



## **EVEREST COMBINATION**

Lodge / Camping

**No. of days. 18**

**Graded - Leisure to Moderate**

### NEPAL

Nepal, a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest. Although the width of the country is only 200Km North to South, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8848m above sea level (Top of Everest).

The country is divided in to 3 elevation Zones viz. the low terrain, the midhill region and the high Himalayas, which contains 1/3 of the Himalayan range with 8 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna.

Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture. Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

**Nepal at a glance:** Longitude: 26'12' and 30'27' No  
Latitude: 80 degree 4' and 88 degree 12' East  
Population: 24 million  
Capitol: Kathmandu  
Area: 147,181 sq. km

## Everest

Mount Everest, named after George Everest, the Surveyor General of British India, lies in the Khumbu region of Nepal. The first summit attempt on Everest was by the British in 1921 and only after 32 years of intense exploration, Everest was finally scaled on May 29<sup>th</sup>, 1953, by Sir Edmund Hillary and Sherpa Tenzing Norgay under Lord Hunt's team. The Nepalese name for Everest is Sagarmatha which means "Goddess of the Sky" the Tibetan name for it is Chomolungma which means "Mother Goddess of the Earth". By whatever name you call her, she remains the tallest mountain in the world consecrated in midst of the gigantic mountains and glaciers as though they were her subjects. She truly looks like an Empress in her utmost beauty and glory and has attracted hundreds and thousands of mountain lovers over the years.

## Your Adventure

This adventure takes you through the Khumbu Valley, the home of Everest and the land of the Sherpas. Mount Everest has captured the imagination of the world and this trek reveals it and many other peaks. We start the trek from Lukla and trek to Namche Bazaar where we get the first glimpse of the Majestic and mystical mountains. One of the highlights of this trek is Tengboche Monastery, which is considered to be the photographer's favorite place. At Tengboche, we are in the shadow of the Everest massif and Ama Dablam and surrounded by Mani walls, chortens and prayer flags.

After this fascinating trek, we have an exciting experience of rafting in the Trishuli River followed by a jungle safari, where you can see the one-horned rhinos, bison, sloth bears, leopards and if you are lucky, you might see the Royal Bengal Tiger. The elephant ride itself is worthwhile.

These treks are equivalent to moderate walks in moderate altitude (at around 4000m). The walks can be 5 to 6 hrs each. Good physical condition is required. In fact anyone with a sound health and reasonably fit can do the trek. Still a little training prior to trek is required so you can do it without much difficulty.

## Summary

Trek Distance:	Approx. 70km
Maximum altitude:	3900m (Pangboche)
In / Out:	Kathmandu.



## Itinerary

Day 1: Arrive Kathmandu, welcome dinner  
Day 2. Half day city tour  
Day 3. Fly to Lukla (2830m) and trek to Phakding (2650m)  
Day 4. Trek to Namche (3440m)  
Day 5. Rest at Namche  
Day 6. Trek to Tengboche (3870m)  
Day 7. Trek to Pangboche (4000m) and back to Tengboche  
Day 8. Trek to Khumjung (3760m)  
Day 9. Trek to Monjo (2840m)  
Day 10. Trek to Lukla  
Day 11. Fly to Kathmandu  
Day 12. Drive to Charaudi and commence rafting  
Day 13. Continue rafting  
Day 14. Drive to Chitwan Jungle Lodge  
Day 15. Activities in Chitwan Jungle lodge  
Day 16. Morning Activities in Chitwan Jungle lodge/ afternoon drive to Kathmandu  
Day 17. In Kathmandu  
Day 18. Departure

**Please Note** that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.

## Your Adventure

### Day 1 – Arrive in Kathmandu

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger “pick up area” you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Hi On Life’s sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu.

In the evening all the group members will be asked to meet at the lobby where you will have to fill in the application form for the **Sagarmatha National Park Permit** and **Rafting Permit**. You are required to submit the following for the permits:

- **Travel/ Medical Insurance** (photo copy)
- **2 passport size photos**
- **Photocopy of your passport.**
- **Passport and Air tickets** for reconfirming your return flight.

All these documents will be held in Hi On Life’s safe and will be returned to you after your trek. Then we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant to end the day.

## **Day 2 - City tour and Trek briefing**

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will return to your hotel and your Group leader will give you your trek briefing and issue you your 'trek pack' consisting of a duffle bag, down jacket, sleeping bag, inner liner for your sleeping bag and rain poncho.

Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.

## **Day 3 - Kathmandu - Lukla- Benkar**

A very early morning wake up and transfer to the domestic airport to board our flight which is a small 19-seater plane. The flight times can be flexible because we need clear weather both in Kathmandu and Lukla to be able to fly. So this can sometimes involve waiting in the terminal for a long time. Once we get the all clear signal, we take off from Kathmandu, flying east, parallel to giant Himalayan Mountains bordering Nepal and China (Tibet). After a 30 min scenic mountain flight, we land at Tenzing-Hillary airport at Lukla (2830m), which is an airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s.

After landing, we go to Paradise Lodge, where we will meet our incredible and friendly crew. We have about an hour to explore the village, watch the planes take off and land at this crazy airport or enjoy some Nepali Chiya (Nepalese tea), while our Sherpa crew sort and load our trekking equipment. We begin our trek by descending towards the Dudh Kosi River or milk river (named after its milky colour from glacial silt), where we join the main trail, the legendary 'Everest Highway', to Namche Bazaar. The walking is easy and after passing through the small villages of Cheplung, Thado Kosi, Ghat and Phakding we reach Benkar by mid afternoon.

## **Day 4 - Trek to Namche (5-6 hrs)**

We begin our trek in the morning, crossing the river and heading up the valley, following porters that are ferrying supplies to Namche Bazaar. The trail keeps close to the river, climbing gently through the alpine valley which is lined with beautiful blue pine and rhododendron forest. We pass the small village Chumao before we reach Monjo, which is the entrance to the Sagarmatha National Park. Here we purchase permits and make entries in the tourist register. From Monjo, we walk for another 20 mins to reach the village of Jorsale where we stop for lunch. After lunch the trek continues upstream on generally flat terrain, to the confluence of the Bhote Kosi and Dudh Kosi Rivers. Here we cross a very high suspension bridge, from where we start the steep climb to Namche Bazaar. If the weather is clear, there are some fantastic photographic opportunities, as the peaks of Everest, Lhotse, Nuptse and Taboche come into view for the first time. We reach Namche by late afternoon. Namche is a busy village and is the Sherpa capital of the Khumbu. It gained its importance during the period when Tibetan salt was traded for the lowland grains of Nepal. Today a limited amount of trade still exists at Namche and Tibetans are often seen in the village trading rugs and Chinese-made goods, clothing, salt and dried meat. There are plenty of lodges, shops, internet cafes and also bakeries.

### **Day 5 - Rest and acclimatization**

As we have ascended about 700m the day before, we take a "rest day" today. Our "rest day" usually means a half day hike including a steep climb, and then a lazy afternoon. These morning hikes on rest days are very important for acclimatization.

We will take an excursion to either the Japanese hotel called the "Everest View Hotel" or take an easy day and visit the National Park Headquarters above the village. The stunning view includes a superb panorama of Everest, Lhotse, Nuptse, Ama Dablam, Thamserku and many other peaks. The afternoon is free to explore the small but busy town of Namche.

### **Day 6 - Trek to Tengboche (5- 6 hrs)**

Today the landscape changes dramatically. The trail is more open and wide and it reveals the great depths of the surrounding mountains. We begin with a climb towards the National Park headquarters and follow a contouring trail. We pass through the villages of Kyangjuma, Shanasa and Trashinga. After reaching the reforestation nursery at Trashinga, the trail drops steeply to the Dudh Kosi River at Phunki Tenga (3250m) where we take lunch. After lunch, we cross the Dudh Kosi and walk past water-driven prayer wheels. Then we ascend, initially steeply, then contouring through pine, fir, juniper and rhododendron forests towards Tengboche. The monastery and our lodge are located in a beautiful meadow surrounded by the peaks of Kantega, Ama Dablam, and Mount Everest among others. After resting for a while we will visit the monastery and watch the monks performing their rituals.

### **Day 7 - Trek to Pangboche and back to Tengboche (4-5hrs)**

Today's walk is extremely beautiful as we trek through a beautiful pine, fir, and juniper and rhododendron forest on a generally flat trail. There are opportunities to spot local wildlife including the beautiful Dafne pheasant, Musk deer and Himalayan Thar. We continue through this forest for about an hour and cross the Imja River. Then we follow an open high trail to Upper Pangboche. This village is one of the highest permanent villages in the Khumbu region. We will stop here for lunch and also visit the monastery which is the oldest monastery of the region. After lunch we trek back to Tengboche.



### **Day 8 - Trek to Khumjung (3-4 hrs)**

We begin retracing our trail; with a steep descend down to Phunki Tenga. After crossing the Dudh Kosi we ascend steeply for about an hour and a half to Kyangjuma. From here we take another trail to Khumjung which takes about 45 mins. We reach Khumjung early, so after an hour rest, we will visit the Khumjung monastery where you can see the so famous "Yeti Scalp". After the monastery, we visit the Khumjung high school built by Sir Edmund Hillary.



### **Day 9 - Trek to Monjo (3 hrs)**

We walk past a long Mani wall along the side of Khumjung School and then climb stony steps for 20 mins to reach at the top of the ridge. From here we descend steeply to Namche Bazaar. Here we allow you a couple of hours for shopping, using internet and eat lunch. After lunch we descend steeply to Dudh Kosi and then continue to Monjo.

### **Day 10 - Trek to Lukla (5 hrs)**

This is our last day of trekking and the trek is fairly easy before making the final climb up to the airstrip at Lukla. We stop for lunch in between and reach Lukla by mid afternoon.

### **Day 11 - Fly to Kathmandu.**

We take an early morning flight back to Kathmandu. We are transferred to our hotel and the rest of the day is free.

## A Day On Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing. Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast.

After breakfast we will hit the trail and usually walk for about 3 to 4 hrs before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hrs of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your Group Leader will often organize side trips in the afternoon. Your dinner will be served around 7 PM.



## **Day 12 - Drive to Charaudi / Commence Rafting**

We start early from Kathmandu and drive to Charaudi along the Prithivi National Highway. The drive is very scenic and it takes about 2 ½ hours to Charaudi, our starting point for rafting.

**Rafting:** White water rafting is negotiating river rapids and obstacles in an inflatable rubber boat with a team of up to eight people and a river guide. Rivers are graded from easy to near-impossible according to their size, the intensity of their rapids and the difficulties. Many people feel uncomfortable and a little scared if they haven't been on white water before, but as long as people are physically fit, they can safely raft on rivers of class 2 to 3.



For our rafting trips we have chosen the Trishuli. The Trishuli is the most popular rafting river because of its accessibility of road along its major part. It is Graded 2 to 3 thus making it suitable for novices but at the same time give an exhilarating experience.

On reaching Charaudi, our put-in point, we begin with a lunch on the beach. After lunch, the crew assembles the raft and explains the safety equipment and procedures. Then we begin our rafting adventure. It begins with small rapids and as the canyon narrows the walls becomes steep, the current accelerates and the rapids increase in the size and frequency.

During the day, we run a numbers of rapids, that rate to 2 to 3. Some of the rapids are Upset, Tail of Upset, Ladies delight, Krishna etc. We end the day after negotiating the last rapid, Jholungepul, named for an extensive suspension bridge. We camp at Kurintar on a sandy beach on the Trishuli beach.

### **Day 13 - Continue Rafting**

Our second day has a leisurely pace. We will come across half a dozen of exciting rapids which requires a team effort to negotiate. We spend the whole day within its forested canyon. We eat lunch beside the river and have time to explore, bird watch and photograph.

Some of the rapids that we negotiate today are, Double Decker, S bend, Swimming rapid, Tea pot and Coffee pot. We end the day after negotiating the rapid "Coffee pot". We camp at Gai Ghat. In the evening, we have a bon fire.

### **Day 14 - Drive to Chitwan**

After we bid farewell to the rafting crew, we drive for 3 hours in the morning to Chitwan. We will be received by the lodge attendants and transfer to a jungle vehicle and drive another 7 kms deep inside the jungle. On arrival to the Jungle lodge, we will be briefed about the lodge, activities and safety.

**Chitwan:** Chitwan National Park is the most popular destination for tourists wanting to have a good experience of the region's wildlife. It was declared a National Park in 1973. In 1984, UNESCO designated Royal Chitwan National Park a Natural World Heritage Site. The Park offers protection to 56 species of mammals including the one-horned rhinoceros, Bengal tiger, leopard, sloth bear, wild elephant, striped hyena, Gangetic dolphin and wild bison. There are estimated to be 470 species of mammals, over 500 species of birds, 126 species of fish, 150 species of butterflies and 47 species of reptiles in the park! A recent study also points out that over a third of Nepal's tigers are in Chitwan. The Park is spread over an area of 932 sq kms and located in the lowlands of the kingdom. The forest cover is predominantly Sal forest, interspersed with tall grasslands, small hills, ox-bow lakes and flood plains.



### **Day 15 - Continue Jungle Activity**

Chitwan Jungle Lodge has an interesting program with activities that will fill up the days.

### **Day 16 - Drive to Kathmandu**

After lunch we will head back to Kathmandu. The drive takes about 6 hours along the Prithivi Highway.

### **Day 17 - In Kathmandu**

You can spend the day for shopping and buying gifts for friends and families back home. A very good option would be to visit Bhaktapur; your group leader will be able to organize a trip to this old city.

### **Day 18 - Departure**



### **Weather**

#### **Oct/ Nov and March / April**

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 22C to 28C and the min temp can be 8C to 15C

At higher altitude (3500m to 5500m) the daytime max temp can be between 17C to 22C and min temp can be between -4C to 8C

#### **Dec to end of Feb**

On the trek at lower altitude (2500m to 3500m) during daytime the max temp can be around 15C to 20C and the min temp can be 2C to - 8C

At higher altitude (3500m to 5500m) the daytime max temp can be between 12C to 18C and min temp can be between -4C to -20C. Please note that this is just general information and it could vary marginally.

## High Altitude

On this trek you will be going up to 3 900m, so it is very important to understand the affects of altitude.

The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final.

Do not medicate yourself without first informing your group leader.

Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 liters per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level. The most important thing is not to worry about altitude because our team is there to take care of you.

## Staff

**Group leader:** your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

**Sirdar:** His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

**Sherpas:** Their job is to lead your way and distribute equal loads to the porters.

**Porters:** They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 kg carrying which very few companies do. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even up to 100 kg!!



## Our Services

- All internal transportation, in private vehicle.
- Services of English or/and Swedish speaking guide, porter's and Sherpa's assistance.
- 4 nights in tourist class hotel on bed and breakfast basis while in Kathmandu.
- Welcome dinner.
- Half day guided city tour with lunch.
- Use of a personal trek pack consisting of a duffle bag, down jacket, rain poncho and sleeping bag with an inner-liner.
- Round trip flight Kathmandu/Lukla/Kathmandu with domestic departure taxes.
- All meals while on trek incl. Afternoon tea/coffee service on arrival at the lodge.
- Twin share accommodation in trekking lodges with shared bath and toilet facilities.
- Two days Rafting package with all camping facilities and transportation to Rafting pick up point in private vehicle.
- 2 nights / 3 Days Jungle Safari Package with all meals and Transportation to and back from Chitwan in Private Vehicle
- National Park fees.
- Staff insurance, tourist service fee and all taxes applicable as per state law.

## Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times.
- Private room accommodation in Kathmandu unless a single supplement is paid.
- Optional tips to guides and porters.
- International airport departure taxes.
- Visa costs.
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.

## Recommendations for things you should bring

- Water bottle  
water 3 bottles, min 1 litre each, should be able to hold hot
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll.
- Stuff bags smaller plastic bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch preferably head lamp
- Penknife
- Disposable lighter
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

## Optional

- Walking sticks
- Cameras
- Knee guard for those with bad knees.

## Clothing

- Trousers: One lightweight for easy walking and 1 warmer for colder days preferable wind/water proof, 1 stretchable running trousers
- Shorts: Not too high cut revealing ones
- T-shirts: At least 3 or 4
- Hats: Sunhat and woolen ones for colder days
- Gloves: Woolen and Gore-Tex
- Thermal underwear: Light weight tops and trousers, preferably woolen, at least 2 pairs
- Socks: At least 4 pairs (both thin and thick woolen ones)
- Jackets: 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets.
- Walking boots: Preferably waterproof

## Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report of malaria in Kathmandu for the past couple of decades.

## Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness and accidents. And it should also cover you for Emergency Helicopter Evacuation.

## In case of Lukla flight cancellation

Sometimes due to bad weather Lukla flights get cancelled. This may make it difficult for you to continue with rest of the activities after the trek or even connect with international flights. In such an event and if the group as a whole wishes to charter a helicopter, which is an ideal solution to Lukla flight delays, we can arrange for it. Your will need to pay about 350 to 500 US \$ depending on the group size. In case you take the option of a helicopter, you need to pay

this amount when you reach Kathmandu, which means you need not carry this money on trek. You can deposit this money in your safety deposit box provided by your hotel. A covering letter is then issued to each trekker for claims against their travel insurance. Please make sure that your Travel Insurance Policy has coverage for helicopter evacuation.

## Money Matters

The ideal currency to bring with you is US\$ or Euro in traveler's cheques.

**In Kathmandu:** Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

**On trek:** you will need around 5 to 6 US \$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

## Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

**In Kathmandu:** for bellboys, waiters and porters 20 to 30 Nepali Rupees

**On the trek:** At the End of the trek it is a customary to tip the field staff. The recommended amount is 35-55 US\$ depending on group size. The Group leader will organize that for you.  
For rafting: 10 to 15 US\$ would be a reasonable amount.  
For driver: 5 \$ would be reasonable.



## Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted.
- Over display of affection between men and women, especially in temples and monasteries are discouraged.
- Some people don't like their photograph to be taken, please ask before taking pictures of people.
- Please remove your shoes before entering monasteries and temples.
- Never point the soles of your feet at a person or shrine.
- Many Hindu temples are closed to non-Hindus. Please ask before entering.
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!

