip to Lukla, the heart of Everest Region, then around three hours walk, we reach at Phakding for the first night of the Everest Base Camp Trek then we continue our Trek to **Everest Base Camp** through north up to Dudh Kosi valley and to Namche bazaar (gateway to Everest Base camp), where we spend one extra day for acclimatization. We trek to Kala Pattar and subsequently to the Everest base camp. We have one another rest day in Dingboche for some side-trips and for further acclimatization and again we continue our mission to the Everest base camp and the Kala Pattar. After Reaching at Everest Base Camp and having view from the Kala Pattar we retrace all the way down to Lukla and fly to Kathmandu.

### TRIP FACTS

Trip Duration	:	17 Days (Kathmandu to Kathmandu)
Trekking destination	:	Everest Base Camp & Kala Pattar (5545m)
Trip Grade	:	Strenuous
Activities	:	Walking and trekking including cultural sightseeing tours in Kathmandu
Best Seasons	:	Autumn (mid Sept to mid Dec) and Spring (March to May)
Accommodations	:	04 nights at Kathmandu & 12 nights in lodge/teahouse during trek
Meals	:	16 Breakfast, 12 Lunches & 13 dinners
Transportation	:	Private vehicle / domestic flights
Price	:	<b>USD 1500 ( Min 2 pax) – Please refer details on cost for information</b>

Explore the beauty of Nepal through Natraj Trekking

DESIGNED BY: ANIL BLON

## DETAILED DAY BY DAY ITINERARY

### DAY 01

#### Arrive Kathmandu (1356m)

Arrive Kathmandu Tribhuvan International Airport, you will be met and welcomed by our representative. Please look for signage of **Natraj Trekking with your name** once you come out of Arrival Terminal Hall after collecting your luggage. You will be escorted by our representative to the hotel

**Welcome to Kathmandu**, capital of the ancient Mountain Kingdom of Nepal. Kathmandu has the air of a medieval city with a maze of narrow streets, wooden temples and beautifully decorated palaces.

Upon arrival at the hotel, guest will be provided welcome drinks along with the room key

In the evening we will organize a Welcome Dinner at a traditional Nepalese Restaurant where you will enjoy a Nepalese cultural program as well as a fine local Nepali meal.

**Meals included: Dinner**

### DAY 02

#### In Kathmandu

- ❖ Breakfast at the hotel
- ❖ Half day tour of Kathmandu Durbar Square
- ❖ Visit a local hire shop if needed
- ❖ Overnight at the hotel

After breakfast and trek briefing, we have arranged a walking tour of **Kathmandu Durbar Square** through Ason (local market) with a local Nepali guide. Our sightseeing this morning takes in the sumptuous majesty of Durbar Square, with its collection of ornate palaces, courtyards and temples that span some three centuries of dynastic rule by Malla, Shah and Rana kings. We'll see the Great Bell and the fearsome image of the six-armed Kala Bhairab, the magnificent Taleju Temple and the Kasthamandap, the oldest building in the Kathmandu Valley. We will also visit the Asan Bazaar and the Kumari Ghar, home to the Kumari Devi, a living goddess worshipped by both followers of the Hindu and Buddhist faiths.

This afternoon we will then have an opportunity to visit a local hire shop to pick up any last minute equipment still needed.

Overnight at the hotel

**Meals included: Breakfast**

### DAY 03

#### Fly to Lukla (2840m) & trek to Phakding (2652m)

#### **Fly to Lukla and trek to Phakding - About 3 hrs walking**

This morning you will be transferred from your hotel to Kathmandu airport for domestic flight to Lukla. Flying time to Lukla is approximately 40 minutes. Please note that flight is subject to weather conditions. Due to weather, sometime flight may delay and cancel.

Upon arrival in Lukla, you will be met by our trek guide and porters. From Lukla we descend on a wide trail northwest to the village of Choblung in the Dudh Kosi Valley. The valley radiates energy through beautiful pine and rhododendron forest. The walking is easy and we follow the river's course, passing through the village of Ghat. Our destination is the small village of Phakding where we will spend overnight.

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

### DAY 04

#### Trek to Namche Bazaar (3440m)

#### **Trek from Phakding to Namche Bazaar-About 6 hrs walking**

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch wonderful prospect of the glistening Mt. Thamserku (6618 m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about one hour we get first sight of Mt. Everest, peering over the Lhotse-Nuptse ridge. We stop at Chauatra to admire the view. We still need to walk about 1 hour to reach Namche Bazaar, a gateway to Mt. Everest and main trading centre of this region. We stay overnight in Namche Bazaar

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

### DAY 05

#### In Namche Bazaar (3440m)

#### **Acclimatization day at Namche Bazaar**

Namche Bazaar is a highly important village for the Sherpa people. In the morning we visit the Sherpa Museum and Visitor Centre. This contains an interesting display on Sherpa life and culture, lots of information on the forests, wildlife and plants of the area and an exhibit on the history of climbing in the Khumbu.

The afternoon is free for you to make an excursion up the valley beyond Namche towards the village of **Thamo** or you can relax in the village. About 4 hours walk round trip.

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 06

### Namche to Tengboche (3870m) or Deboche (3750m)

**Trek from Namche to Tengboche– About 6 hrs walking**  
We ascend out of the village and follow a high, fairly level path above the Dudh Kosi enjoying spectacular mountain views of Everest, Nuptse and Lhotse as we go. We pass the various 'shops' set up by Tibetans selling trinkets and then descend through forest of blue pine to cross the Dudh Kosi again at Phunki (3250m). We make another ascent on a switch-back trail, sometimes made quite dusty by yak trains, to reach the spectacularly sited Thyangboche Monastery(3867m) from where there are brilliant views of Everest, Lhotse, Nuptse Ama Dablam.andTaboche to the north and northeast, Thamserku and Kantega to the southeast and Kwangde to the southwest.. We stay overnight below the monastery.

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 07

### Tengboche to Dingboche (4410m)

**Trek from Tengboche to Dingboche–About 5 hrs walking**  
We start our trekking with descending through Rhododendron forest to the Imja Khola and we walk exciting bridge on the Imja Khola and walk passing by a long Mani stone wall to enter the village of Pangboche. Our route continues through summer pastures to Dingboche

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 08

### At Dingboche (4410m)

**Acclimatization day at Dingboche**  
Today is the remarkable acclimatization day. There are some breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley to Chukung (4730 m) –About 5 hrs walking roundtrip. From where, you can enjoy the panoramic view of Ama Dablam, Makalu, Tawoche, Lhotse, Nuptse, Island peak and others

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 09

### Dingboche to Lobuche (4930m)

**Trek from Dingboche to Lobuche- About 6 hrs walking**  
We are now well above the tree line and our walking today brings us to Dusa from where we descend to a stream at 4580m. Immediately above we reach the teahouse of Dughla and continue to a ridge, which has several memorials to Sherpas killed on expeditions to Everest. Continue along the moraine of the Khumbu Glacier, with views of Kala Pattar and Pumori to reach Lobuche at 4930m.

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 10

### Lobuche- Gorakshep (5180m) - Everest Base Camp

**Trek from Lobuche to Gorakshep and a day trip to Everest Base Camp (5364m) –About 8 hours walking**  
A very long, hard day today as we leave very early, following the Khumbu Glacier northwards to Gorakshep (5,180m)- About 3 hrs walk. After a rest and something to eat we trek across the sandy flat at Gorakshep and climb onto the lateral moraine of the Khumbu glacier. The trail ascends the side of the glacier for a couple of hours before finally descending onto the rocky glacial moraine itself. The trail winds up and down through fascinating ice to the area known as Everest Base Camp, where in spring, we might see some of the expedition teams as they prepare to climb the mountain. From the Base Camp we get fantastic close up views of the Khumbu Ice Fall and we can appreciate just how difficult it is to negotiate a route through the huge blocks of ice. Nuptse towers above us and Pumori rears up behind us. After a short photo stop we retrace our steps to Gorakshep for overnight

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 11

### Gorakshep-Kala Pattar & trek to Pheriche (4280m)

**Early morning trip to Kala Pattar(5545m) and descent to Pheriche from Gorakshep after breakfast – About 8-9 hrs walking**  
Today is considered to be the climax of our trip. We start early in the morning to catch the dramatic views from Kala Patthar witnessing the first light of day shining on Mount Everest. However, we need to get prepared for an early morning, dark and cold temperature departure beforehand. Plus there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren,

Khumbutse, Changtse tower to the east even as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. During the ascent to Kala Patthar we can pause to catch our breath at several outstanding view points to snap pictures. After several hours of an ascent, we reach Kala Patthar. From here we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kala Patthar rocks our eyes taking in the unbelievable Himalayan Panorama, wandering from one mighty massif to another. We take as many pictures as we can with our camera and take the in view with our mind's eye to last lifetime.

We return to Gorakshep for breakfast and retrace our steps to Lobuje for lunch and then continue on down the valley to the lower altitude of Pheriche for overnight

(Please note that the walk to Everest Base Camp and the climb of Kala Pattar are both tough. Sometimes we may change the order in which we tackle the walks depending on the group's ability and weather conditions).

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 12

### Pheriche –Tengboche (3860m)

#### **Trek from Pheriche to Tengboche- About 5 hrs walking**

After the previous day's tiring ascent to Kala Patthar, today is an easier walk down to the lower altitudes to Orsho and Shomare. If we wish to visit the Gumpa in Upper Pangboche we can do so by taking a different trail after Shomare. Otherwise we take the regular trail to reach Pangboche. From Pangboche we retrace our footsteps down to the Imja Khola and up through the forest to Debucho or if interested, we might visit nuns at the Debucho monastery. Finally, we reach Tengboche. If we are trekking during the full moon of November or December, we might get an opportunity to witness the Mani Rimdu festival in the monastery at Tengboche.

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 13

### Tengboche to Monjo (2840m)

#### **Trek from Tengboche to Monjo– About 7 hrs walking**

Crossing on yet another suspension bridge, we climb up the opposite side of the valley to reach the contouring path leading back through Namche Bazaar. A steep descent for down Namche Hill leads to the suspension bridge crossing the Dudh Kosi River and the small village of Monjo. Not only is Monjo a quieter place to stay than Namche, it also

means our porters have a less strenuous walk back to Lukla tomorrow

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 14

### Monjo to Lukla (2840m)

#### **Trek from Monjo to Lukla – About 5-6 hrs walking**

Retracing our steps along the east bank of the Dudh Kosi we make our final ascent down to Lukla, arriving sometime in the middle of the afternoon, affording ample time to relax and enjoy the feeling of a job well done. Lukla itself is a thriving community that is an eclectic mix of Sherpas, trekkers and soldiers and makes for a fascinating place to explore at the end of the trek.

Dinner and overnight at the local lodge (Teahouse)

**Meals include: Breakfast, lunch and dinner**

## DAY 15

### Lukla to Kathmandu (by flight)

- ❖ Breakfast at the lodge
- ❖ Fly from Lukla to Kathmandu
- ❖ Overnight at the hotel

In the early morning you take off from Lukla airstrip for a spectacular mountain flight back to Kathmandu (Weather permitting). Upon arrival at Kathmandu domestic airport terminal, you will be met by our representative and transferred to your hotel.

The rest of the day is free to explore this wonderful city; shopping for souvenirs, trying out the various restaurants in Thamel or simply relaxing.  
Overnight at the hotel

**Meals include: Breakfast**

## DAY 16

### In Kathmandu, Optional tours

- ❖ Breakfast at the hotel
- ❖ Optional tours of Bhaktapur Durbar Square
- ❖ Overnight at the hotel

Breakfast at the hotel

The last day is spent in Kathmandu allowing time to explore the fascinating site of Kathmandu Valley and also a day's leeway should there be a delay with flights from Lukla due to bad weather conditions.

This afternoon there is then an opportunity to take an optional excursion to the almost perfectly preserved Newari town of **Bhaktapur** in the eastern corner of the Kathmandu Valley. Also known as Bhadgaon or City of the Devotees,

Bhaktapur evokes the feel of a medieval village, a snapshot of a time when the city lay along the prosperous trade routes between Tibet, China and India. The ancient centre of the town is a dazzling collection of temples that has earned it a place on the UNESCO list of World Heritage Sites.

You can spend the evening leisurely, perhaps catch up on some last minute shopping and celebrate dinner together with your trekking guide if you prefer.

Overnight at the hotel

**Meals include: Breakfast**

## DAY 17

### Depart Kathmandu

- ❖ Breakfast at the hotel
- ❖ Free time till departure
- ❖ Transfer to airport for final departure

You are saying good bye to the mountains as your journey in Nepal comes to an end today! We hope you enjoyed the tour with us and we expect that you plan your next adventure in the wonderful country of Nepal again.

Approximately 3 hours before your scheduled flight time, a representative from Natraj Trekking will transfer you to the airport.

**Meals include: Breakfast**

## PRACTICAL INFORMATION

### Suggested clothing and equipment checklist

The following is a list of clothing and accessories that we suggest that you take with you. This is not intended to be a comprehensive clothing and equipment list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. However we recognize that you may have your own personal preferences for clothing which may be equally as suitable. You can find variety of these gears to hire or buy in Kathmandu.

All equipment and other items are carried by the porters and should have weight limitation of approximately 12-15 kg. It is only necessary you to carry a camera or small daypack!

#### Head:

- ❖ Sun hat or scarf
- ❖ Light balaclava or warm fleece hat
- ❖ Sunglasses with UV protection

#### Upper Body:

- ❖ T-shirts
- ❖ Light and expedition weight thermal tops

- ❖ Fleece jacket or pullover
- ❖ Fleece Wind-Stopper jacket (optional)
- ❖ Waterproof (preferably breathable fabric) shell jacket
- ❖ Down vest and/or jacket

#### Hands

- ❖ Lightweight gloves
- ❖ Heavyweight gloves or mittens with a waterproof shell outer (seasonal)

#### Lower Body:

- ❖ Under Garments
- ❖ Hiking shorts
- ❖ Lightweight cotton long pants
- ❖ Light and expedition weight thermal bottoms
- ❖ Fleece or wool pants (seasonal)
- ❖ Waterproof (preferably breathable fabric) shell pants

#### Feet:

- ❖ Thin, lightweight inner socks
- ❖ Thick, warm wool hiking socks
- ❖ Hiking boots with spare laces
- ❖ Camp shoes (sneakers and/or sandals) Gaiters for hiking in winter to the base camp

#### Accessories

- ❖ Sleeping bag rated to -20 Degree Celsius
- ❖ Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- ❖ Trekking Bags/Duffel bag \*
- ❖ Basic First Aid Kit
- ❖ Large plastic bags for keeping items dry inside trek bag
- ❖ Daypack (approximately 2500 to 3000 cubic inches)
- ❖ Trekking Poles/Water bottle
- ❖ Toiletries (Small wash towel, Toilet papers etc)
- ❖ Ear Plug (who know some people on group are snoring)

#### Toiletries

- ❖ 1 medium sized quick drying towel
- ❖ Tooth brush/paste (preferably biodegradable)
- ❖ Multipurpose soap (preferably biodegradable)
- ❖ Deodorants
- ❖ Nail clippers
- ❖ Face and body moisturizer
- ❖ Feminine hygiene products
- ❖ Small mirror

#### Personal Hygiene

- ❖ Wet wipes (baby wipes)
- ❖ Tissue /toilet roll
- ❖ Anti bacterial hands wash

#### Extras/Luxuries

- ❖ Binoculars/Reading book
- ❖ Trail Map/Guide book/Journal & Pen
- ❖ iPod

## Walking Grades and Fitness

**Everest Base Camp Trek** is graded as **Strenuous**. To qualify for Everest base camp trek, you should be in excellent health & fitness, should be able to walk 6-7 hours a day in average. Some days, you might even need to walk more than above and should have past hiking experience too. So, besides physical attribute, you need to come up with positive attitude, self confidence and strong determination to complete the trek successfully. Exercising and jogging regularly for some weeks prior of the trip is good idea to enhance your strength and stability. No technical skill is required for this trip. It is vital that you consult with your doctor before you decide and sign up for the Everest Base camp trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform **Natraj Trekking** before booking the trek.

## Lodges/teahouses in trekking

Our accommodation whilst on Everest Base Camp Trek on twin room sharing basis in a simple locally run lodges, known as teahouses and it's a great pleasure to support these small local businesses. Rooms are simply furnished with just a bed and occasionally a small table. You will need to bring a sleeping bag. Please note, normally washing and toilet facilities are shared and may be in a separate part of the teahouse or outside. It's great to enjoy the company of your fellow travellers and share a tale with other trekkers in the evening in the dining area.

If you are a solo traveler, you will share a room with someone else of same sex of your group. If you prefer a single room, you may indicate your preference and get single rooms on request by paying extra as indicated on cost section. But, you need to understand that in teahouses/lodges of higher elevation area single room is not always possible. We guarantee single room in Kathmandu only. Single room is may not be possible at local lodge during your trek

## Meals & drinking water

On this trek we provide standard breakfast, lunch and dinner, tea or coffee will also be included with each meal. Your guide will help with menu selection and ensure that you get the best value meals possible. Although the food is usually plentiful and delicious, you should be aware that the menu is not normally extensive. Most teahouses offer a variety of rice and noodle dishes, as well as soup and seasonal vegetables. You can buy packaged water (bottled mineral water) from local lodge and shop en route or you can also ask your guide to fill your water bottle with boiled water (extra cost to be paid) and treat with water purification pills.

## Luggage while trekking

During the trek, your main luggage will be carried by porter or yaks. Please keep your luggage as light as possible around 12 kg. You simply carry a day pack with water bottle, camera, sun-screen, spare jacket etc. You can leave your valuable items at your hotel while trekking. Many hotels have a locker system and provide a deposit slip for

the valuables kept under the hotel's safekeeping. You may also leave your extra things at your hotel which is not required for your trek in your main luggage. Please note that we will provide complimentary kit bag for you before your trek starts so that you can pack all your necessary things.

## Trekking crew

On tea house trek you will be accompanied by a team of local crew whose aim is to make the trek as comfortable and enjoyable as much possible. The crew consists of a trek guide/leader and a team of porters to carry all your gear. On average, there will be a ratio of one porter to every two trekkers.

The most important thing that makes your Trek successful, enjoyable and memorable is the skilled, experienced, courteous and helpful trek guide and the crew members with ability of operating your days in the mountain smoothly. Your trip will be led by experienced trek guide. All of our trekking guides/leaders are carefully selected on the basis of their appropriate experience, leadership skills and personal aptitude.

## Personal expenses

**Everest Region** is more expensive than the other regions in Nepal, as most of the goods have to be shipped by airplane and then carried to their final destination by porters. On this trek breakfast, lunch and dinner will be provided. You only need money for table drinks (alcoholic/non alcoholic beverages), snacks while walking (a few smaller shops are available along the trail in some areas) tips, souvenirs, hot shower (available in some places).

## Internal & international Flight

The starting point of the trek is in Lukla which is connected by a 40 mins flight from Kathmandu.

Please note adverse weather conditions at Lukla airport may occasionally mean that your flight to/from Kathmandu cannot operate. Natraj Trekking has built in additional days to the itinerary to accommodate this. However, very rarely persistent adverse weather could mean that the start of your trek or your return to Kathmandu is delayed. Ultimately any prolonged delay of your return to Kathmandu may result in missing your intended international flight; in such circumstances Natraj Trekking will make every effort in helping to rebook clients onto the next available flight (in the appropriate booking class and with the same international carrier). However, any extra cost is incurred for re-booking flight to be borne by yourself charged by airlines

In case of your flight delay/cancellation happens at begin of your trip and it goes so long that it disturbs your onward travel schedule, you are liberal to choose an alternative trip: such a trek in the Annapurna or Langtang or any other regions. If you are not interested in the alternative trip and would rather wait for the trip, you are welcome to wait in

Kathmandu for as many days as it takes to get a flight to Lukla. However, please note that there will be no refund, if you lose your time waiting at the airport and do not take an alternative tour or you only do short trek later due to time limitation. If the cancellation happens before the trip, we will provide you accommodation and lunch in a guesthouse in Kathmandu. In case of the flight delay/cancelation after finishing of the trek, you will be responsible for all your expenses. Please also note that you will not be entitled to any refund for the services (such as hotel, transport, flight, etc) included in the package that you would not use later.

## Communication

There are a couple of telephone facilities in the Everest region up to Namche Bazaar. Cell phones work fine up to Tengboche also at Everest Base Camp.

## Typical day on trek

Each morning after packing our bags and having a good breakfast, we set off on the day's walk. After walking for 3-4 hours we stop for lunch at around midday. The afternoon's walk is generally shorter and we usually arrive at our destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days we will arrive at our destination by lunchtime and the entire afternoon will be free. After dinner, the evening will often be spent playing cards and reliving the day's adventures, before heading off to bed for a well-earned sleep.

## Meeting and greeting in Kathmandu

You need to pass on your International flight details to us for a 'meeting and greeting' service at the Kathmandu Airport. You just pass through the Customs and come out of the Arrival Terminal Hall after collecting your baggage where you will see our representative /guide standing with a placard that states **Natraj Trekking** with your own name.

## Climate & best time to go

Autumn (mid Sept to mid Dec) and Spring (March to May) are the best seasons for the classic Everest Base Camp Trek. The weather is sunny and warm offering outstanding views but the nights are cold and can fall to freezing in higher elevations. Winter (Dec, Jan, Feb) is also good for EBC trek, only issue is cold (obviously). Trekking in summer/monsoon (June, July) will be affected by rain but summer trek could be a boon for a keen botanist. The trekking routes are crowded during spring and autumn but during monsoon and winter the routes are not packed and you could enjoy rather best of nature.

## People and culture

Sherpas live in the upper regions of Solu Khumbu. They emigrated from Tibet about 600 years ago. The Khumbu region has provided a strong group of able bodied, hardy and fearless Sherpa porters and guides. Sherpas practice Tibetan Buddhism which is also known as Lama Buddhism.

## Itinerary changes

Depending on the prevailing situation, itinerary can be modified to some extent after consulting with your trek guide. However, the date of trek completion should always coincide with the original itinerary. You should keep in mind that this is an adventure trip into the remotest region, where many unforeseen events may contribute to the need for a change in itinerary. In such cases, we or your guide will suggest the best alternative similar to your original.

## Rescue/evacuations

In case of a serious sickness or a casualty, which we hope will not happen; you shall be rescued by a helicopter. Since you are entirely liable for all the expenses incurred in evacuation please make sure that it is covered by your insurance before assigning for it or be prepared to pay on your own after getting back in Kathmandu.

## Insurance

It is recommended of joining any of Natraj Trekking trips that be protected against comprehensive expenses potential to incur due to medical issues or accidents (to include air ambulance, helicopter rescue, and treatment costs). Please be noted that we do not arrange insurance. Please note that your insurance should be covered 5600m

## Nepal Visa

All visitors except the Indian nationals must hold passport and valid visa. Visa can be obtained at the Nepalese diplomatic missions and consulates abroad. Visa is also issued at the entry points. It can be extended at the Department of Immigration, Bhrikutimandap, Kathmandu. Children under 10 years need not pay any visa fee. People willing to get entry Visa at the air port or any of the land entry points are required to fill a visa form with passport photograph.

If you are obtaining Nepal Visa upon arrival (**Please note that some of citizens cannot get visa upon arrival**), please be noted that Visa Application Form can be received through us by e-mail. Two passport size photo graphs are required and following visa fee to be paid at the airport as per your stay in Nepal

asdVisa Facility	Duration	Fee
Multiple Entry	15 days	US\$ 25 or equivalent convertible currency
Multiple Entry	30 Days	US\$ 40 or equivalent convertible currency
Multiple Entry	90 Days	US\$ 100 or equivalent convertible currency

**Note: Please note that visa fees and rules are subject to change.**

## Responsible travel

The beautiful environment of the Himalayas is also an extremely fragile one. At Natraj Trekking, we are extremely

conscious about the environment and aim to minimize the detrimental impact on the environment as much as possible.

## Social responsibility

**Natraj Trekking** works with the motto 'Development through Tourism'. Keeping in line with this motto, NT encourages its clients who besides trekking and climbing the Himalayas are also interested in contributing for the development of Nepal.

## Care for porters and staffs

We ensure that all porters and all other staff climbing in high altitude conditions are provided with adequate clothing and equipment. We ensure that the porters we hire are insured. We run the trek according to the guidelines of the International Porter Protection group (IPPG- [www.ippg.net](http://www.ippg.net)).

## Pre-Trip Meeting

On the second day of the itinerary, we host a Pre-Trip short Meeting at the hotel by your trek guide, The primary purpose of the meeting is to provide brief information on your trek and equipments hiring if needed.

Please bring the following thing on the meeting-

- ❖ Passport/ Travel Insurance
- ❖ Two copies of Passport size photos each.

## Why with Natraj Trekking

Natraj Trekking is the one of the leading and oldest trekking agency in Nepal since 1967. We organize Tibet, Bhutan & India tour as well. We excel in this field because we genuinely love what we do and are committed to providing you with the best services as we commit you.

## Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships.

## Departure Dates

We will easily organize this trip on the dates requested by you. Please contact us for your customized departure date

## Tips

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end

of the trip. The amount depends on your budget and appreciation of their work.

## Detail Cost of the above package

Standard Hotels Option (3 star) Kathmandu( Manaslu Or Similar )	
Group Size	Cost in US\$ Per Person
01 – Person	US\$ 1965
02 – Person	US\$1500
03 - 05 Person	US\$1425
06 - 09 Person	US\$1325
10 - 14 Person	US\$1240
15 & Above	US\$1160
Single Supplement	US\$100
Superior Hotels Option (4 star) Kathmandu( Shanker Or Similar )	
Group Size	Cost in US\$ Per Person
01 - Person	US\$2135
02 - Person	US\$1605
03 - 05 Person	US\$1525
06 - 09 Person	US\$1425
10 - 14 Person	US\$1345
15 & Above	US\$1265
Single Supplement	US\$165
Deluxe Hotels Option (5 star) Kathmandu(Yak & Yeti Or Similar )	
Group Size	Cost in US\$ Per Person
01 – Person	US\$2245
02 – Person	US\$1660
03 - 05 Person	US\$1580
06 - 09 Person	US\$1480
10 - 14 Person	US\$1400
15 & Above	US\$1320
Single Supplement	US\$220

## The above cost includes the following items:

### Transport, Entrance Fee, Guide, etc

- ✓ Welcome with flower garland by our representative upon arrival
- ✓ Airports pick up and drop by private vehicle in Kathmandu transfers
- ✓ One half day tour with an English speaking guide by a private vehicle in Kathmandu
- ✓ Monument entrance fees as mentioned in the itinerary
- ✓ Free Natraj Trekking Kit Bag

## Accommodations

- ✓ 4 nights accommodation with breakfast in Kathmandu (as per the choice of package)
- ✓ 24.3% VAT and Service Charge

## Airfare

- ✓ Airfare Kathmandu/ Lukla/Kathmandu

## Trekking Portion

- ✓ 12 nights accommodation at local lodge (Teahouse) during the trek
- ✓ All meals (breakfast, lunch and dinner) during the entire trek
- ✓ Services of an experienced trekking guide and one porter to every two trekkers during the trek
- ✓ TIMS CARD FEE
- ✓ Everest National Park Fee
- ✓ Insurance for trek guide and porters

## Cost excludes

- ✓ International Airfare
- ✓ Nepal Visa Fee
- ✓ Personal expenses (Tips, beverage, laundry, telephone call, etc)
- ✓ Travel Insurance/ Emergency Evacuation Cost
- ✓ Lunch and dinner in Kathmandu

**The above rates are valid till December 31, 2013**

**Note: The price does not include: undue escalation in fuel prices, new taxes levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with prior notice.**