



# EVEREST BASE CAMP WITH THREE PASSES TREK





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## TRIP HIGHLIGHTS

Everest Base Camp, is where the journey to the top of the world starts. With mountain views as far as the eye can see!, this is the REAL taste of the Himalayas.

Get acquainted with the rich culture, tradition and mountaineering history of the guardians of the Himalayas, the Sherpa people.

Be witness to six of the highest peaks in the world and cross one Kongma La - one of the most difficult and adventure-some passes!

Kala Patthar provides spectacular views of Everest, Nuptse, and Changtse as well as glimpses of the northern flank and summit of Lhotse.

Cross glaciers to reach the pristine, crystal clear waters of Gokyo Lakes, the highest freshwater lake system in the world.



|               |                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------|
| Trip Duration | 17 days                                                                                                        |
| Grade         | Challenging                                                                                                    |
| Max. Alt.     | 5,550m                                                                                                         |
| Summary       | 17 day trip: 1 day sightseeing in Kathmandu, 3 nights hotel in Kathmandu, 15 nights teahouse on trekking trail |

## WELCOME TO SHERPA SPIRIT TREKS

Thank you for your interest in trekking in Nepal with Sherpa Spirit Treks. We are a local trekking agency in Nepal with more than 30 years of combined experience in the trekking industry in Nepal. It is important to us that your time visiting Nepal is memorable for all of the right reasons. Which is why we not only help you to discover not the magnificence of the mountains here, but also walk with you as the mountains worked their magic on your soul.

## WHY TREK WITH SHERPA SPIRIT TREKS?

- We have over 30 combined years experience in the trekking industry in Nepal.
- We have a strong passion for trekking AND the people of Nepal. We provide conditions that empower and support the people of Nepal and their families.
- While we might provide you with an itinerary, we are flexible and allow you to move at your own pace. You won't be rushed or prompted to reach the destination without first enjoying the journey.
- You have the option of booking your own trekking adventure, or joining a pre-arranged group (as available) - all of our groups are kept small to allow you to feel safe and comfortable.

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## SOLO TRAVEL THE TRIP

At Sherpa Spirit Treks, we do not require single travellers to pay a surcharge for travelling alone. In fact, we admire you for doing so! In our pre-arranged group treks, we will arrange for you to share accommodation with another trekker of the same gender. If we can't match you up we will provide a single room at no extra charge. However, if you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

A journey of a thousand miles begins with a single step. Brace yourself to set up and continue the legacy of legendary mountaineers whose feet once set on the same universally endured rich terrain of the Himalayas. The acclaimed Mountain Everest Base Camp trail extends to over 120 kilometers taking you on a two week journey through a pristine oasis of tranquility.

The Sagarmatha National Park is about more than boasting to friends about visiting the highest mountain on the planet. The trail proffers backpackers with four of the world's eight-thousanders, including Everest (8,849m), Lhotse (8,516m), Makalu (8,481m), and Cho Oyu (8,188m). As you fly into Lukla, a series of so wild, so stark, yet so alluring mountains begin to gradually unveil themselves to you. Acclimatize while feasting on traditional cuisines in Sherpa teahouses and finally, with blessings offered by revered monk's, embark on an unrivaled journey of its kind. Familiarize oneself with Gokyo villages in the obscure valleys of the Khumbu region or explore the shimmering ice trail of Cho La pass that is followed by an ascent towards Kala Pattar, to witness the long-awaited and unprecedented view of the one-and-only Everest!

Rain or Shine, our Sherpa guide will assure a safe and sound experience right through the heart of the Himalayas, allowing you the time you need to reflect on the vistas of verdant landscapes and skyline-silver lakes in the middle of cave quiet valleys, gaze into the crystal clear, high altitude lakes of the Khumbu glacier, and familiarize yourself with the traditions and culturally rich land of Sherpas.

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## AT A GLANCE

|           |                                               |
|-----------|-----------------------------------------------|
| Arrival   | Arrive in Kathmandu                           |
| Day 1     | Sightseeing & trek preparation in Kathmandu   |
| Day 2     | Fly Kathmandu to Lukla, then trek to Phakding |
| Day 3     | Phakding to Namche Bazaar                     |
| Day 4     | Acclimatization & rest day in Namche Bazaar   |
| Day 5     | Namche Bazaar to Tengboche                    |
| Day 6     | Tengboche to Dingboche                        |
| Day 7     | Acclimatization & rest day in Dingboche       |
| Day 8     | Dingboche to Chhukung                         |
| Day 9     | Chhukung to Lobuche via Kongma La Pass        |
| Day 10    | Lobuche to Gorak Shep & Everest Base Camp     |
| Day 11    | Gorak Shep to Kala Pattar, then Dzongla       |
| Day 12    | Dzongla to Thangnak via Cho La Pass           |
| Day 13    | Thangnak to Gokyo Lake                        |
| Day 14    | Gokyo Lake to Lungden via Renjo La Pass       |
| Day 15    | Lungden to Namche Bazaar                      |
| Day 16    | Namche Bazaar to Lukla                        |
| Day 17    | Fly Lukla to Kathmandu                        |
| Departure | Departure                                     |

## WHAT'S INCLUDED

- ✓ Airport pick up and drop off in a private vehicle
- ✓ 3-star hotel in Kathmandu with breakfast (twin-share: 2 nights in Kathmandu before the trek and 1 night in Kathmandu after the trek)
- ✓ Teahouse accommodation during the trek (twin-share)
- ✓ All meals (breakfast, lunch, and dinner - including hot beverages) during the trek
- ✓ Welcome dinner & farewell dinner (with cultural show)
- ✓ Guided city tour in Kathmandu with private vehicle
- ✓ Domestic flight Kathmandu to Lukla and Lukla to Kathmandu
- ✓ Experienced, English-speaking and government-licensed lead trekking guide (assistant guide provided for 4+ trekkers)
- ✓ Porters (1 porter for 2 trekkers)
- ✓ Staff costs (salary, insurance, transport, equipment, meals, and accommodation)
- ✓ Group first aid kit (carried by your lead trekking guide)
- ✓ Down jacket & sleeping bag (to be returned after trek completion)
- ✓ Sherpa Spirit Treks waterproof duffel bag, t-shirt and trekking map (for you to take home)
- ✓ Sherpa Spirit Treks Certificate of Completion
- ✓ All necessary paperwork and trekking permits (Sagarmatha NP Fees, TIMS card)
- ✓ All government & local taxes

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## QUICK FACTS

### Visas

Please see below for our note on Visas, and check with your travel agent or the local Nepalese Diplomatic mission in your country for visa requirements.

### Vaccinations

Please check with your local GP or Travel Health Clinic for information on vaccination recommendations and requirements.

### Leader

This trek is escorted by an experienced, English-speaking and government-licensed trekking guides.

## WHAT'S NOT INCLUDED

- ✗ Your round-trip international airfare from home
- ✗ Visa and country entry costs
- ✗ Excess baggage charges
- ✗ Meals in Kathmandu (except Welcome/Farewell dinners - because there are so many amazing places for you to explore!)
- ✗ Extra night accommodation in Kathmandu for early arrival or late departure, or early return from the trek (due to any reason) than what is included in the scheduled itinerary
- ✗ Travel, personal, medical, rescue, and cancellation insurance
- ✗ Personal expenses (phone calls, laundry, alcoholic beverages and bar bills, charges for wifi or to charge personal electronic devices, hot water charges for showers, boiled or bottled water, confectionery, soft drinks, donations)
- ✗ Tipping and gratuities for guides, porters, drivers, etc
- ✗ Medical and rescue expenses

## TRIP HIGHLIGHTS

- ✓ Three Passes Trek is where the journey to the top of the world really starts. With 360-degree mountain views (mountains as far as the eye can see!), this is the REAL taste of the Himalayas.
- ✓ The Three Passes Trek is an all-year excitement to venture, which brings with it a variety of delectable options specific to each season. For instance, the spring will captivate you with mesmerizing views of blooming rhododendrons and swaying woods. The second best season falls between September to November when the rainfalls have just stopped, and mountains are awaiting the season's snow. Be amused with the unbelievable clear sights of the highest massif of the world. WOW!
- ✓ A scenic crossing of Renjo La Pass through the glacier to reach pristine Gokyo Lakes. These lakes are crystal clear lakes where beautiful fairies fly at midnight. Also renowned as the highest freshwater lake system globally, Gokyo Lake is endearing and a must-go place to visit in all seasons. Relish the romantic ambiance as you approach the yogi-still lakes in the core of a cold, frozen desert!
- ✓ The Three Passes at no man's land awaits adventuresome souls to traverse at 5,000 meters. Kongma La (5,540m) is considered the most difficult as it pushes you past your limits - but the sense of achievement afterwards is well worth the effort. After that, Cho La Pass (5,420m) introduces you to four of the six highest peaks in the world - Mt. Everest (8,848m), Mt. Lhotse (8,516m), Mt. Makalu (8,470m), and Cho Oyu (8,201m) and many other known peaks.
- ✓ This trek traverses in a way that can help minimise the risk of altitude-related sickness (ie. Acute Mountain Sickness). Taking the counterclockwise route towards Everest Base Camp compared to the traditional route allows for a more gradual ascent, giving you more time to acclimatize. This diversion is also beneficial as the trek is less crowded, and you get to have more fun in lodges communicating with locals and cherishing solitude in wild views of the Himalayas. From EBC the trail redirects westwards through the always moving glaciers and crosses the famous passes into Gokyo Lakes before descending back to Namche Bazar. Sounds interesting, right?!

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## TRIP GRADING

### Challenging

This trek is rated as Challenging. It involves numerous, consecutive days of walking long-distances, and the trail is often times steep and may be unsteady in some places. It climbs to high elevations (above 3,000m), where there is a risk of altitude sickness. You will be required to walk both uphill and downhill, to cross suspension bridges, and old landslide locations. You will need to be able to carry a daypack weighing up to 10kg.

## ADVENTURE TRAVEL

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trek we recommend that you contact us.

## ALTITUDE SICKNESS

Altitude Sickness or Acute Mountain Sickness (AMS) is a real risk on treks that climb to altitudes close to or above 3,000m. It can be potentially fatal, and the best preparation is to understand the signs and symptoms, and to know the best treatment. Please refer to our website for more information.

## IMPORTANT NOTE

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

- ✓ Sagarmatha National Park: A protected area in the Himalayas dominated by snow-capped mountains including Mount Everest (Sagarmatha), and encompasses glaciers, valleys, and trails. It is home to many species of rare animals and birds like the snow leopard, musk deer, and red panda.
- ✓ The Solu-Khumbu region is the homeland of the Sherpas, Buddhist people who migrated there from the Tibetan plateau around the 15th century. Get acquainted with the rich culture, tradition and mountaineering history of the guardians of the Himalayas, the Sherpa people.
- ✓ Lukla airport, also known as the Tenzing-Hillary Airport, is situated atop a cliff and drops off downwards at the end of the runway and is sure to be the most adventurous flight you've ever undertaken in your life.
- ✓ Namche Bazaar, also known as the gateway to Mount Everest, is famous for being a trading point and a resting place for trekkers. Visible from this town are the mountains Kongde Ri (6,187m) and Thamserku (6,623m). A fascinating Sherpa Museum sits atop Namche Bazaar.
- ✓ Get to know more about Buddhism, as you will find many monasteries in the region. One of the most famous being the Tengboche monastery. It is a beautiful Tibetan Buddhist monastery of the Sherpa community, and trekkers often visit to receive blessings for a successful journey from the Buddhist monks who reside there. You can visit the Khumjung monastery to take a look at the alleged Yeti's scalp!
- ✓ The sacred Khumbila mountain (5,761m), roughly translated as "God of Khumbu", is one of the high Himalayan peaks that people are not permitted to climb due to its holy association. However, it can be enjoyed in the backdrop during this trek.
- ✓ Kala Patthar, a notable landmark located above Gorakshep, provides spectacular views of Everest, Nuptse, and Changtse as well as glimpses of the northern flank and summit of Lhotse. Kala Patthar (5545m) is considered the highest altitude most will reach without a climbing permit, which must be obtained in Kathmandu, at the Nepal Mountaineering Association.
- ✓ The Khumbu Glacier is located between Mount Everest and the Lhotse-Nuptse ridge. With elevations of 4,900 m (16,100 ft) at its terminus to 7,600 m (24,900 ft) at its source, it is the world's highest glacier. The Ngozumpa glacier, sitting below the sixth highest mountain in the world Cho Oyu in Nepal, is considered the longest in the Himalayas, at a length of 36 km (22 mi)!
- ✓ If you happen to do this trek in spring, then magnificent rhododendron blossoms await you from the lower stretches between Lukla and Namche. Trust us, it's worth considering to plan your trek for this time because the experience of trekking through these blossoms is amazing!

## DETAILED ITINERARY

### ARRIVAL Arrive in Kathmandu

Upon your Arrival, we will welcome you in the terminal hall in Tribhuvan International Airport at Kathmandu. We will transfer you to your hotel and introduce you to your trekking guide, and together you can enjoy a hot cup of masala tea and have an in depth discussion about your trek, including the trekking route, anything you need, the necessities for the trek, and any general suggestions for preparing for your upcoming adventure.

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## **DAY 1** *Sightseeing & Trek Preparation in Kathmandu*

Today you will take a sightseeing tour of Kathmandu with our appointed City Guide! Kathmandu is rich with Hindu and Buddhist history, so with an early morning start, you will visit places such as: the Hindu shrine of Pashupatinath, the Buddhist shrine of Boudhanath, the "city of fine arts" - Patan Durbar Square, Krishna temple, Kumbeswore Temple, Golden Temple, the 2000 year old "Monkey Temple" - Swayambunath Stupa, and Basantaur Durbar Square - home to the living goddess Kumari. In the afternoon you can get acquainted with the local area around Thamel market, as we help you finish your final trek preparations with a spot of gear hire and/or shopping. In the evening we will officially greet you with a Welcome Dinner serving traditional authentic Nepali food in Kathmandu.

## **DAY 2** *Kathmandu (1,350m) to Lukla (2800m: 30 min) then Phakding*

Are you ready to start your adventure? Today we begin with an early morning flight to Lukla. With the air strip located on the side of the mountain, we guarantee this is going to be the most adventurous 30-min flight you ever take! Upon arrival, we will stop for a short tea break while we meet and organise our porters, and then we begin trekking. Winding our way through the forest as we follow the bank of the Dudh Koshi River, passing through several traditional Sherpa villages, climbing over an old landslide at Chhuthawa, we trek for about 3-4 hours as we make our way to Phakding, a quiet little village set on a plateau and overlooking the valley. We love it here because it is largely untouched by large trekking crowds!

## **DAY 3** *Phakding (2,651m) to Namche Bazaar (3,440m: 6-7 hours)*

On our way to Sagarmatha National Park, we will be passing through beautiful pine forests and local settlements, and at the entrance your TIMS card and National Park Receipt will be checked. Beyond the National Park checkpoint, the trail passes across the bank of the Dudh Kosi river along another suspension bridge. As we take a steep, zigzagging ascent through dense pine forest towards Namche Bazaar, the gateway to Mt Everest, and our home for the next two nights, you will get your first partial glimpse of Mt Everest, the holy mountain of the Sherpa people.

## **DAY 4** *Acclimatization and rest day in Namche Bazaar (3,440m)*

Acclimatisation is an important part of every successful trekking adventure, and Namche is a popular rest place as it gives you plenty of exciting and rewarding opportunities to explore! It is known as the "tourist hub" and is the most popular resting stop in the Khumbu region. With an abundance of hotels and lodges, Namche also boasts three small museums, a stupa, a monastery, several bakeries/-cafes, and many well-stocked stores. A hilly settlement, the town is shaped like a horseshoe and positioned in a very unconventional location.

Today, we'll be rising early for a side trek to Everest View Hotel (3,780m) which will take us about 4 hrs. This acclimatisation trek is worth it for the gorgeous views of Mt. Everest, Lhotse, Nuptse, AmaDablam, Thamserku, Kongde and others. We'll also take a short descent into Khumjung, also called Green Valley for the sea of green roofs of the houses that are settled here, where we can visit Khumjung monastery and potentially view the famous "Yeti's Scalp"!

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## **DAY 5** *Namche Bazaar (3,440m) to Tengboche (3,870m: 6-7 hours)*

We descend towards the Dudh Koshi river and travel along a forest trail near the riverbed to reach the largest monastery in the Everest region; the Tengboche Monastery. The path is lined with Stupas, prayer flags and mani walls, and as we climb the dusty, but panoramic switchback to Tengboche, you will be welcomed by the superb spectacle that is the Himalayas. If we are lucky, we may be able to attend a service as we explore the monastery, and ask for a blessing for our journey (for which a small donation would be appreciated).

## **DAY 6** *Tengboche (3,870m) to Dingboche (4,400m: 7 hours)*

The trail to Dingboche is very scenic, but also quite challenging. As we follow the Imja Khola we climb up to the windswept potato fields of Dingboche. While trekking we pass through dense forests of rhododendron and birch trees all the while admiring the views of Mt. Everest, Lhotse and Ama Dablam. The rest stop will be at Dingboche, a beautiful village in the heart of the mountains where we will be spending the night. The views of Ama Dablam from here are particularly spectacular and dramatic. As we will arrive at Dingboche in time for lunch. The rest of the afternoon is free to relax with a book or simply gaze at the surrounding mountains.

## **DAY 7** *Acclimatization and rest day in Dingboche (4,400m)*

Once again we'll be taking a very important and much needed acclimatisation day in Dingboche, in order to adapt to the changes in altitude and avoid illness. We have a choice of hikes from here, including climbing the ridge behind the village to admire the stunningly beautiful views that include six of the world's tallest peaks - Lhotse, Makalu & Cho Oyu, or visiting the base of Nangkar Tshang Peak, with its sacred sites and views of Mt Makalu. We are also welcome to visit the daily puja (prayer) ceremonies of the monastery, as the resident monks chant Tibetan Buddhist scriptures.

## **DAY 8** *Dingboche (4,400m) to Chhukung (4,700m: 4-5 hours)*

From Dingboche, the trek introduces you to the Imja Valley with a spectacular view of Ama Dablam (6,812m) along with the massif stretched opened from Lhotse to Pareshaya Gyan. Today we'll leave behind the pastures of the 'Summer Valley', which is the other name for Dingboche, and proceed on a 4-5 hour smooth trek towards the village of Chhukung. There on, we'll pass the Chhukung Ri shadowing this tiny village of Chhukung, which is often talked about for its promising 360° views of the Himalayas. If the weather cooperates, you could see Mt Makalu and glimpses of Pheriche Valley from the village.

## **DAY 9** *Chhukung (4,700m) to Lobuche (4,910m: 9-10 hours) via Khongma-La Pass (5,540m)*

Early in the morning, we'll leave the valley while starting on an icy path, followed by a stony track to reach Khongma La Pass, the first and the easternmost of the three passes on the trek. The pass sits between the Pokalde Peaks and Mt Nuptse Wall in the Khumbu Glacier, where the cold breeze is rejuvenating at the top of the pass. It is an ideal place to have a lunch that we will have packed from the previous night's tea house. The rest on the pass after an arduous climb of the glacial moraine feels like an achievement in itself!

But you shouldn't spend all day celebrating. The trek has much more for you to experience yet. We'll continue our day trekking towards yak pastures for our night's accommodation at Lobuche.

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## **DAY 10**      *Lobuche (4,931m) to GorakShep (5,170m) & Everest Base Camp*

The terrain to reach Gorakshep is rough but beautiful, with the settlement situated near a frozen lakebed covered with sand. Our trek to Everest Base Camp takes us through beautiful glacier paths, and on our arrival, we are not only sitting at the base of the highest mountain in the world, but we are at the foot of a mountain that is revered by the local Sherpa people as a holy mountain. Called Chomolungma, she is considered to be the Mother of all mountains. We also can enjoy amazing views of Nuptse, Khumbuste and Pumori mountains, and Kalapattar. After lunch, we head back to GorakShep for our overnight stay.

## **DAY 11**      *GorakShep to Kala Patthar (5550m) then Dzongla (4,818m: 6 hours)*

We wake up early for the hike to Kala Patthar, a notable landmark located above Gorakshep for spectacular views of Everest, Nuptse, and Changtse as well as glimpses of the northern flank and summit of Lhotse. After soaking in the magnificence of this place and its surrounding mountains, we then head back to GorakShep and take the trek to Dzongla.

## **DAY 12**      *Dzongla (4,818m) to Thangnak (4,700m: 8-9 hours) via Cho-La Pass*

Prepare to take your adventure to a new level as the trek gains elevation again today. The glacial moraine will again be in our way, and traction devices on your shoes (recommended) will make things relatively easy for you. Enjoy the ecstasy of warmth as you cross the Cho La Pass with Mt Cholatse (6,640m) in the foreground. Spend your time wisely on Chola Pass by snowball fighting with your group, clicking some great Instagram pics, or even journaling your thoughts while the clouds whisper thoughts in your ears.

Once again, the pass offers you the opportunity to enjoy an open-air, high altitude lunch. We will have carried our packed lunch with us, and you can take your bite while the sky seems to be dancing around you and the world below is oblivious of the fun you're having above. We'll continue to make our way through the icy trails for a deserved overnight stay at Thangnak.

## **DAY 13**      *Thangnak (4,700m) to Gokyo Lake (4,790m: 3-4 hours)*

This day you'll say goodbye to the yak grazing lands and embark on finding leisure that can only be found near the aura of Gokyo Lakes. We'll make our way through the Ngozumpa glacier and tapering rocks to reach a small overpass that will lead to the first Gokyo Lake. Magnificent panoramic views can be witnessed with Gokyo Ri (5,357m) in the north and Cho Oyu (8,188m) shadowing us in the west. Gokyo village will host you with hot meals, soft beds, and sweet dreams.

## **DAY 14**      *Gokyo Lake (4,790m) to Lungden (4,375m: 8-9 hours) via Renjo-La Pass (5,360m)*

On the eve of our second week, we'll start off by gently moving uphill towards the third pass, but it won't come easy. The path gradually becomes steeper and steeper as we ascend. After about four hours of careful summiting, be enamoured by the seductive sights of Everest (8,849m), Lhotse (8,516m), Cholatse (6,640m), and Taboche (6,542m). At the height of our last pass of the trek, we'll enjoy the picnic lunch that we packed from our lodge the evening before. After you have finished gazing upon the grandeur of the Himalayan landscape, we'll begin our three hours descent passing through the pristine Renjo Lakes and into beautiful meadows that lead us to our overnight accommodation at Lungden.

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## **DAY 15**      *Lungden (4,375m) to Namche Bazaar (3,440m: 6-8 hours)*

The path we'll trek today dates back to the centuries-old trade route used by Tibetan merchants. Descend with the last views of Thamserku (6,623m) and Kusum Kanguru (6,367m) while crossing fulsome Bhote Kosi to reach Tiranga village. From the village, the route descends towards a suspension bridge which will take us to the small settlement of Samde, which ends on a Thame village. There you can cherish a hot cup of tea and have a chit-chat with locals or other travelers. We'll make our way for our final destination at Namche Bazaar.

## **DAY 16**      *Namche Bazaar (3,440m) to Lukla (2,800m: 7-8 hours)*

In the earlier part of the day, take a good final look at the magnificent Himalayan mountains, and say goodbye to Namche Bazaar and Mount Everest. We will be descending from Namche and head towards Lukla for our flight back to Kathmandu. We will be staying overnight at Lukla.

## **DAY 17**      *Lukla to Kathmandu*

Get ready for one final adventure flight, as we fly back to Kathmandu. The runway at Lukla ends abruptly at the edge of the mountain, as we lift up and take one final journey through the Himalaya mountains. The flight will take about 45 min, and as you say goodbye you will get a different view of the changing landscapes, and the colourful and crowded villages and bazaars. With an afternoon in Kathmandu to yourself, you can choose to wander the bustling tourist district of Thamel to finish up your souvenir shopping, or rest up in your hotel. Join us for a final meal together, as we enjoy a Nepalese farewell dinner with traditional live music and dance.

## **DEPARTURE**      *Drop off at the airport*

As today is your last day in the country we appreciate your decision to choose us as your travel companion. We are honored to be a part of your beautiful memories and hope that we met your expectations. We will accompany you to the airport for a traditional Nepal farewell, and we wish you a safe flight back home.

## OTHER OPTIONS

Want the ultimate cultural experience?

Why not Plan Your Trip to coincide with local festivals such as Dmje, Mani Rimdu, Buddha Jayanti (Birthday of Lord Buddha), GyalpoLhosar (Tibetan New Year). Just

**Contact Us** to find out more about these festivals and when they fall each year.

## COUNTRY INFORMATION

The world's highest mountain range defines everything there is about Nepal, a landlocked country lying between India to the south, and China and Tibet to the north. It's topography and weather, its religion and trade, all arise from its location amongst the grandest mountains you'll ever see. And while Nepal's rich melting pot of culture and tradition, with mystical Indian Hinduism and Tibetan Buddhism making up the fabric of the society, will draw you in with amazement and awe, it's the famous peaks and the superb trekking staff that will impress you with memories you'll never forget.

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## CLIMATE

Nepal has five seasons: spring, summer, monsoon, autumn and winter. In the mountainous regions where we trek, you can expect temperate summer temperatures and winter temperatures that can plummet below freezing. There is no seasonal constraint on trekking in Nepal, however the best time to visit is March/April (spring) when the rhododendrons bloom, and September to mid-December, when monsoon has cleared and skies are clearest.

## A TYPICAL DAY

A typical day on this trek will involve waking early to a warm, fuelling breakfast with a hot tea or coffee, provided by our teahouse guests. Of course, the meal is of your choice, ordered the evening before. Make sure your bags are packed and ready to go, as our porters will be keen to head off early, before you've even finished your meal! You'll then set out for a day of trekking through sublime, mountain terrain. Each day varies, but you can expect to walk 4 to 8 hours a day. We will stop for lunch at a teahouse along the way, giving you a chance to drop your pack, put your feet up, and have a rest while you nourish and refuel your body with a delicious, warm meal. Some days our lunch place will also be our overnight camp, but on most days we will set out again after lunch to reach our overnight destination. Upon arrival at our overnight accommodation you'll have a chance to order your dinner, and spend the evening reflecting on your day, and enjoying the company of your guides, with a nice hot cuppa around the fire.

## DIETARY REQUIREMENTS

While our packages include the cost of meals, we cannot cater to special dietary needs, as we are staying in hotels and teahouses that are under their own management. However, most diets can be accommodated. The easiest diets to accommodate are vegetarian/vegan, and gluten free (simply by ordering food that meets these needs, and making any requests at the time of ordering). The Nepalese people aim to please their guests, so a courteous request will go a long way!

## ACCOMMODATION ON THE TREK

In Kathmandu you will be staying in 3-star hotel accommodation, generally with wifi and running hot water in your own attached bathroom (always appreciated after a long trek!).

On the trekking trail, we stay in traditional Nepal teahouse accommodation, which has been constructed to cater to the needs of trekkers. Teahouses are usually of a general standard, and can vary, depending on the town/village we stay in, and the time of year we are trekking. They can be made of stone, or they may be constructed more simply. The facilities offered by teahouses varies, and most often the bathroom and toilet are located outside and are a shared facility. Hot water and wifi are charged, and may not always be available, depending on where we are staying.

All accommodation on our treks is twinshare meaning you will generally be sharing a room with one other person (unless you're travelling solo, or in an odd numbered group). Single supplements are also available for those who wish to be guaranteed a room all to themselves.

Please refer to [our website](#) for more information.

# EVEREST BASE CAMP WITH THREE PASSES TREK



## WHAT YOU CARRY

All of our trekking packages include porters to carry your main luggage (water-proof duffel bag provided). However, you will be required to carry a daypack with extra warm/rainproof clothing, drink bottle, camera, and personal items such as sunscreen, blister kit, and any personal medications you require.

Should you wish to travel without a porter and carry a larger backpack with all of your trekking gear, please **Contact Us** for a customised itinerary.

## EQUIPMENT REQUIRED

Please refer to our website for a detailed **Equipment Checklist**. This list will also be provided to you after booking.

## VISAS

You need a Tourist Visa in order to enter Nepal.

You can obtain a Tourist Visa for 15 days (30 USD), 30 days (50 USD), or 90 days (125 USD). Please ensure that the duration of your visa will cover your entire stay in Nepal.

The requirements for entry into Nepal have recently changed, and continue to change, due to COVID-19. Therefore, it is recommended that you contact the Nepalese Diplomatic mission in your home country, your Travel Agent, or refer to the **Nepal Department of Immigration** website, for all questions regarding visa entry requirements in Nepal.

## SOCIAL NETWORKING

Connect with us on Social Media

**FACEBOOK:** @sherpaspirittreks

**INSTAGRAM:** @sherpaspirittreks

And don't forget to head to our website to view our other trekking itineraries, and for information about travelling in Nepal.

**[www.sherpaspirit.com](http://www.sherpaspirit.com)**

## TRIP AVAILABILITY

This trip is available to be booked all year round, however we recommend you allow some time for the necessary travel arrangements to be made (e.g. visas, COVID-19 tests, quarantine requirements, permits). If you are travelling solo but would like to travel in a group, please **Contact Us** to find out if we have a group running that you can join.

## HOW TO BOOK

To book your trekking adventure, please visit **our website**. You will need to select your dates, complete a booking form, and pay a 25% deposit, which is non-refundable up to 30 days prior to the trek departure date.