



**Khumbu Ice Clinic
Lobuche Peak Expedition**

Lodge/Camping

No. of days: 24

Graded: Highly challenging

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 9 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 29th, 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 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.

Himalayan Mountaineering

Ever since the Himalaya in Nepal has been opened for climbing, it has attracted thousands of mountaineers. Thousands of people have challenged their minds and bodies to conquer these magnificent mountains.

Nepal Himalaya has numerous of mountains which are 7 000 m and higher, which require extensive technical experience and a lot of money to climb. Apart from these technical expedition peaks, there was created in 1978, under the control of the Nepal Mountaineering Association (NMA), a list of mountains, between 5 587 m to 6 654 m, called "Trekking Peaks". Unlike the technical expedition peaks, which are a complicated and an expensive affair, these "trekking peaks" can be climbed without financial and administrative problems. There are 1 310 identified peaks which are above 6 000 m, one fourth are officially opened for mountaineering.



Your Adventure

This adventure takes you through the Khumbu Valley, the home of Everest and the land of the Sherpas. A spectacular flight to Lukla begins our adventure in the Everest region. Trekking through high alpine valleys following the milky white rivers we ascend to the astonishing pass, Renjo La and then continue to Gokyo where we can see high alpine lakes and glaciers. From here we continue to Cho La Glacier where we will have a high altitude climbing course before we head down to Lobuche Base Camp. We spend a couple of days at Base Camp and High Camp for rest and acclimatization and to gain back the strength to tackle the final and real challenge.

Lobuche East (6 119 m) is one of the most challenging 'trekking peaks' in the Everest region. It is moderately technically. We plan to ascend the South Ridge to a high snow camp from where we continue to the summit.

With its alpine valleys and lakes, rugged mountainous landscape, glaciers and scores of gigantic mountains, this region is rated among the 'five best' region for trekking in the world. The highlights of this expedition are Renjo La, Gokyo, the climbing course and of course the climb of Lobuche Peak.

Although no previous climbing experience is required you must be very fit and have extensive outdoor experience to participate in this Expedition.

Grading: This expedition is graded 6 which is equivalent to extremely demanding and challenging. Participants should have at least a basic knowledge of the use of ice axe and crampons, though first time climbers maybe accepted, provided she/he is very fit. We strongly recommend you to undergo extensive physical training at least 4 months prior to the expedition.

Please note: Any ascent of a Himalayan peak must be taken seriously. The Group leader will take all factors concerning group fitness and acclimatization, weather and snow condition into consideration when making a decision. While recognizing that this ascent is important to the group, first priority will always be safety. The decision on whether or not you will be able to attempt Lobuche Peak rest with the Group Leader. His/ her decision is final and must be accepted.

Summary

Trek Distance:	Approx. 210 km
Maximum altitude:	6119m (20,272ft)
In / Out:	Kathmandu



Itinerary:

- Day 1. Arrive Kathmandu (1330m), welcome dinner
- Day 2. Half day city tour, lunch and trek briefing
- Day 3. Fly to Lukla (2830m) and trek to Benkar (2630m)
- Day 4. Trek to Namche (3440m)
- Day 5. Rest at Namche
- Day 6. Trek to Thame(3820m)
- Day 7. Trek to Lungden (4300m)
- Day 8. Rest at Lungden
- Day 9. Trek to Gokyo (4790m) via Renjo La pass (5347m)
- Day 10. Rest at Gokyo
- Day 11. Ascend Gokyo Ri (5352m) and trek to Thangna (4700m)
- Day 12. Climb to Cho La glacier and set up camp (5420m)
- Day 13. Ice Climbing training at Cho La glacier.
- Day 14. Trek to Lobuche Peak Base Camp (4720m) set up Base Camp
- Day 15. Rest at Base Camp
- Day 16. Set up High Camp
- Day 17. Summit Lobuche Peak
- Day 18. Extra day for attempting the summit and back to Base Camp
- Day 19. Trek to Pangboche (3900m)
- Day 20. Trek to Namche
- Day 21. Trek to Lukla
- Day 22. Fly to Kathmandu
- Day 23. In Kathmandu
- Day 24. 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 Activity

Day 1

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. We will also collect some documents from you. Please have the following things handy when arriving.

- **Travel/ Medical Insurance** (photo copy)
- **3 passport size photos**
- **Photocopy of your passport.**

In the evening 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 seated twin otter. 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 to our destination on a 40 min scenic mountain flight to Lukla.

After a cup of tea at Paradise Lodge in Lukla we are treading on the legendary “Everest Highway” which heads downwards through the alpine valley following the “Dudh Kosi” or Milk River (named after its milky color from glacial silt). We reach Benkar after a half a day walk and end our first day here.

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

The next day we will be walking mostly uphill through the alpine valleys and crossing rivers and reach Namche Bazaar, which is the Sherpa capital of the Khumbu region. On a clear day you get views of Everest, Lhotse, Thamserku, Kusum Kangru, Kwangde and Taweche on the way to Namche.

Day 5 - Rest and acclimatization

As we will have gained about 700m that day, it demands a rest and acclimatization day for the following day. We will either rest at Namche or trek to Everest View Hotel where you will have a breathtaking view over Mount Everest, Nuptse, Lhotse and Ama Dablam. You will be back at lunchtime and will have plenty of time to rest to make the following day easier.

Day 6 - Trek to Thame (5-6 hrs)

The trail starts from the Namche Gumpa and leads west past a large array of prayer flags, Mani stones and Chortens. The trail is quite easy and it takes about 3 hours to reach Thamo, where we will have lunch. From Thamo we will start to climb towards Thame. The carved Mani stones on the way are some of the most complex and picturesque in Khumbu. Thame is situated in a magnificent kettle surrounded with beautiful and dramatic mountains. Be prepared on awesome sunsets at clear weather!

Day 7 - Trek to Lungden (5-6 hrs)

After climbing the ridge above Thame we enter the Bhote Koshi Valley where the river Bhote Koshi runs in the middle. Just as the name reveals (Bothe = Tibetan, Koshi = River) this valley leads to Tibet and the famous pass Nangpa La . It takes about 4 hours to reach a village called Marlung, we stop here for lunch. After lunch, it is another one hour to Lungden. There are just four lodges and they are very basic with only 3 to 4 rooms in each of the lodge.

Day 8 - Rest and acclimatization

We utilize this day for rest and acclimatization. We will do a short hike towards Nangpa La, to a small “village” called Arie. Usually we meet a lot of Tibetan traders here. They are coming with their fully loaded yak caravans from Tibet to sell their goods in Namche. Before we head back to our lodge we get views of the world's 6th highest mountain, Cho Oyu and many other beautiful peaks both in Nepal and Tibet. In the afternoon we relax and prepare for the next day.

Day 9 - Trek to Gokyo (8-10 hrs)

We start early in the morning, generally at 4 to 5 AM. The first one hour of the trek is quite steep. We reach a small dried out lake, from here the trail is a gentle climb for another 2 hrs and finally we reach a big turquoise green lake. From here, the trail is well trodden stony steps all the way to the top of the pass Renjo La which takes about 3-4 more hours. The view from the Pass is extremely beautiful. We get to see a panorama of Everest, Lhotse, Makalu and dozens of other mountains. The view of Everest is one of the best you can get, as you get to see more of Everest from here than from anywhere else in Nepal. After taking pictures, enjoying the stunning view and have a snack to eat we continue down to Gokyo. It takes about 3 hours.

Day 10 - Rest and acclimatization

Today we will take complete rest. We will enjoy the amazing views and let our bodies acclimatize to the altitude. You can contact family and friends back home if the little internet café is working and take short walks. Enjoy Cho Oyu South Face (8201m), Cholatse (6440m) and other beautiful mountains up close.

Day 11 – Trek to Thangna (4-5hrs)

From Gokyo, we descend south and reach the 2nd Lake. From here we cross the Ngo Zumpa glacier towards the east. At the other end of the glacier, we pass beautiful meadows and yak grazing pastures before reaching Thangna. Thangna is a yak grazing pasture and has a few lodges which are open only during the trekking season

Day 12 Trek to Cho La (5420m). (approx 3 hrs)

We start early and begin to climb a steep hill side. After about an hours climb, the trail becomes less steep and opens up into a beautiful glacial valley. We continue for about an hour through this meadow and reach the bottom of the steep rocky climb below the Chola. The trail

is rocky and steep. At few places there are areas for rock falls. Our crew guides us through safe areas and after an hour, we reach the top to the Chola. There are beautiful views of Cho Oyu, Amadablam, Nuptse and the North Face of the infamous Cho Latse. We will set up our camp- you can help the crew with putting up the tents.

Ice Climbing- In the afternoon, our guides will fix ropes at the glacier and begin our ice climbing course with detailed orientation of ice climbing equipments and safety. After the orientation, you will get to try many methods and styles for : Footwork, tool placement, and efficiency.

Day 13 Continue ice climbing

Today we will train on a steeper climbing ice wall on the glacier. We will work on various basic methods and techniques of ice climbing focusing on efficiency and safety.

Day 14 Trek to Lobuche Peak Base Camp. (Walk approx 2 hrs)

We begin with a steep descent from the Chola. The trail is quite rough with big stony steps. After a long descent through the rocky terrain, we reach a yak pasture at Dzongla. There are a few lodges here which are open only during trekking season. This meadow becomes vibrant green with various flowers and grasses during the summer and you can see hundreds of yaks enjoying the abundant food, as the yak owners leave their yaks here for grazing. Soon, we are at Lobuche Peak Base Camp.

Day 15 Restday in Base Camp

Day 16 - Ascend to High Camp (4-5 hrs)

The next day we set up Advance Base Camp. It should take us about four hours to climb over rocky slopes and some snow to high camp. We are set on a small expanse of snow or rock, above a deep, blue lake and close to the mountain.



Day 17 - Summit Lobuche Peak and Back to Base Camp (12-15 hrs)

The next morning we start early for the final summit. We start by climbing an ice ramp towards the south East Ridge, which is a mixture of moderately steep snow and ice. Where necessary, we fix ropes along the route. We ascend steadily to a plateau at around 6000m, and then traverse to an exposed ridge, which we will follow to the summit slopes. After about six hours of steady climbing we reach the far eastern summit, which for us marks our summit. The main summit is not far in distance but requires some technical climbing which is normally beyond the ability of not professional climbers, certainly in terms of the time it would take. From the top, we get excellent views of Ama Dablam, Makalu, Lhotse, Everest, Nuptse, Changtse (in Tibet) Pumori, Gyachung Kang, Cho Oyu and the myriad peaks to the west and south. A short victorious moment is spent at the top and then we climb down to Base Camp for a well-deserved rest. The entire climb to the summit and back to Base Camp will take 12 to 15 hrs.



Day 18 - Extra day for attempting summit in case of bad weather.

Day 19 - Trek to Pangboche (3-4 hrs)

We pack up Base Camp and begin our way back home through an extra ordinarily beautiful valley of Pheriche leaving behind our mountain, Lobuche Peak, behind our back. Stunning views of Cholatse and Taweche can be seen, that towers over us towards the west and massive North West flank of Amadablam right ahead of us. After a break at Pheriche, we continue to descend to a beautiful village of Pangboche. Pangboche is the highest permanent settlement in the Khumbu.

Day 20- Trek to Namche (4-5 hrs)

We begin with a descent to the Khumbu Khola and then a steady climb to the Tyangboche monastery. We will take a long break at Tyangboche giving you opportunity to visit the beautiful moanastary and even enjoy a perfect fika- “Coffee with Chocolate Brownie” with magnificent views of Amadablam. After Tyangboche we climb down to the Dudh Kosi and a steady climb of about 2 hours will bring us to Namche Bazaar.

Day 21 – Trek to Lukla

We will retrace our way back to Lukla.

Day 22- Fly to Kathmandu

Early morning flight to Kathmandu

Day 23 - Free time in Kathmandu

You can spend your free time in Kathmandu for shopping and sightseeing. If you need any help or advise your group leader will be happy to assist you. The last day will be a mixture of sadness of your departure as well as excitement to catch up with your friends and family to tell them about your adventure.

Day 24 - Departure

Please note that once you arrive to your hotel in Kathmandu your Group leader will time to time update you with the timings and description of your activities. On your trek, every evening, after dinner, your Group leader will describe in detail about your next day trek and also advise you regarding which clothes and equipment you need to carry in your day pack for the day.

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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 hours 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 hours 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.

Please note: For 4 to 5 days we will be camping. During this period you will be sleeping in Tents and the food will be cooked and served in the dining tent by our staff



High Altitude

On this trek you will be going up to 6 119m, 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 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.

Cook: Responsible for your food. Hygiene of a high standard is taken into consideration in preparing the food.

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 no other company does. 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 more than 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 6000m) the daytime Max temp can be between 15C to 22C and Min temp can be between -6C to 8C

Dec to end of Feb

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

At higher altitude (3500m to 6000m) the daytime Max temp can be between 8C to 18 C and Min temp can be between -4 C to -22C

Please note that this is just general information and it could vary.

Our Services

- All internal transportation including both way airfares to Lukla and back to Kathmandu with domestic terminal taxes
- 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:** Duffle bag, down jacket, rain poncho and sleeping bag with an inner-liner
- **Use of climbing equipments:** ropes, carabineers, pitons, jumars, ice axe, harness and ascenders and decenders
- All camping and kitchen facilities
- All meals while on trek
- Afternoon tea/coffee service on arrival at the lodge
- Boiled and treated water 2 times a day while in lodges and 4 times a day while camping
- Twin share accommodation in trekking lodges with shared bath and toilet facilities
- All climbing permits and National Park fees
- Staff insurance, tourist service fee and all taxes applicable as per state law

Cooks and Food: On our camping trek, our skilful and hard working cooks prepare three hot meals each day with a very healthy diet of fresh vegetables, cheeses, eggs, and fresh meat as well, tinned fruits, tinned meats and fish (all meats and fish are prepared separately out of respect for the vegetarians in our midst) and a high dose of carbohydrates from breads, rice and pastas. They supply you with unlimited hot-drinks, the key to successful acclimatization. We have weatherproof kitchens and dining tents, with comfortable chairs and tables.

Group Equipments: Hilleberg Saivo 3-men tents for twin share, cooking tent, Hilleberg Atlas dining tent with comfortable tables and chairs, toilet tent, 4 two-way "walkie-talkie" radios and excellent medical kit.

Climbing Equipments: 300 meters of 10 millimetre static "fixing" line, 3 dynamic climbing ropes (8-10 mm, 30-60 meter), 10 meters 6mm rope for sling, locking and standard carabineers, snow stakes (snow-picket), ice axes, jumars, figure 8 descenders, harness, etc.

Please note: the only thing you need to bring for climbing is ice boot and crampons (you can hire them in Namche Bazaar).

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 (3 bottles min 1 litre each, must 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
- Shoes: Light gym shoes or sandals for evenings

Important gears for climbing

- Ice boots/crampons: For climbing. If you don't have them, you can hire them in Namche Bazaar
- Jacket and Pants: Waterproof, preferably Gore-Tex suits
- Glacier goggles: For protection against snow blindness
- Gloves: Mitten and a Gore-Tex one to be worn as combination
- Thick Thermal: Vest and leggings
- Snow gaiters: If your Gore-Tex pants don't have snow-locks

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 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 Lukla flight cancellation

Sometimes due to bad weather Lukla 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 Lukla flight delays, we can arrange for it. You will need to pay about 1000 USD depending on the group size. 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 USD.

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

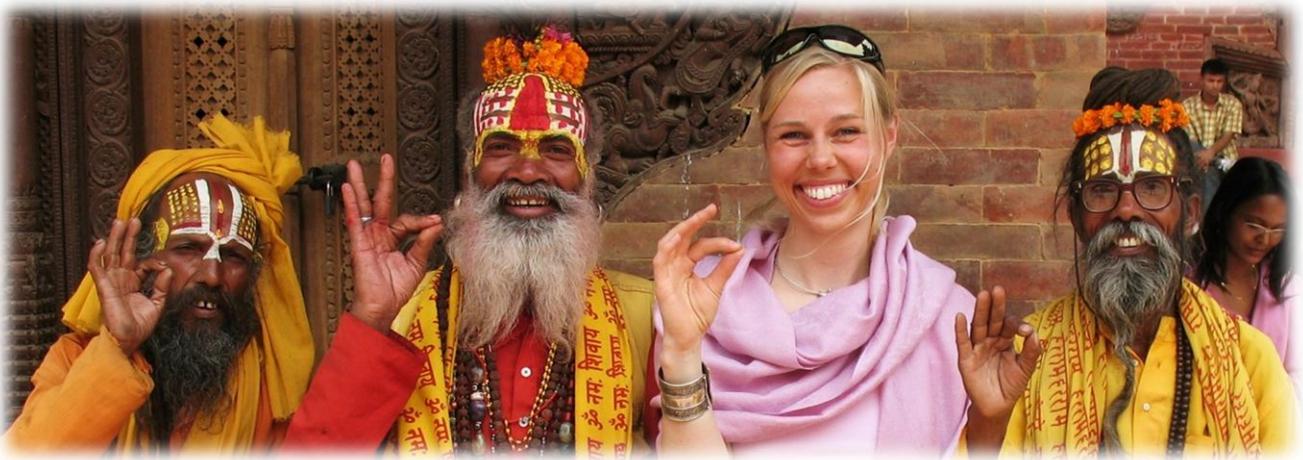
On trek: you will need around 6 to 10 USD per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

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

In Kathmandu: for bellboys, waiters and porters 30 to 50 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff. The recommended amount is 100-125 USD 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

