

EVEREST HIGH PASSES TREKKING



Its now or never...This is where we break free to embark on a daring vacation where the risks are pretty high, but the raw beauty leaves a stamp in your heart and emotional memories that could change your life...for the better. This is a characteristic odyssey that goes into high alpine country as you cut across Everest Base Camp before the challenges that come with crossing the **high passes** in the snowy wilderness of this famous region where the beauty is pure...and as raw as it comes, something that would certainly surpass your imaginations...up here the risks come with guts and glory...as you wade across the Khongma La, Cho La and Renjo La Passes...this is how **Everest High Passes Trek** effects you on an adventure where only eagles dare....

There are still many undiscovered areas in the Everest zone; this venture takes us into unknown territory to far out valleys and rugged snow laden passes [mainly in the winter months] where the superb landscapes never seem to end as we clamber up the heights. As we hop of our Twin Otter plane at Lukla, we hit the main trails at the foothills of Everest, as we tread the routes earlier used by famous climbers who attempted the biggies in this area, as soon as we cross Namche after some acclimatization; we head to Everest B. C. - where we are in the heart of Sherpa Buddhist country, the first signs as we see colorful prayer flags fluttering in the mountain winds, mani walls and tranquil monasteries with chanting monks and clanging cymbals as we hike our way. This is a tougher path that's different to the EBC trails as we prepare to climb the Kalapathar and Gokyo Ri before we get set to wade through the higher Himalayan passes of the Khongma La, Cho La and Renjo La. On clearing the passes, we come up front with the lovely turquoise Lakes, and enjoy the surrounding beauty before crossing the snow covered Cho La. The sceneries up here could cause your heart to skip a beat, as you contemplate on the masterful creations of God and his love for a world that seems to go astray by the day.

Other than the master peaks over 6000m, this is your decisive wilderness trip above the timberline in one of the most mountainous corners of the world. It's a gritty venture that calls for patience and mental strength; because 'Trekking the Everest High Passes'

Is a journey that defines a purpose for your holidays, and this may well be a landmark of all the vacations you had ever taken in a lifetime to remember. **Mountain Sherpa Trekking and Expeditions** is the best qualified adventure operator to create this landmark for you in one of the wildest areas in the Khumbu...



Challenging

Activity Levels:

For any trek at this level, fitness is most important and you may have to improve yours before departure. Most "C" grade treks are equivalent to extended walking in mountainous terrain at home, but usually at significantly higher altitudes; climate and remoteness can also play a part. Walking days are usually between 6 to 8 hours although there may be some longer days for pass-crossing or similar. Previous trekking experience is desirable but not essential if you are confident of your physical condition.

Duration:

22 days

AT A GLANCE

- An odyssey above the timberline that will challenge you physically & emotionally, with the magnificent beauty
- 18 days on trails that begins at the foothills of Everest
- Takes you up pretty close to the mighty peaks for some fantastic close-up views
- It's close enough to make you feel as if you could touch

Cost Includes

- Healthy meals during entire trek: 3 times
- Best Mountain Lodge with hot shower on trek
- Flight Kathmandu-Lukla-Kathmandu
- All airport transfers by Private vehicle
- Expert Local Sherpa guide: Certified by Gov.
- Necessary Porters: 1 porter between 2 people
- Best 3/5 Star Hotel room in city with breakfast
- Welcome dinner at Authentic Restaurant
- MST kit bag, Group medical kit & trekking Map
- Quality Sleeping bag & Down Jacket for trek
- Private vehicle for ground transportation
- All park entrance fees and trekking permits
- Guides and porters pay, meals and insurance
- Full day sightseeing tour of Kathmandu city

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$7-10 per Meal
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter
- Battery Charges & internet on trek
- Unforeseen Cost such as Flight Cancellation

ITINERARY

01 : Arrival in Kathmandu [1,300m /4,264 ft] and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Trekking and expeditions office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will

help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. **Breakfast**

02: Full Day sightseeing of Kathmandu City - Hotel

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos). We next drive down to Swayambhunath {popularly known as Monkey Temple} "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We return back to our hotel, refresh, and maybe do some shopping, have an early supper and retire to bed, most probably. **Breakfast**

03: Fly to Lukla by air [this takes about 30 min]trek to Phakding [2,652m/8,700ft]- 3-4 hrs

After being well rested after a solid night's sleep, we wake up fresh the next morning, have an early breakfast, and get into our vehicle for a drive to the domestic terminal of Kathmandu airport for an early morning flight to Hillary's Lukla (2,800m/9,186ft), a gateway destination from where our trip commences. After an adventurous scenic 40 minute flight above the stunning green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. Arguably, this is one of the most beautiful sky routes in the world which concludes in a remarkable landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, we meet the other crew members and after some sorting and packing and arrangements, we start our trek through the pretty wealthy village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if you are interested in additional activities we can take a side trip to a nearby monastery. This is our first Overnight in Phakding.

All meals included: Breakfast, Lunch, Dinner (B, L, and D)

04: Trek to Namche Bazaar [3,440m/11,280 ft]- Approx- 6 hrs

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 superb scenes of the glistening Mt. Thamserku (6618m). 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 two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. At this juncture, we stop at Chautara to admire the views. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and the main trading centre of this region. **Overnight in Namche [Las Vegas of the Khumbu] - B. L. D**

05: Trek to Syangboche and Back to Namche Bazaar - 3-4 hrs:Lodge [B/L/D]

If we are to hike a few hundred feet upwards during the day, this gives us some useful acclimatization. We go for a stroll down to the Tourist Visitor Center near the Sagarmatha National Park headquarters and observe a lot of history related to the first Everest ascenders, Sherpa culture and get some interesting insights into the plant and animal life of the Everest region. We also have options to walk up to Khumjung and climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese design to build a deluxe hotel with great views of the highest mountains on the

planet. The Khumjung valley is encompassed by the snowy peaks of Kongde and Thamserku and the holy peak of Khumbila hosts a well known monastery that is also home to the yeti scalp. We visit Hillary School which is at the same site. After enjoying lunch and spending some time in Syangboche, we trot back down to Namche Bazaar.

06: Trek to Tengboche [3,870m/12,694ft] - Approx 4 hrs:Lodge [B/L/D]

After enjoying our breakfast in Namche, we hit the trail towards Tengboche enjoying superb views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up views of Thamserku. Our trek follows on the gradual trail with some ups and downs overlooking magnificent views of the great Himalaya. Along the way we can spot wild fauna like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and the biggest Buddhist Monastery in Khumbu region is found herer. Overnight stay at lodge in Tengboche – B. L. D

07: Trek to Dingboche (4,360 m/14,300ft)-Approx 4 hrs Lodge [B/L/D]

From Tengboche, the trail climbs and contours around the west side of the Imja Khola valley, providing outstanding views of Ama Dablam, the Nuptse-Lhotse wall and Everest. We enter Pangboche on the high trail and after lunch visit the monastery which has relics said to be the skull and hand of a yeti. From Pangboche we walk through alpine meadows and pass beneath the towering Ama Dablam to Dingboche. An exciting village to spend the night - B. L. D

08: Hike to Nagarjuna Peak back to Dingbuche [4,360 m/14,300 ft]- Approx 5 hrs Lodge [B/L/D]

This is a day to haul up and rest without being idle. We can stroll around the village and get pally with the local folks with some interesting conversations. This will give us deep insights into the lifestyles and cultures of the local folks in this region. At the same time we can also relish the landscapes that surround us and we can also catch up on some reading. Today our guide will take you for wonderful excursion to nearly 5,100M/16733ft high Peak for better acclimatization. We hike from the ridge on the north behind the Village to Nagarjuna peak (5,100 m). For optional we can also hike will hike up to chhukung/ Chhukung Ri.

Nagarjuna peak (5,100M/ 16733ft) ,We enjoy the marvelous views of world's highest peaks, Mt Lhotse, Mt Makalu and Mt Cho Yu as well as Cholatse (6440 m/21,126 ft) and Taboche (6542 m/ 21,463 ft) on the west. For the afternoon lunch, packing Lunch will be provided. Best Lodge accommodation

All meals included:Breakfast, Lunch, Dinner (B, L, D)

09: Trek to Chhukung [4,743m/15,562ft] hike to Chhukung ri & back to Chhukung- Lodge [B/L/D]

Our acclimatizing gets a further boost with our hike to Chhukung village. we then do a steep climb up to Chhukung Ri at 5550m and as we top it with gasping breath we soon realize the gritty climb was worth the go; the rewards are as lovely as it comes with the natural beauty that greets us for our efforts, the jaw-dropping vistas of Cho Oyu at 8201m, Pumori at 7161m, the gigantic Lhotse wall at 8400m, Amadablam at 6812m, Makalu at 8481m & Baruntse at 7129m all put together put our hearts on top gear as it skips a beat while watching these massive peaks, and to think and wonder our fellow beings have peaked at these mountains is more than enough to prepare us for our own challenges in the days ahead...we literally savor the might and love of God in his master creations he made for us to enjoy, and we thank him for his blessings.

Overnight at lodge - B. L. D

10: Trek over Khongma La Pass [5,535 m/18,159 ft] & to Lobuche [4,930m/16175 ft] 8-10hrs

On our way from Chhukung, our trail goes up over loose scree as we make a beeline for the Khongma La; on reaching the top, we encounter cairns bound in prayer flags whispering odes of prayers for those who lost their lives, marks of the pass. Behind us is the landscape of icy lakes ahead down which is the Khumbu Glacier. Our final descent is a tough phase which tests our patience in the trek today. After passing some teahouses on our way to Lobuche, we climb higher onto the terminal moraine of the Khumbu glacier, passing a row of stone monuments built in memory of Sherpas who have died on mountaineering expeditions to Mt Everest. From here the trail drops and follows the west side of the valley to Lobuche. The sunset on Nuptse from here is a breathless experience. As we climb the moraine on the far side, the trail turns north through Khumbu Glacier and takes us to Lobuche for a well earned rest tonight. **B. L. D**

11:: Trek to Everest base camp (5400m) and back to Gorakshep (5170m) - 7/8 hrs

A real early start is required to reach the Everest Base Camp. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. Only upon reaching the Everest Base Camp do we really appreciate the Everest climbers who brave the risky route through the Khumbu icefall. Mountaineer's tents stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbustse and Pumori are the mountains we can view from the base camp. On the return leg, we can take a higher route to get a grand view of the Khumbu icefall and the route to the South Col. We return to Gorakshep for a restful night. **B. L. D**

12:: Trek to Kalapattar [5,545 M/18,193 ft] & trek to Dzongla- 7/8 hrs: Lodge [B/L/D]

Today is the pinnacle point of our trip. We start early in the morning after some coppers to catch the dramatic views from Kalapattar witnessing the first light of day shining on Mt. Everest. However, we need to get prepared for an early morning, dark and cold temperature of approx (-10 to -14 C) departure beforehand. Further, 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 Kalapattar we can pause to catch our breath at several terrific view points to snap pictures. After several hours of ascent, we will peak out at Kala Patthar. From this juncture, 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 Kalapattar where our eyes focus taking in the mind-boggling Himalayan Panorama, wandering from one mighty massif to another. We click as many pictures as we can and take in views with our mind's eye to last for a lifetime. From here we take the path to Dzongla; after crossing a stream we come through a fork and later curving round to the wide gravelly river bed of the stream. As it flows southwestward, the trail runs across it and climbs the ridge ahead. From the grassy ridge ahead, as the trail runs across to southeast from where we can see soaring heights of Ama Dablam and Kangtega-Thamserku while Taboche looms highly ahead. Pheriche village is visible down in the distance. We will also have visibility of a hillock in Chukpi Lhara and its memorials and the lodges of Dugla. As the ridge veers northward, the vast Chola Lake spreads below Mt. Cholatse. The lake stays with us over a long stretch until we descend to a wide basin. The trail climbs up a spur and descends steeply to another broad basin. After an hour walk transverse from the basin and shortly after crossing a wobbly bridge, we reach Dzongla. We spend the night in one of the local lodges at Dzongla (only very basic lodges are available hereabouts). **B. L. D**

13:: Trek over Chola Pass [5,420m/17,782 ft]/ trek to Dragnak [4680m] - 6/7 hrs: Lodge [B/L/D]

We get up early in the morning to get out of our lodge to be greeted by the mesmerizing sight of Cholatse looming over. Today is going to be one of the gritty days of our trip. The walk begins as we transverse through a spur extending westward from Dzongla. The path descends to a basin across which meanders a murmuring stream crusted with ice at places. In about an hour, we reach the top of the basin readying for the triumph on ChoLa. As we gain height, the view back gets increasingly more captivating; the Chola Lake begins to appear and the Ama Dablam in its pyramidal manifestation presides over a range of mountains on the south as Cholatse soars on the west. Climbing the incline is not easy; it is steep, but made worse by boulders over some of which we will have to scramble. We need to be alert as rocks can be glazed by ice. The final climb to the ChoLa can be a little tricky as the trail curves round the bergschrund. Upon reaching the top, we see prayer flags, strung across cairns, flapping in the strong wind. Scenery of imposing peaks in all directions is breathtaking. Although long, the

path leading down to Dragnak can be easily made out from the pass because it is just decent but can be hazardous if rocks are glazed by ice, a bit of cautiousness is needed. We reach Dragnak, a rather more considerable hamlet with a small village. Stepping out of the settlement, we are greeted by fabulous mountain views. The trail brings us to the Ngozumpa glacier edge after short walk, which is longest glacier in Nepal. Reaching the other side of the glacier, we get views of the second of the Gokyo lakes on the series of six lakes. A short distance away is the third Gokyo Lake. On the edge of this lake stands the village of Gokyo but before this, we finally give rest to our weary bodies in Dragnak for the **night. B. L. D**

14:: Trek to Gokyo [4,750M/15,584 ft] - Approx 4 hrs Lodge [B/L/D]

After enjoying blissful night of rest, we leave Dragnak and head for the lakes at Gokyo. We follow a very scenic path to Pangka and then descend slightly, following one of the melting rivers which flow down the west side of the Ngozumpa Glacier. We climb a steep rocky incline into the valley by the side of the glacier, passing the first of the holy lakes. We soon arrive at the second lake, crossing the path which heads across the glacier to Cho La - our route to Thame and Namche, later in the trek. The third lake is known as Dudh Pokhari (Milk Lake) and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is splendid with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters. Overnight by the side of the Gokyo lakes - **B. L. D**

15:: Trek to Gokyo Ri (5,483M/17,989 ft) and back to Gokyo - approx. 4/5 hrs Lodge [B/L/D]

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. After lunch it is a short walk back to Gokyo for our overnight. **B. L. D**

16:: Trek over Renjo La pass (5,338m/ 17,513 ft) & trek to Lunde. Approx 7/8 hrs: Lodge [B/L/D]

Its important that we make a break at dawn today as we have to trace our trail up to Lunde after conquering of Renjo La. As there is no alternative to Lunde for overnight today, we need to start early. Down from the Gokyo Valley, we leave the main trail and turn to Renjo La trail by Dudh Pokhari. After about 3 hours, we gain the Renjo La where a dazzling vista awaits. The Everest itself, Lhotse, Cholatse and Taboche can be seen shining in the sun. Views from Renjo La are much like that from Gokyo Ri with third Gokyo Lake and Gokyo Village beneath the gray smear of Ngozumpa Glacier. Continuing on from the pass, the trail winds down a stone staircase and then scrambles over loose scree to reach the south bank of a small lake called the Angladumba Tsho. The presence of ice on the trail while descending down can make our descent a bit dangerous. Along the way we see Relama Tsho and Renjo Lake. However, we walk down through narrow valley clogged with giant boulders to Lunde where there is a support Lodge but it can be closed often. If this turns out to be the case, We walk further for another hour from Lunde to get to Marlung on the east bank of the Bhote Kosi. Overnight at Lunde or Marlung - **B. L. D**

17:: Trek to Thame - approx 4-5 hrs overnight Stay at Lodge

From Lunde, the route turns west and the trail is almost level as we head up the Bhote Kosi Valley, once a popular trading route into Tibet. Along the way we pass many prayer flags and mani stones, all pinpointing to the Tibetan Buddhist culture of this area. After descending to the Bhote Kosi the trail climbs steeply to Thame. From here there are good views of the peaks of Teng Kangpoche and Kwangde. To the north is the Nangpa La, the pass leading to Tibet. Thame Gompa is situated above the village overlooking the valley and is the site for the famous spring celebrations of the Mani Rimdu festival. We crash out in Thame for the night. **B. L. D**

18:: Trek to Monjo - [2840m] - 6 hrs overnight Stay at Lodge

The trail from Thame clings to the steep wooded slope beyond Kyangjuma, winding through several bends. It's interesting to lookout for wildlife such as mountain goats, snow leopards and colourful pheasants while we pass through the forest by the trail. A steep descent from Namche Hill leads to the suspension bridge crossing the Dudh Kosi River near the confluence of the Dudh Koshi and the Bhote Koshi Rivers. We cross the Dudh Koshi River twice at separate locations before reaching

Monjo. Upon this juncture, we are out of the Sagarmatha National Park after exiting from its official entrance near Monjo and finally reach Monjo Village. Monjo is comparatively a quieter place to stay than Namche and it also means our porters have a less strenuous walk back to Lukla next day. Overnight in the docile village of Monjo – **B. L. D**

19:: Trek to Lukla - 5 hrs overnight Stay at Lodge

Today, we begin to get warmed up by the light cool breeze. Although we are traveling the same route down, we enjoy completely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We take time and walk at our own pace today as this is the last day of our trek. We experience the Sherpa villages' impressive faith in Buddhism and culture of prayer stones and prayer flags while we walk through the villages. Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with truly happy faces! Upon arrival in Lukla, we stroll around while our leader will re-confirm our flight ticket. In the evening, we enjoy last dinner with our crew and make it a party night which calls for a celebration. **Overnight at our Lodge - B. L. D**

20:: Fly to Kathmandu & Transfer to hotel, relax after Long Trip overnight stay at delxue Hotel

Today, after a hale and hearty b/fast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us in Kathmandu. We can rest and relax throughout the day at our hotel. If interested, we could buy some gifts to take home from Nepal for loved ones and friends and relatives; we can visit some nearby shops or venture out in Thamel for typical Nepalese goods. This short excursion either can be assisted by Mountain Sherpa's guides or we can do it ourselves too. If we want to explore any other areas in Kathmandu, we have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for successfully completing our trek to the whole of EVEREST hosted by Mountain Sherpa Treks and Expeditions! Overnight in Kathmandu, the valley of the gods, they say (B, D)

21:: Reserve day (In case of flight cancellation due to Bad Weather)overnight stay at delxue Hotel

This is more or less a contingency day we keep in hand in the event of a delay in flights from Lukla to Kathmandu, which sometimes happens; so, if this doesn't happen which is good and fortunate, and then it's just great. It's your free day to do whatever you wish, at your cool pace that suits your convenience. You could simply use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It's your day anyways. **Breakfast**

22:: Drive to the Airport to head back to that lovely place we call 'home''

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Treks will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Khumbu [Everest region] will give you lifetime memories of a vacation well enjoyed. Sayonara friends! Till we meet again. Breakfast

ACCOMMODATION




4 Nights Deluxe accommodations in Kathmandu at 3 Star/ 5 Star Category Hotel as Per itinerary



18 Nights best Mountain lodge comfortabel room with attached bathroom & hot shower where available



All accommodation is on a twin sharing basis [Single rooms can be organized during trek with extra cost]

 For the 4 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

What kind of food I can expect during trek??

----- **Morning Breakfast [6:30-7:30 AM]** -----

Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea

Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,

Bread items- Toast, Pancakes, Chapati & Tibetan Bread

Porridge with Honey

----- **Afternoon Lunch [12:30 - 1:00 PM]** -----

Curry with Rice, Pasta, Noodles item, fried rice, fried Potatoes, Mo.Mo

Extra special from Mountain Sherpa trekking

Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

----- **Evening Dinner [6:00-8:30 PM]** -----

Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop

Dal bhat tarkari – a soup of lentils with rice and a vegetable curry

Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

----- **Safe Drinking Water** -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

Visa :The most convenient (and less expensive) is to have a visa on arrival at Kathmandu airport. To do this, please bring a photo Passport size and Cash small bills.

- 25 US dollars (or euro equivalent) for a 15-day visa (multiple entries)
- 40 US dollars (or euro equivalent) for a 30-day visa (multiple entries)
- 100 US dollars (or euro equivalent) for a visa from 31 to 90 days (multiple entries).

The visa is free for children under 10 years. For stays of less than 3 days, free visas no longer exist (take a visa "15 days"). When you take your visa on arrival, check that the "sticker" is properly affixed: without it, your visa is not valid

Travel Insurance: It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with

Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses. For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage.

You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the tri

FAQS

How Fit Do I Need to Be to Do the Everest high pass trek?

Everest high Pass Trek is a challenging treks since it involves 3 high altitude pass commonly known as Kogma la Pass chola pass 5,368 meter and Renjo La Pass. You should be reasonably physically fit to enjoy this trek fully. If you are moderately fit both physically and mentally you can join this trek. As there are steep ascent and descents, rocky paths, rock steps and some moraine walking. So, this trek isn't suitable for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor. We suggest you to do some physical fitness programs such as running, swimming, hiking before embark on your journey.

What sort of accommodation can I expect in in city and trek?

We use standard rooms at quality hotels in Kathmandu with breakfast included. Along the Gokyo Chola pass EBC trek routes, mountain lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

Will My Travel Insurance Cover Me for the high pass trek?

Check the terms and conditions of your travel insurance very carefully before embarking on the Gokyo chola pass Everest Base Camp trek - the elevations involved are above 5000m, and many companies simply will not cover you at that level. (World Nomads offers trekking up to 6000m under its level 2 cover.) You need to be covered for helicopter evacuation from the mountains in emergencies, and, if you have a connecting flight to your home country, are flying out of Lukla, and planes stop running, your insurance should cover the cost of a helicopter out of Lukla. We fully facilitate for our valued clients for any emergencies issue.

Do your Sherpa guides have trekking guide license?

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

Is Mountain Sherpa trekking staff insured?

Our company insures all our trekking staff members, including guides, cooks, Sherpas and porters. Please browse though Company Information pages to view insurance details.

Should I Buy My Gear at Home or in Nepal?

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu. You also rent out down gear and sleeping bags, which are the most sensible option if you don't think you'll be using them again for a while.

TESTIMONIALS

Dr. Bruce Cassell - Operations Manager UK

Mountain Sherpa Trekking & Expeditions arranged for a three week trek for myself and five friends in the Khumbu region in October 2001. Having agreed a sensible itinerary to ensure proper acclimatization we started in Lukla and then continued through Namche Bazar to Gokyo, over the Cho La pass to Gorak Shep and then via Chukhung back to Lukla.

The trek was well organized and carried out with great responsibility, both in terms of ensuring good accommodation during the trek as well as keeping a watchful eye on the health and well-being of all of us. I very much appreciated the friendliness of all of the team. The trip left me with unforgettable impressions, not only of the fantastic scenery but also of the openness and friendliness of the Sherpa people. I have no hesitation in recommending Mountain Sherpa Treks to others and I will certainly be contacting them again the next time I have the opportunity to trek in Nepal.