

## JIRI TO EVEREST BASE CAMP TREK



The Mother of all Peaks: Mount Everest. For us Nepalese, this mountain is just – ‘Sagarmatha’ or ‘sky head’; for all Tibetans, this is ‘Chomolungma’, the ‘mother goddess of the earth’. For some, Mt. Everest is a famous peak – unreachable, and for the selected diehard adventurous, it’s an objective that has to be conquered, no matter what...and for most of the world, it is the highest peak in the world. nevertheless, for so many others, getting as close as possible to this mighty peak is a dream, even if you can’t climb it – and this is where **“Jiri to Everest Base Camp Trek”** becomes a holiday that’s equal to a treasure trove to become an unforgettable adventure that results in fireside stories on cold winter nights for the generations to come. This venture takes its roots from the chocolate box foothills in the ‘Khumbu’ region, where you tread paths that legends walked before you, on trails that very few seem to avoid because of the building of an airport which the generosity of a late legend played a major role – Sir Edmund Hillary – for whose namesake the airport takes at Lukla; and today, trekkers take the faster route with a flight to Lukla, wishing to avoid the gritty hiking which others used before the airport was built, missing some of the most beautiful landscapes that sets the mood for a dream trek to EBC. The breathless mountain vistas, its verdant valleys, the endless flora and fauna, and the hikes into warm friendly Sherpa villages and peaceful colorful Buddhist monasteries where we haul up for a chat with the lamas who generously offer us their tasty butter tea, before we wade the heights above the timberline on our way towards the planet’s highest mountains; while on the way we stop to savor famous peaks like Ama Dablam, Mt. Lhotse, Nuptse and the massive Mt. Everest that stands as lord protector makes this trip one of those ventures that stir the emotions...and imaginations, giving our holiday a sense of purpose and achievement, despite the taxing challenges, where we soon realize the weight of the rewards of a journey that will become a story that will remain ingrained in our lives for a long time to come...

As we stand and drool at the uppermost mountain on earth from Everest B. C. and Kalapathar, we are left breathless at the magnificent landscapes that surrounds our beings, it awakes our spiritual understanding as we contemplate on God and the genius of his creations, his might and power, and also his love for us; and we are immediately touched after having walked the village paths of the Khumbu, heart of the Sherpa homeland – hiking past colorful fluttering prayer flags whispering odes of prayers to the gods for the souls of the departed...

and the centuries old mani walls built from separate slabs of solid mountain rock, each cut out in well-designed script offering worship to the mountain gods tells us of a unique mountain culture seeped in mystical superstition which can be

frighteningly true; for this is what **'The Original Everest Base Camp Trek via Jiri'** is all about...whispering the words of the famous legend 'Edmund Hillary': "You don't have to be a hero to accomplish great things. You can just be an ordinary chap, sufficiently motivated to reach challenging goals," goals that **'Mountain Sherpa trekking and Expeditions'** will help you achieve...

Activity Levels:  **Tough**  
strenuous  
Duration: 24 days

## AT A GLANCE

- 18 days on trails that take you across the lovely gentle wild into raw wilderness above the timberline...
- A gritty Adventure...Hiking trails where once legends tread...a famous route now seemingly forgotten...
- 5545m...at Kalapathar...where you view some of the loveliest landscapes on planet earth, it's like in Elysium...

### Cost Includes

- Healthy meals during entire trek: 3 times
- Best Mountain Lodge with hot shower on trek
- Return flight from Lukla to 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

## ITINERARY

### Day 01 : Arrival in Kathmandu 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

### **Day 02: Full Day sightseeing of Kathmandu City- Overnight Stay at Deluxe 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. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country. 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 take a tour of the Patan Durbar Square - a UNESCO World Heritage Site. Located in the square is the Patan Museum (originally a Malla palace), Krishna Mandir- a stone temple of Lord Krishna with its 21 spires and art that displays scenes from the Mahabharata and Ramayana epics, this includes the Royal Bath or 'Tushahity' and the nearby Hindu and Buddhist temples. We return back to our hotel, refresh, do some shopping for our trek the next day, have an early supper and retire to bed, most probably. Breakfast

### **Day 03: Drive to Jiri by Private Vehicle (6/7 hrs)- Overnight Stay at Lodge**

It's a lovely scenic drive down to Jiri. The road goes through hills. When the weather is good, there are beautiful views of the snow-capped mountains. Jiri is the nerve centre of Dolakha district and is inhabited mainly by the Jirels, an ethnic community who've lived in this area for centuries. Overnight at our lodge in Jiri - B. L. D

### **Day 04: Trek to Shivalaya - 1810m (4/5 hrs) -Overnight Stay at Lodge**

After b/fast, we set out from our lodge for the first trek of our trip; this is where it all starts from, with a 4 hrs trek through beautiful forests and a number of green hamlets. The trail goes down to Shivalaya, a small village inhabited by ethnic Tamangs and Newars, on the banks of the Shivalaya River. Overnight at our lodge - B. L. D

### **Day 05: Trek to Bhandar - 2250m (5 hrs) - Overnight Stay at Lodge**

We leave our lodge in the morning after which a few hours climb leads to Deurali, a small hamlet from where one can see Dudh Kunda Himal, Khatanga, Karylung and Peekye. Then the trail goes down for a ½ hour to Bhandar, a pert little Sherpa village with two stupas and a small monastery. Overnight Bhandar - B. L. D

### **Day 06: Trek to Sete-2520m (5/6 hrs)-Overnight Stay at Lodge**

We soon descend the trail from Bhandar through deep forests crossing a few streams and passing the small settlements of Dokharpa and Baranda. We climb through the forests winding down to the Surma Khola. And then continue to Likhu Khola Valley. We again climb the ridge going up to the small settlement of Kenja. Another steep ascent to Chimbu and continuing further finally brings us to the village of Sete. We crash out here in our lodge for the night. B. L. D

### **Day 07: Trek to Junbesi Village-2580m (5/6 hrs)-Overnight Stay at Lodge**

After b/fast, we do an uphill climb to Lamjura La through forests of pine, magnolia, maple, birch and rhododendrons. We then pass by the villages of Dagchu and Goyem. Lamjura La pass at 3530 meters, the highest point between Jiri and Namche Bazar, offers a great view of the surrounding green mountains. Descend down the pass to Tragdobuk and Junbesi. We spend our afternoon here exploring the village and the way of life of its inhabitants. Overnight at Junbesi - B. L. D

### **Day 08: Trek to Nunthala-2200m (5/6 hrs)-Overnight Stay at Lodge**

We now cross the stream beyond Junbesi climb up the forest slope and after an hour's trek, the compelling views of the Himalaya Mountains appears before our eyes. The mountains that are visible include Everest, Lhotse, Nuptse, Makalu, Thamserku, Mera Peak, and many other high mountains. This is the first view we get of Everest on this trek, although the lower peaks look closer and higher than the distant 8,000er mountains. Continue the trail to Salung and descend to Ringmo Khola. Ascend to Ringmo, cross the Trakshindo La pass and descend to Trashingdo. After another hour's descent through

conifer and rhododendron forests, and terraced fields, we finally arrive at Nunthala. Overnight at Nunthala – B. L. D

**Day 09: Trek to Bupsa- 2500m (5 hrs)-Overnight Stay at Lodge**

We next descend down the trail to the Dudh Koshi River. We follow the Dudh Koshi River as we head upwards to Khumbu. Cross the bridge, climb to Jubing and continue straight to Churkha. Climb the trail eastwards to reach Kharikhola and descend to cross a suspension bridge. Another steep climb finally takes us to Bupsa. Overnight at Bupsa in our lodge – B. L. D

**Day 10: Trek to Chablung-2700m (5/6 hrs)**

Today our trek starts with a gentle climb, passing the village of Kharte and continues on through forests inhabited by monkeys. From this part of the trek we can admire views of Cho Oyu (8153m). We keep climbing the ridge till we reach the teashop on Khari La pass at 2840m. From the pass, the trail descends into the deep canyon of Puiyan Khola. After crossing bridge we reach the small settlement of Puiyan (2770m). The trail climbs up and down for about an hour after Puiyan to a ridge that offers a good view of the Khumbu region and then descends about 500m towards Surke (2290m). Continuing our trail upwards again, we climb through a jumble of boulders, passing some wonderful mani walls until we reach Chablung at (2700m). Overnight at our teahouse lodge – B. L. D

**Day 11: Trek to Namche Bazaar (3440M) - 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 Bhotse 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

**Day 12: Trek to Syangboche, Rest/Acclimatization and Back to Namche Bazaar- 3 hrs**

If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. We visit the Tourist Visitor Center near the Sagarmatha National Park headquarters and observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. We also take an interesting side trip up to Khumjung and climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley surrounded by the snowy peaks of Kongde and Thamserku and the sacred peak of Khumbila hosts a well known monastery that houses a yeti scalp. We visit Hillary School which is at the same site. After having lunch and spending some time in Syangboche, we walk back down to Namche Bazaar. Overnight in Namche Bazaar – B. L. D

**Day 13: Trek to Tengboche (3860M) - Approx 4 hrs**

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

**Day 14: Trek to Dingboche (4350M) - Approx 4 hrs**

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

### **Day 15: Trek to Chhukung (4743M), 3 hrs and back to Dingboche**

It's a pretty cool hike as we leave Dingboche through stone walled fields and alpine landscape. We take the trail from Dingboche through Imja Khola valley to land laden by glacier moraines amidst towering formidable mountains. We walk relaxed as our schedule for today is only 3 - 4 hours trek. While walking through the valley, Lhotse towers on our left and Ama Dablam on our right. After walking about 3 km, we reach at yak herdsman's place called Bibre. Straight ahead, beyond a terminal moraine wall, soars the Island peak (Imja Tse), a most popular trekking peak. The pyramidal Imja Tse looks awesome with its step rock and-icy south face. The trail ahead is intersected by icy streams. We reach Chhukung in about half an hour from Bibre. There are glaciers and massive snowy mountains all around the place. We might choose to hike to the rocky knoll of Chhukung Ri which offers stunning views of Lhotse, Island Peak, Ama Dablam, Makalu and several others including Baruntse. We then retrace our trail back to Dingboche for the night. B. L. D

### **Day 16: Trek to Lobuche (5018M) - Approx 4 hrs**

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4,910m / 16,018ft at Lobuche, which are really just a few huts at the foot of the giant Lobuche peak. Some breathing problems may arise today due to the altitude. Overnight at Lodge - the Accommodation hereabouts is pretty basic and without attached Toilet and Bathroom. Overnight Lobuche - B. L. D

### **Day 17: 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, Khumbute 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

### **Day 18: Trek to Kalapattar (5545M) & Trek back down to Pheriche (4280M) - approx 6/7 hrs**

Today is the most important part of our trip. We start early at dawn to catch the dramatic views from Kalapatthar witnessing the first light of day shining on Mt. Everest. However, we need to get prepared for an early morning, dark and cold temperature (-10 to -14 C) 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 expose itself emerging between the west shoulder crest and Nuptse. During the ascent to Kalapatthar we can pause to catch our breath at several outstanding view points to click pictures. After several hours of ascent, we reach Kalapatthar. From here, we scuttle to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kalapatthar rocks and our eyes take in the unbelievable Himalayan views, wandering from one mighty massif to another. We take as many pictures as we possibly can with our camera so they can last a lifetime. After this we make our way back to Pheriche with a slow descent; for a good night's rest which we truly deserve. Overnight at a local lodge after a great day - B. L. D

### **Day 19: Trek to Phortse Village [3810m] - Approx. 6 hrs**

After breakfast in Pheriche, we start our trek enjoying superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking magnificent view 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 Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. We trek gradual goes up through Mongla pass (3975m) from where we glimpse Ama Dablam, Thamserku, Tawoche and Mt. Khumbila. Sherpas regard Mt. Khumbila as sacred mountain of the patron god of the Khumbu area. Descending to Dudhkosi Khola (3250m), we cross a bridge and again trek up through the rhododendron forest, a home for Himalayan wild deer and musk deer. Finally, we arrive at the walled fields of Phortse. Phortse is just under the snow dusted peaks of Tawoche and Cholaste. From here, a short trek leads to Phortse village where we bunk out for the night. B. L. D

### **Day 20: Trek to Monjo - [2840M] - 6 hrs**

The trail from Namche Bazar 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 Dhudh Koshi and the Bhoté 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

### **Day 21: Trek to Lukla - 5 hrs**

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

### **Day 22: Fly to Kathmandu & Transfer to hotel, relax after Long Trip**

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 original EVEREST Base Camp trek hosted by Mountain Sherpa Treks and Expeditions! Overnight in Kathmandu, the valley of the gods, they say (B, D)

### **Day 23: Reserve day (In case of flight cancellation due to Bad Weather)**

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

### **Day 24: 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 Trekking 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. Ciao friends! Till we meet again. Breakfast Please Note: that although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.

## **ACCOMMODATION**




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



19 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 INFO:

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 trip.