

17 DAY BUCKET LIST TOUR

# EVEREST BASE CAMP

\$2899

PER  
PERSON  
TWIN  
SHARE

KATHMANDU • NAMCHE BAZAAR • TENGBOCHE

## THE OFFER

Everest. One word is all it takes to conjure images of snow-capped mountain peaks, sherpas skilfully navigating remote mountain pathways, colourful prayer flags floating in the breeze, and incredible vistas that seemingly go on forever. Discover these sights and many more on this incredible 17 day trip to Everest Base Camp.

Pack your spirit of adventure for this once-in-a-lifetime journey through magical Nepal. Take in the highlights of vibrant Kathmandu, including famous Durbar Square and Boudhanath Stupa, and then fly to Lukla to begin an 11 night trek through the wild trails of the mighty Himalayas. Trek to remote villages such as Namche Bazaar, the Sherpa community of Khumjung, Tengboche Monastery, and on to Everest Base Camp. Situated in the Khumbu region of Nepal, Base Camp is a destination in itself, a mecca for hiking from all across the globe. A number of iconic peaks can be viewed along the trek including Mt. Everest (8848m), Mt Lhotse (8516m), Mt. Nuptse (7855m), Mt. Pumori (7161m) and many, many other spectacular Himalayan mountains. Package includes return international flights, four nights hotel accommodation, 11 nights in mountain lodges during the trek, 37 meals including full board during the trek, and more!

STANDARD PACKAGE

\$2899

PREMIUM PACKAGE

\$3399

**Trip  
aDeal**  
Est. 2011

Offer available for a limited time or until sold out. TRIP A DEAL PTY LTD: 50149240433

## 17 DAY BUCKET LIST TOUR | EVEREST BASE CAMP



### THE ITINERARY

#### Day 1 Australia - Kathmandu, Nepal

Today depart Sydney, Melbourne, \*Brisbane, \*Adelaide or \*Perth for Kathmandu! Fly with airlines such as Singapore Airlines, Virgin Australia, Cathay Pacific and Emirates to name a few. Arrive at Kathmandu airport (1345m above sea level), and be met by a tour representative and transferred to hotel.

**Please note:** due to flight scheduling some flights may depart day 0. Affected customers must be at the airport the night before. Flight times will be indicated on your final documentation which you will receive around 6 weeks prior to departure.

**Overnight: Kathmandu (Standard or Premium Hotel Option)**  
**Meals included: In-Flight**

#### Day 2 Full day Sightseeing Tour Kathmandu Valley

After breakfast, enjoy a full day sightseeing tour in Kathmandu. The tour includes a visit to Kathmandu Durbar Square, Monkey Temple, Pashupatinath Temple and Boudhanath Stupa. In the afternoon, return to the hotel where you will have some free time to shop for any trekking gear (in the Thamel area) you need.

**Overnight: Kathmandu (Standard or Premium Hotel Option)**  
**Meals included: Breakfast**

#### Day 3 Kathmandu - Lukla (2886m), Trek to Phakding (2610m) – approx. 4 hours

After an early breakfast at the hotel in Kathmandu, transfer to Kathmandu Airport (or Manthali Airport) for an early morning scenic flight (approx. 35 minutes) to the small mountain airport of Lukla. After arriving in Lukla, your trekking guide will

introduce you to the porters who will assist with carrying your luggage throughout the trek. Afterwards, the trekking will begin, following the mountainside on the left bank of the Dudh Koshi river. Today's trekking is easy and takes about 3-4 hours to reach Phakding where you will spend the night.

*Please note: Due to dramatic increases in traffic congestion at TIA (Tribhuvan International Airport - Kathmandu) and increasing number of Lukla flights from TIA, an arrangement has been made to operate most Lukla flights from Manthali Airport in Ramechhap instead of TIA during the 2020 peak hiking season. This is an ongoing agreement between the Civil Aviation Association of Nepal (CAAN) and the airlines operating flights to Lukla. If your flight is affected, you will be required to rise early this morning (approx. 2-3am) to travel to Manthali Airport to catch an early morning flight to Lukla in time to start the trek. Breakfast will still be provided along the trip. The travel time to Manthali Airport from Kathmandu is about 4-5 hours depending on traffic, this is why the early start is required.*

**Overnight: Mountain Lodge**  
**Meals included: Breakfast;Lunch;Dinner**

#### Day 4 Trek from Phakding to Namche Bazaar (3440 m) – approx. 6 hours

After having breakfast at the lodge, start trekking toward Namche Bazaar. The trek follows the Dudh Koshi River which you will cross a few times before stopping in Jorsale for lunch. After lunch, continue through the pines for a few hours before the spectacular views of Namche Bazaar appear ahead. Namche Bazaar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Dudh Koshi. The village is a central hub of the area. Food, drinks and

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### THE ITINERARY

even mountain climbing equipment may be purchased here.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 5 Rest day - Namche Bazaar (3440 m)

The Namche Bazaar is tucked away between two ridges, amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops - not to mention a magnificent outlook. It is an ideal place to spend a rest day for acclimatising to the high altitude before heading towards Everest Base Camp. Today to assist in the acclimatisation, you will walk up to Khumjung Village through Everest View Hotel in Syangboche to see a stunning view of the Himalayas including Mt. Everest. The Khumjung is densely populated by the Sherpa community and there is an old monastery which you will visit before returning to the lodge in Namche Bazaar.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 6 Trek from Namche Bazaar to Tengboche (3867m) - approx. 5 hours

This morning's trekking offers excellent panorama views of Thamserku, Kantega, and Kusum Kangrib. After walking a few hours along relatively flat zigzagging paths, we descend to the river and arrive at Phunki Tenga. Afterwards climb through Rhododendron Forest to the Tengboche Monastery. Situated at 3,867m, the monastery is the largest gumpa in the Khumbu region of Nepal. Check into the lodge and spend the afternoon looking around the Monastery/area or at leisure.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 7 Trek from Tengboche to Dingboche (4260m) - approx. 5 hours

Begin today's trekking by descending through Rhododendron Forest to the Imja Khola River where you will cross an exciting suspension bridge. Pass by a long Mani stone wall to enter the village of Pangboche before continuing through summer pastures to Dingboche village. Check into the lodge and enjoy your evening at leisure.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 8 Rest day at Dingboche (4260 m) for acclimatisation

An important acclimatisation/rest day today with a casual walk where you will witness the breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak. The walk is short with a good chance to relax in the afternoon.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 9 Trek from Dingboche to Lobuche (4930 m) - approx. 5 hours

From Dingboche, ascend the small ridge above the Pheriche valley. From the stupa at the top, Taweche and Cholatse (6440m) make for a pretty striking scene; they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La are the kings of the skyline. The walking will now be fairly flat on wide-open fields. Late in the morning you will cross the Khumbu Khola at Dughla and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest.

In the afternoon, there will be a solid and quite steep climb

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### THE ITINERARY

on a rocky trail to the top of the moraines. On the crest of the ridge, you'll pass a line of memorial cairns (stacks of stones), built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last fifty or so years. From here the view is downright spectacular once again, with Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m) surrounding you. Then follow the valley stream to the lodge at Lobuche, arriving early afternoon.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 10 Trek from Lobuche to Everest Base Camp via Gorak Shep – approx. 6-7 hours

The day you've been waiting for – the legendary Everest Base Camp. From Lobuche, follow the broad valley that runs parallel to Khumbu Glacier. When you reach the moraines of Changri Nup Glacier, you will make a series of small ascents and descents over a rocky trail lined with cairns that eventually leads to the surprising glacial sands of Gorak Shep (5160m) – reached after about three hours of walking. Here you have lunch and leave all your belongings at the lodge where you'll stay tonight.

Now's the time to head to Everest Base Camp! The trek to base camp takes around three hours. From base camp you won't get views of Mount Everest, however you will be able to see glaciers, caves, lakes and what's regarded as technically the most dangerous and hardest section to climb Everest, the Everest Ice Fall that flows from the Western Cwm. Trek back to the lodge in Gorak Shep for an early night - tomorrow morning is one to remember.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 11 Trek from Gorak Shep to Kala Patthar (5545m) to Pheriche (4243m) – approx. 7 hours

Rise early this morning to avoid the morning clouds as we climb to Kala Patthar peak (5545m.) to witness the best views of Everest. These panoramic views of Mt. Everest at sunrise are truly incredible. You will also be able to see a number of iconic Himalayan mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more.

The ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It's a tough walk because of the altitude, but the view from the top will surpass your wildest imagination. Hike back around one hour to Gorak Shep to enjoy breakfast, pack your bags and set off to Lobuche and Thugla, where you will stop for lunch. Then you'll cross the Khumbu Khola and head down the valley below Cholatse to Pheriche, where you will stop for the night. Today is a tough walking day however it's all downhill from here.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### Day 12 Trek from Pheriche to Namche Bazaar (3441 meters) – approx. 6 hours

After having breakfast at the lodge, start trekking back towards Namche Bazaar. Today's trekking is at an easier descent passing through Rhododendron Forest before reaching Tengboche for lunch. Tengboche is a small village with a famous monastery offering you the splendid view of Ama Dablam, green hills and river views. After lunch trek back to

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### THE ITINERARY

Namche to spend the night at the lodge.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### **Day 13 Trek from Namche Bazaar to Lukla (2886 m) – approx. 6 hours**

Leaving Namche, descend through the forest towards the Dudh Kosi for our last day of the trek, and continue the return journey re-crossing the river a number of times. Retracing your steps along the valley, pass through a variety of settlements and forests before a gentle 45-minute climb to Lukla. Savour the final mountain sunset of the trek as you complete this exhilarating journey of the highest mountain range in the world. Tonight is a great chance to enjoy a few celebratory drinks with the rest of the crew before flying back to Kathmandu in the morning.

**Overnight: Mountain Lodge**

**Meals included: Breakfast;Lunch;Dinner**

#### **Day 14 Lukla - Kathmandu**

Have an early breakfast before walking to Lukla Airport to board the flight back to Kathmandu. Transfer to the hotel and spend the rest of the day at leisure.

*Please note: If your flight on Day 3 was from Manthali Airport, your return flight will be to the same destination. Upon arrival you will be transferred back to Kathmandu by bus.*

**Overnight: Kathmandu (Standard or Premium Hotel Option)**

**Meals included: Breakfast**

#### **Day 15 Leisure day in Kathmandu**

Today is yours to spend at leisure in the beautiful city of Kathmandu.

**Overnight: Kathmandu (Standard or Premium Hotel Option)**

**Meals included: Breakfast**

#### **Day 16 Nepal - Australia**

Today transfer to the airport for your flight back to Australia after ticking off a truly spectacular bucket-list experience.

**Meals included: Breakfast;In-Flight**

#### **Day 17 Arrive Australia**

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# TOUR INCLUSIONS

## HIGHLIGHTS

- Witness the wild beauty of Mt. Everest in person
- Trek through some of earth's most scenic landscapes
- View the sunrise over Mt. Everest and other impressive peaks at Kala Patthar
- Experience the sherpa culture in several mountain villages
- Discover the highlights of Kathmandu on a city tour
- Enjoy a full day at leisure in Kathmandu
- Witness the Khumbu Glacier that flows off Mt. Everest
- See ancient carvings on Mani stone walls throughout the trek
- Enjoy a chance to spot wildlife such as deers, leopards, jackals and mountain Thar
- See the Tengboche Monastery, the largest gompa in the Khumbu region of Nepal
- Enjoy a rest day in Namche Bazaar, gateway to Everest
- Visit the Everest View Hotel, the highest altitude hotel in the world

## FLIGHTS

- Return international flights (economy class) ex SYD/MEL/\*BNE/\*ADL/\*PER
- Return domestic flights: Kathmandu (or Manthali) to Lukla

## ACCOMMODATION

- 4 nights quality hotel accommodation (Standard or Premium Option)
- 11 nights in mountain lodges on the trek

## DINING

- Enjoy 37 meals including full board during the trek

## TOUR ESSENTIALS

- Professionally trained English speaking mountain guide and porter
- Assistance with carrying of luggage throughout the trek
- All ground transportation as per itinerary
- All National Park entry fees and TIMS permit
- Sleeping bag and down jacket for the trek

## TRANSPORT

- Transport by air-conditioned vehicles

## TRANSFERS

- Return airport transfers

# IMPORTANT INFORMATION

\*Please note: All information provided in this brochure is subject to both change and availability. Prior to purchase please check the current deal for up-to-date information. If you have already purchased this deal, the terms and conditions on your Purchase Confirmation apply and take precedence over the information in this brochure.

## BOOKING INFORMATION

After purchase, you will receive a receipt and a Purchase Confirmation, directing you to an online Passenger Information Form. The Passenger Information Form must be completed within 72 hours of purchase.

Any special requests, preferences and optional extras MUST be clearly stated in your Passenger Information Form.

Any change requested after submitting your Passenger Information Form cannot be guaranteed, is strictly subject to availability and will incur surcharges as outlined in the Schedule of Fees below.

On purchasing this Travel Offer you are bound by the General Terms and Conditions, in addition to the specific terms and conditions outlined in this Important Information.

*Please note: all additional charges are payable direct to your Travel Consultant in AUD (unless otherwise stated).*

## OFFER ESSENTIALS

Travel offer is valid for travel on selected dates until the 6th of December 2022.

This travel offer is priced for one person based on twin share.

## Single Traveller Supplement

For solo travellers a mandatory single supplement applies:

- Standard Package \$330
- Premium Package \$660

*Please note: This single supplement guarantees you will have a single room in the city of Kathmandu, however due to the remoteness and limited availability of mountain lodges, you may be required to*

*share a room with a fellow trekker of the same gender in certain lodges throughout the trek.*

## Departure Dates

Please see the TripADeal website for current departure dates.

## Surcharges

*Please note:*

*- dates/months with a \* incur a flight high season surcharge of \$250 per person.*

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## Departure Cities

Sydney, Melbourne, \*Brisbane, \*Adelaide or \*Perth

## Interstate Surcharges

\*Brisbane, \*Adelaide & \*Perth: \$150 per person

## FLIGHTS

### Full Service Airline(s) Used

Singapore Airlines, Malaysia Airlines, Cathay Pacific, Emirates, Virgin Australia, Malindo Air, Korean Airlines, Japan Airlines, China Southern Airlines, China Airlines, China Eastern Airlines, Bangkok Airways plus any codeshare partners (subject to availability)

### Arrive early in Kathmandu, Nepal

\$200 per person, subject to availability

*Please note:*

- This fee does not include extra nights accommodation, meals or airport transfers.
- No flight booking changes or cancellations permitted after air tickets have been issued.
- Flight changes are subject to availability at the time of booking.
- Blackout Dates:
  - \* 10 December 2020 - 20 January 2021
  - \* 11 February 2021 - 17 February 2021
  - \* 31 March 2021 - 18 April 2021

\* 26 June 2021 - 18 July 2021

\* 17 September 2021 - 11 October 2021

\* 1 November 2021 - 7 November 2021

\* 6 December 2021 - 6 February 2022

\* 30 March 2022 - 28 April 2022

\* 23 June 2022 - 23 July 2022

\* 15 September 2022 - 15 October 2022

\* 23 October 2022 - 27 October 2022

\* 8 December 2022 - 28 January 2023

## Stay behind in Kathmandu, Nepal

\$200 per person, subject to availability

*Please note:*

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  - \* 17 September 2021 - 11 October 2021
  - \* 1 November 2021 - 7 November 2021
  - \* 6 December 2021 - 6 February 2022
  - \* 30 March 2022 - 28 April 2022
  - \* 23 June 2022 - 23 July 2022
  - \* 15 September 2022 - 15 October 2022
  - \* 23 October 2022 - 27 October 2022
  - \* 8 December 2022 - 28 January 2023

## Stopover Packages

Not Available

## Flight Class Upgrades

- Premium Economy: Not available
- Business Class (Australia - Kathmandu): \$4899 per person



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## *Please note:*

- All Premium Economy and Business Class upgrades are subject to availability (if we are not able to fulfill your business class request the upgrade cost will be refunded).
- On any upgrade purchase, short haul flights and domestic flight sectors are not guaranteed in a Premium or Business cabin; subject to aircraft configuration.

## ACCOMMODATION

### Accommodation Used

#### Standard Package

Trekking: Mountain lodges

3 Star Hotel (self-rated): Kathmandu - Hotel Moonlight or similar

#### Premium Package

Trekking: Mountain lodges

4 star Hotel (self rated): Kathmandu Yatri Suite & Spa or similar

## *Please note:*

- All lodges have beds with linen and indoor bathrooms. Hot water is available on request. A hot shower is an additional cost of approx \$2.50 - \$5AUD at the Mountain Lodges. Please note some lodges do not provide towels so packing a towel is necessary.
- Accommodation/rooms offered are based on a lead-in room type, and are subject to availability based on seasonality. Properties will be confirmed, no later than two weeks prior to travel. 3-5 star hotels will be used in cities and on the trek locally owned comfortable lodges will be used. As the lodges are locally owned the money goes back into the local community - giving back to people of Nepal.

## Extra Nights

Kathmandu - 3 Star option (Pre/Post Tour): \$95 per room.

Kathmandu - 5 Star option (Pre/Post Tour): \$205 per room.

*Please note: extra nights are based on room only and subject to availability until the time of booking. Airport transfers are not included if you wish to arrive early or stay behind.*

## Maximum Room Capacity

3 People (subject to availability).

## Child Policy

- No child discounts. Full price applies for all children travelling with their parents.
- Valid for Children 12 years old and over.

*Please note: Children must be accompanied by a responsible adult 18 years old and over to travel. No unaccompanied minors allowed.*

## Triple Share

No discounts apply for 3rd person travelling. Full price applies, subject to availability.

*Please note: Triple shares may be required to share existing bedding.*

## Bedding Configuration

Twin or Double (subject to availability).

## Adjoining / Interconnecting Rooms

Subject to availability and at the hotels discretion. Please enquire on booking if you require this option.

## GENERAL TOUR INFORMATION

Minimum group size 2, maximum group size 14 per vehicle.

## EXCLUSIONS

- Visa fees and requirements (A visa for Nepal is a strict requirement if travelling on an Australian passport)
- Meals/beverages not stated in the itinerary
- \*Bottled water will be available to purchase during the trek (approx \$0.80 to \$2)
- Recommended gratuities/tipping (see gratuities section below)

- Optional activities/tours
- Monument entrance fees (Kathmandu City Tour): Approx. \$25USD (approx. \$35 AUD)
- Personal expenses
- Travel insurance (Mandatory)

*Please note: A comprehensive travel Insurance policy must be organised BEFORE all details can be finalised.*

## OTHER IMPORTANT INFORMATION

### TOUR GUIDE VS. TOUR LEADER

#### Tour Guide:

Often locals with intimate knowledge of an area, its culture, and history. Their role entails providing commentary, routing the tour, and seeing that people have a good time. They are a licensed, qualified expert who supplies specific information on history, art, architecture and culture of the city/village/attraction in which he or she is guiding the tour. The guide meets the group at the required place and leaves the group at the end of the tour, they do not travel with the group.

#### Tour Leader:

An experienced person tasked with ensuring the smooth operation of tours, as well as providing practical support to passengers throughout the whole trip. Their role primarily includes assisting with accommodation, transportation between locations, and communication with tour guides in each stop. A tour leader may provide general guidance around a city or village, and offer information on the place visited on the bus, however they are not required to have specific knowledge on art, architecture, or history. They are not allowed to provide a guided tour or commentary of a city/village/attraction once there and if caught doing so, can be fined.

*Please note: Tour leaders/guides are not a standard inclusion in all travel offers. Tour leaders/guides will only be made available when particularly required to enhance the*



# IMPORTANT INFORMATION

*experience of the destination featured.*

## CLIMATE & AVERAGE TEMPERATURES

The best time to visit Nepal is during Spring and Autumn, however, Nepal can be visited the whole year round. There is no seasonal constraint on traveling in and through Nepal. Even in December and January, when winter is at its severest, there are compensating bright sun and brilliant views.

## FLIGHTS

### Seat Selection & Frequent Flyer Points:

At TripADeal we do not arrange seat selection. It is important to highlight that some Airlines do not allow pre-selected seats. We strongly suggest you contact the Airline directly with seating allocation requirements and or arrive at the airport earlier to arrange your seating. While we do not add frequent flyer member details to bookings, you can do this directly with the Airline once you have your flight information.

### Passport Validity:

Customers are required to provide valid passport details either at the time of purchase, or no later than 45 days prior to departure date. Failure to do so may result in cancellation of the booking. In this instance customers will be responsible for any costs and fees incurred.

## COACH TOUR

### Meals:

37 meals are included in the tour, for all other meals; lunches and dinners the tour leader (when available) will offer assistance with reservations, suggestions and directions to local restaurants. It is your responsibility to notify TripADeal of any dietary requests/requirements.

Please note: we will do our best to meet your requests/requirements, however cannot guarantee that we will always be able to.

### Luggage:

You will be responsible for all your personal belongings whilst on the tour. With regards to luggage, you must carry your own luggage from the coach to the hotel room and back to the coach. The driver will assist with the uploading and off-loading of the luggage from the coach.

### Luggage/Backpack on Everest Base Camp Trek:

Your main luggage will be carried by porters on trek and you simply carry a daypack with a water bottle, camera, sunscreen, spare jacket etc during the trek, as small loads allows for full enjoyment of the trek. A trek bag is ideal for your main luggage, plus a small lockable bag for travel clothes or anything that you do not need during the trek which you can leave at hotel's locker room/safe deposit box in Kathmandu free of charge. Weight allowance for Nepal's domestic airlines is 15 Kg including your hand bag; excess weight is chargeable at USD 1 or more which is payable on our tour. A porter is provided for each 2 trekkers and a porter can carry about 20 Kg (10 Kg from each trekker).

## OTHER

### Fitness Level Required / Mobility:

Our vehicles are not equipped with wheelchair access, so unfortunately our tours are currently not suitable for wheelchair users and those less mobile.

*Please note: a moderate-strong level of fitness will be required with daily trekking from between 3 hours to 8 hours. You will reach an altitude of 5,545m above sea level. If you have any concerns please consult your healthcare provider prior to purchase/travel.*

## Electricity and battery charges on trek:

Electricity is available in some of the villages on the Everest base camp trek where you can re-charge your camera batteries, and there is solar power in some villages that you will trek through. We suggest you bring spare batteries, and be prepared to pay a small fee to charge electronic items.

## Flight Delay in Kathmandu and Lukla:

The Twin Otter Plane is the only of transport to and from Lukla for this tour. Occasionally, flights to and from Lukla may be cancelled due to unpredictable mountain weather conditions. We have kept one extra free day at the end of the tour to use in the case of a flight delay or cancellation. If the flights are cancelled for 2 or more days, we will charter a helicopter to ensure you are on scheduled flight to your home or other destination. The cost of this extra service is payable directly to our office in Kathmandu in US cash, or credit cards (Visa Cards, Master Cards only). A receipt of payment will be provided from which you can claim from your insurance. The minimum cost will be US\$500 and maximum US\$3500 depending on the number of people.

## Insurance/Rescue/Evacuation:

In case of a serious sickness or injury while you are on Everest base camp trek, we will do everything to transfer you to the nearest hospital. You will be entirely liable for all the expenses incurred in the evacuation/rescue, so, please make sure that these expenses are covered by your insurance policy before departure.

## Suggested Packing List:

### General

- Four seasons Sleeping bag (Optional) [One can be provided if required, to be returned after the trek]
- Duffel or Rucksack bag to keep your



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all the gear and this will be carried by the porters.

- Daypack for yourself
- A down Jacket (alternatively these can be hired and returned at the end of the trek free of charge)
- Shade hat
- Warm wool hat to cover your ears
- A pair of light-weight warm gloves
- T-shirts 2-3 pieces
- Light weight thermal tops
- Fleece jacket
- Wind-Stopper jacket (optional)
- A pair of quick-drying nylon hiking shorts
- Two pairs trekking pants, preferably that zip on/off at the knees so they double as shorts
- Four pairs of liner warm socks
- A pair of light to medium weight water proof hiking/trekking boots
- A pair light trekking shoes for camp/ lodges
- A pair of sandals (optional)
- A water bottle
- Head/torch Light
- A medium size towel
- Walking poles (optional)

## Medicines and First Aid Kits

We recommend consulting your local Medical GP regarding any medication suggestions to take for these regions.

## Miscellaneous But Important

- Passport and extra passport photos (4 copies) - these extra passport photos are necessary to obtain the trekking permits.
- Durable wallet / pouch for travel documents, money & passport.
- Lip balm. At least SPF 20, 2 sticks.
- Sun cream with SPF 40 is recommended
- Pocket knife.
- Water purification Iodine tablets
- Toiletry kit and be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

## Yellow Fever:

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home. It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

## Gratuities / Tipping:

Gratuities (tips) are not included in the tour price for services of the tour leader (when available) and driver throughout the tour. The recommended tip is \$5 per person for the city guided tour and \$10 per person per day for each day on the trek. This will amount to a total of \$120AUD for the trek which will cover your guide and porter.

## Sightseeing:

*Please note: In the event entrance to a site is affected by changes in operating hours or public holiday closures, your itinerary will be adjusted to ensure you do not miss out on the experience.*

## Shopping:

Shopping overseas can be a daunting and confusing experience, especially when there is a language barrier. Please be very cautious when foreign currencies and prices are involved. If paying by credit card, please pay close attention to the amount you are being charged and keep all of your receipts.

Do not make any purchases you are not comfortable with or feel pressured into. If you are uncertain or need assistance with the language barrier, please seek assistance from your Tour Guide/Leader.

Please refer to our Terms and Conditions

in regards to shopping for further information.

## VISAS

A Tourist Visa for Nepal is required if travelling on an Australian Passport. This can be arranged on arrival for approximately \$50 USD, valid for 30 days. Visas must be arranged in USD currency at the border with 2 passport sized photos.

*Please note: Passengers who are not Australian citizens must check with the respective consulate or visa agency to determine what their visa requirements are and what personal identification is required. It is also important to note, some areas of employment such as journalism, government authorities and charity organisations may have additional restrictions in applying for Visas. This may in turn affect the type of application required.*

## INSURANCE

We are proud to offer a range of travel insurance products - please ask your Travel Consultant for more information.

## SCHEDULE OF FEES

### Voluntary Changes

This includes booking changes requested by you, including but not limited to those changes requiring an airline ticket or a Purchase Confirmation reissue.

- 1st Change - \$100.00 per person + any additional charges applied by the airline/cruise company/accommodation/ other travel provider.
- 2nd Change - \$150.00 per person + any additional charges applied by the airline/cruise company/accommodation/ other travel provider.
- Subsequent changes - \$250.00 per person + any additional charges applied by the airline/cruise company/accommodation/ other travel provider.
- Changes within 30 days of departure

