



## **Everest Foothills – Off the beaten track**

Organized Camping Trek

**No. of days: 18**

**Graded – 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 200 km north to south, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8 848m above sea level (Top of Everest).

The country is divided into 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" and the Tibetan name for it is Comolungma 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 trek is an off-the-beaten track, which not only gives you the awesome experience of trekking in the Himalayas, but also gives you an opportunity to experience real Nepal. A majority of trekkers who comes to Nepal often does the popular treks in the Annapurna region or follow the busy Everest Highway and spend some time in the popular hubs in Kathmandu. Also the benefits of tourism are only distributed in just a few trekking highlighted areas of Nepal. This trek is an effort on our behalf to allow a part of the benefits of tourism to go to these underprivileged areas as well.

This trek in itself is an experience of a lifetime. The beginning part of the trek is through a very beautiful valley in a district of Okhal Dhunga, which lies on the foothills of the Everest Himalayas. Trekking through this valley gives you a picture of poverty-stricken villages, where tourist never tread and where there are no electricity, no phones, almost no medical facilities, and only a few schools with not enough teachers. You will still be amazed by the warmth and gleeful nature of the people living in these areas. We trek through these villages, visiting monasteries, local schools, experiencing their culture, trekking through pristine forests and mountains.

We then approach closer to the massive Himalayan mountains, where we can experience the Sherpa Buddhist culture. This trek is highlighted by the views from Pike Peak which is situated at elevation of 4100m. From here we get a panoramic view of the world's highest peak Mt. Everest (8848m) and other snowy peaks like Makalu (8475m), Kanchenjunga (8598m) and many more neighboring peaks. Another highlight of this trek is Dudh Kunda (Milky Holy Lake) which is situated at 4400m, on the lap of the mountain Number Himal.

## **Summary**

Trek Distance:	Approx. 145 km
Maximum altitude:	4 400m Dudh Kunda
In / Out:	Kathmandu.

## Itinerary

- Day 1. Arrive in Kathmandu (1330m), welcome dinner
- Day 2. Half day city tour around Kathmandu Valley, lunch and trek briefing
- Day 3. Fly from Kathmandu to Rumjatar
- Day 4. Trek Rumjatar to Gairi
- Day 5. Trek Gairi to Thade
- Day 6. Trek Thade to Garma
- Day 7. Trek Garma to Takshindu
- Day 8. Trek Takshindu to Sarkari Patti
- Day 9. Trek Sarkari Patti to Dudh Kunda
- Day 10. Trek Dudh Kunda to Thupten Chholing Monastery
- Day 11. Trek Thupten Chholing Monastery to Junbesi
- Day 12. Trek Junbesi to Loding ( Mangar enthic village)
- Day 13. Trek Loding to Pikey Peak
- Day 14. Trek Pikey Peak to Loding
- Day 15. Trek Loding to Phaplu
- Day 16. Fly Phaplu to Kathmandu
- Day 17. Free day 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.



## 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 dining tent 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 camp. Your Group Leader will often organize side trips in the afternoon. Your dinner will be served around 6:30 PM.





## High altitude

On this trek you will be going up to 4 400m, so it is very important to understand the affects of altitude.

The greatest provocation is going too high too fast. Questropix's itinerary has been carefully designed to minimize the affects 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 litres 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!!



## **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.



## **Our Services**

- All internal transportation, in private vehicle.
- Services of English-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, T-shirt, down jacket and sleeping bag.
- All meals while on trek.
- Afternoon tea/coffee service on arrival at the camp
- Eureka K2 3-men tents for twin share, cooking tent, weather proof dining tent with comfortable tables and chairs, toilet tent. All camping equipment.
- 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 & 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 3 bottles, min 1 litre each, should be able to hold hot water
- 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: 1 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 woollen ones for colder days
- Gloves: Woollen and Gore-Tex
- Thermal underwear: Light weight tops and trousers, preferably woollen, at least 2 pairs
- Socks: At least 4 pairs (both thin and thick woollen 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 anti-malarials' have side effects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on 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 flight cancellation**

Sometimes due to bad weather flights get cancelled. This may make it difficult for you to 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 flight delays, we can arrange for it. Your will need to pay about 350 to 500 US\$ depending on the group size. A covering letter is then issued to each trekker for claims against their travel insurance.

## **Money Matters**

The ideal currency to bring with you is US\$ or Euro in traveller'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 6 to 8 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 55-75 US\$ depending on group size. The Group leader will collect the tip and then split it between the staff and put it in envelopes so that the trekkers can give it to the staff during the "Farwell Ceremonies"



## 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.
- 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!

