



Bhandar to Everest Base Camp Trekking - 16 Days



Trip Facts

Destination	Nepal
Duration	16 Days
Group Size	2-12
Trip Code	DWTK13
Grade	Moderate
Activity	Everest Treks
Region	Everest Region
Max. Altitude	5,555m at Kalapatthar
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	Breakfast in Ktm and all meals during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight (KTM-Lukla-KTM) and private vehicle (Transportation)

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

About the Trip

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  Classical footstep journey used by Edmund Hillary and Tenzing Norgay Sherpa
-  Unexplored lower valley of Khumbu region
-  Yak farm and Cheese
-  Best practice for Aititude Sickness prevention
-  Suitable for all aged group
-  Shimming views of mountains above (8,000m) including world's highest Mount Everest (8,848m)

What is Included?

- ✔ Kathmandu- Bhandar by Local Bus.
- ✔ Lukla-Kathmandu flight and airport departure taxes.
- ✔ Tea House/ Lodge accommodation including meals Breakfast, Lunch and Dinner during trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (4 trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1porter).
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Sagarmatha National Park entry fee.
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ All Government and Local Taxes.
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ All government, Local taxes and official Expenses
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

What is Excluded?

- ⊖ International Flight.
- ⊖ Excess baggage charges.
- ⊖ Accommodation and Meal (Breakfast, Lunch and Dinner) in Kathmandu.
- ⊖ Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ⊖ Personal nature of expenses such as laundry, telephone call, battery recharge, shopping, laundry, extra porters, beverages etc.
- ⊖ Personal clothing and gear
- ⊖ Travel insurance
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.

Overview

This classical legendary foothill followed by the Edmund Hillary and Tenzing Norgay Sherpa during their expedition to the mighty Everest in 1953 offers immense opportunity to experience the greatest attraction mix of outdoor adventure and cultural exploration in Khumbu region through the grandest hiking in the land of the Himalayas. This area is the home to Mount Everest (8,848m) - world's highest mountain in the world, along with other three of the world's six tallest mountains Lhotse, Cho Oyu and Makalu- towering on top of everything else. In addition to visiting Sagarmatha National Park- world heritage site, famous highest altitude Buddhist Tengboche Monastery in the world, Pristine blue Gokyo lake, Gokyo Ri, Ngojumba Glacier, Khumbu Glacier and icefall, to leave footprint at Kalapatthar and Everest Base Camp – an ultimate goal for every adventure lovers to achieve.

Growing numbers of travelers have made their adventure destination to Everest on the top list of their visit for the journey once of life time. As turning of dream into accomplishment of Everest Base camp trekking nowadays is easy enough and achievable through the well formed trekking routes in comparison to the time whenever it was used by Edmund Hillary and Tenzing Norgay Sherpa – which was just a mere of dream for keen trekkers.

Taking the classic footpath of Hillary and Tenzing to the most iconic base camp of Everest, the highest Mountain on the earth, we start our trek from Jiri with scenic drive from Kathmandu, we explore unexplored lower Khumbu valley through remote but beautifully decorated dense Rhododendron flower into off the beaten trail. Passing the confluence Dudha Koshi and Bhothe Koshi River through suspension bridge, we reach to the popular Sherpa settlement of Namche – gateway to Everest Trekking and Expedition. Spending extra day here provides the time for proper body adjustable with high altitude environment, discovers the Buddhist monasteries, museum, world's highest hotel and airport around the Khumjung and have a first glance on encircled spectacular towering peaks of Thamserku, Amadablam and many more peaks. After Namche, walking becomes more enjoyable with following yak route, stunning peaks get nearer as we hike up just feel like welcoming us with white snow smile. Visiting Tengboche monastery at the top with mesmerizing Himalayas all around, known to be the biggest and important monastery in Khumbu area, gives us strong sense of excitement and realization of trek worth continuing. Trek climbs up to the highest point at Kalapatthar to stand face to face with Mount Everest (8,848m) – world's highest mountain and see other the most impressive daunting mountains very close up. We cross the Cho La Pass for breathtaking view of Mount Everest and visit Everest Base camp to observe renowned shimmering Khumbu icefall route used by the Everest expedition. We complete our Jiri to Everest base camp trek package at Lukla with spending some nights on the different routes. 35 minutes flight from Lukla takes us to land at Kathmandu.

In conclusion, reaching to base camp of Everest is more than just a trekking and mountains. 21 days Jiri to Everest base camp trek itinerary indeed is a plenty time consuming adventure trek designed for all aged group trekkers aiming to discover unspoiled natural beauty of lower Khumbu valley and avoid the problem of flight delay and risk of altitude sickness at great extent. Our [14 days Everest Base Camp trek](#) will be perfect for those who wish to accomplish trek in short timing period. Our [20 days Everest High Pass Trekking](#) will be a great choice if trekkers desire to do challenging trek in Everest.

Day to Day Itinerary

Day 1

Drive to Bhandar (2195 m/ 7200 ft) through Shivalaya (1,775 m/5,805 ft) - 5 hrs

We start our scenic drive after an early morning breakfast, traveling by express local bus out of the valley and through picturesque landscape. The beautiful scenery along the way includes rivers, terraced fields, villages and on clear days, sights of the snowy mountains including Gauri-Shankar (7,150 m / 23,459 ft). At about the halfway mark, we will have a lunch break a little over half way and then finally reach Jiri, a large town with a market area to explore.



Overnight at Lodge" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 2

Trek to Sete (2,650 m/8,690 ft) 6-7 Hours

After a nourishing breakfast, we inaugurate our first steps on the trail. The route follows along a pleasantly level trailout of Jiri before ascending through a peaceful forest and crossing a ridge with glimpse of the snowy peaks far ahead. The route then descends through a forest of pine and rural a farmland. We eventually reach Shivalaya a settlement named as the home of Hindu deity Shiva. From here we make another steep climb through lush jungle to reach the ridge top lodges of Deorali with a series of mani walls. The trail then descends through remote terrain to Bhandar with a monastery and Buddhist shrines. Overnight in Lodge.(B,L,D)



Overnight at Lodge" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 3

Trek to Junbesi via the Lamjura Pass (2675 m/8,780 ft) - 6-7 Hours

Today will be a bit of a long, challenging day as we climb to traverse a high pass and then descend through remote territory. We will have marvelous views along the way of the scenic landscapes with views of the snowy peaks. The high pass, Lamjura La (3,530m / 11,583 ft) will actually be the highest point of our trek until we reach Namche in about a week. On the other side, the remote route passes through majestic fir and rhododendron forest and then some smaller villages before reaching the large settlement of Junbesi. The majority of residents here are Sherpa people. This charming village has a lot to explore including several Buddhist monasteries in the vicinity.



Overnight at Lodge" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 4

Trek to Nunthala (2,430 m/ 7,975 ft) - 6-7 Hours

If the weather is clear today, then we might have a peek at Everest, the world's highest peak from along the trail! We head out of Junbesi through scenic forested territory where at one point rounding a ridge, Everest can be spotted. We then cross the valley to the idyllic settlement of Ringmo and from there climb through a serene forest to another pass, the Takshindo La. The trail then drops down and passes a large monastery on the way to Nunthala. Here, we will register our permits at the check post. Overnight at Lodge.(B,L,D)



Overnight at Lodge" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 5

Trek to Kharikhola - (2,315 m/7,555 ft) 5-6 Hours

From Nunthala, the trail descends down through farmland and forest to cross the DudhKosi or Milk River. This scenic river will be followed northward to Namche. We begin heading upriver on the other side. Following north we pass more rural settlements and their nearby fields. We then make a steady ascend to the large spread out settlement of Kharikhola in a pleasant side-valley. This scenic village has a monastery to explore and a lively bazaar at its lower end.



Overnight at Lodge with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 6

Puiyan to Phakding (2,615 m / 8,575 ft) 5-6 Hours

We contour from Puiyan up and over a ridge to follow again up the DudhKosi valley. Along the way, glimpses of the snowy peaks ahead can be an inspiring sight to behold. We drop into the small settlement of Sukhe with a few lodges in a gorge. Not long after, a side trail departs to the airport town of Lukla. We avoid the detour and continue up the valley to Chaurikharka where we meet the usual route from Lukla for trekkers who flew in and the route we will be taking to Lukla on the return journey. The trail will become noticeably busier from this point on compared to our trek up to this point from Jiri. From Chaurikharka, it is a pleasant hike through magnificent landscape to Phakding.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 7

Trek to Namche Bazaar (3440 m/11,285 ft) - 6 hrs

Today we have our first full day on the trail as we trek north up the DudhKoshi river valley. We pass the Sagarmatha National Park check post and will have our permits registered before continuing on with glimpses of the big peaks along the way, including Everest! We cross a high suspension bridge and then make a challenging climb through dense forest to arrive at Namche Bazaar a town with set in an arena with beautiful peaks looking in. The market area is a lively scene with much to explore as well as a nearby monastery.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 8

Rest Day to Relax and Acclimatize at Namche Bazaar

Today, we will take a day of rest from our onward and upward journey. This day we will enjoy nature's surroundings of mountain views and majestic landscape. Additionally, we have an optional hike planned for people who wish to explore the Sagarmatha National Park visitor center and a spectacular hike to Khunde and Khumjung, Sherpa settlements an hour from Namche with a yak farm along the way. Additionally, we visit a famous hotel with astonishing views of Everest and more.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 9

Trek to Tengboche(3,855 m/12,850 feet) - 5 Hours

We are back to trekking to base camp today as we begin with a climb out of Namche. We round a bend and on clear days we have views of Everest and the surrounding peaks. On this remote part of the trail, trekkers often have spotted

the local wildlife. Eventually, the trail drops down to cross the DudhKoshi River and then makes a rigorous ascent through pine forests to the monastery of Tengboche in a meadow with surrounding lodges. The peak known as Ama-Dablam is especially beautiful from here.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 10

Trek to Dingboche(4,360 m / 14,290 feet) - 5 Hours

After an optional visit for morning prayers at the monastery, we make our way down from the meadow and through some serene landscape of dense forests. We pass another monastery and then cross the river as we continue to Pangboche. The trailside shrines guide the way. The terrain becomes more arid and barren as we rise above the plant life. We have continued astonishing views on the way to Dingboche in an open valley.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 11

Trek to Lobuche(4,930 m / 16,175 ft)- 5 Hours

Today our trek will be filled with great mountain views nearly the whole trek. The route begins with a short uphill near a ridge top shrine and then we follow up the wide valley to a crossing of the glacial moraine and a small collection of lodges. Again we climb and have stupendous views as we gain elevation. From a pass where memorials have been erected to climbers who passed away in this region, we have a pleasant hike to Lobuche. This large settlement has many shops and hotels in a magnificent setting.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 12

Trek to Everest Base Camp and back to GorakShep(5,185 m , 17,010 ft)- 6-8 Hours

Today is a long awaited and rewarding day. From Lobuche, we follow the glacial moraine up and the views keep on getting better. Eventually we rise to the lodges of GorakShep our overnight point for today, but other than to leave our gear in our rooms and enjoy a lunch, we continue on to base camp. The terrain on the way to Everest Base Camp is otherworldly. Finally we reach the ultimate destination of this trek and we are as close as possible to the world's highest peak without being a climber. Savor the moment and our congratulations at the effort it took to make it here! We take in the views including the renowned Khumbu Icefall. After some time we head back to GorakShep for the evening. It's been a wonderful day after all!



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 13

Hike to Kala Patthar viewpoint and then Trek GorakShep to Pheriche(4,250m / 13,945 feet) –5 hrs

We wake up early today and enjoy a hot drink before a pre- dawn climb to the famous Kala Patthar viewpoint at 5550 m(18,208 ft). From Kala Patthar we can witness a marvelous sunrise on Mt. Everest and the surrounding peaks. After savoring the panorama, we trek return to Gorakshep for breakfast and to pick up our gear. We then descend back down the beautiful valley to Pheriche.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 14

Trek to Namche Bazaar (3440 m/11,285 ft) – 6-7 hrs

After breakfast we have a long day filled with mesmerizing views. We make a return journey to Tengboche and then drop down to cross the DudhKosi and climb and contour for a return to the town of Namche.



Overnight at Lodge room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 15

Trek to Lukla (2850 m/9,350 ft) – 6-7 hrs

This will be our last day on the trekking trails and it will be a long but rewarding day as we make a return down the DudhKosi valley. From this direction the views will be entirely different. Eventually, we reach the large town of Lukla with airport where tomorrow we will have a flight back to Kathmandu.



Overnight at Lodge room with attached bathroom.



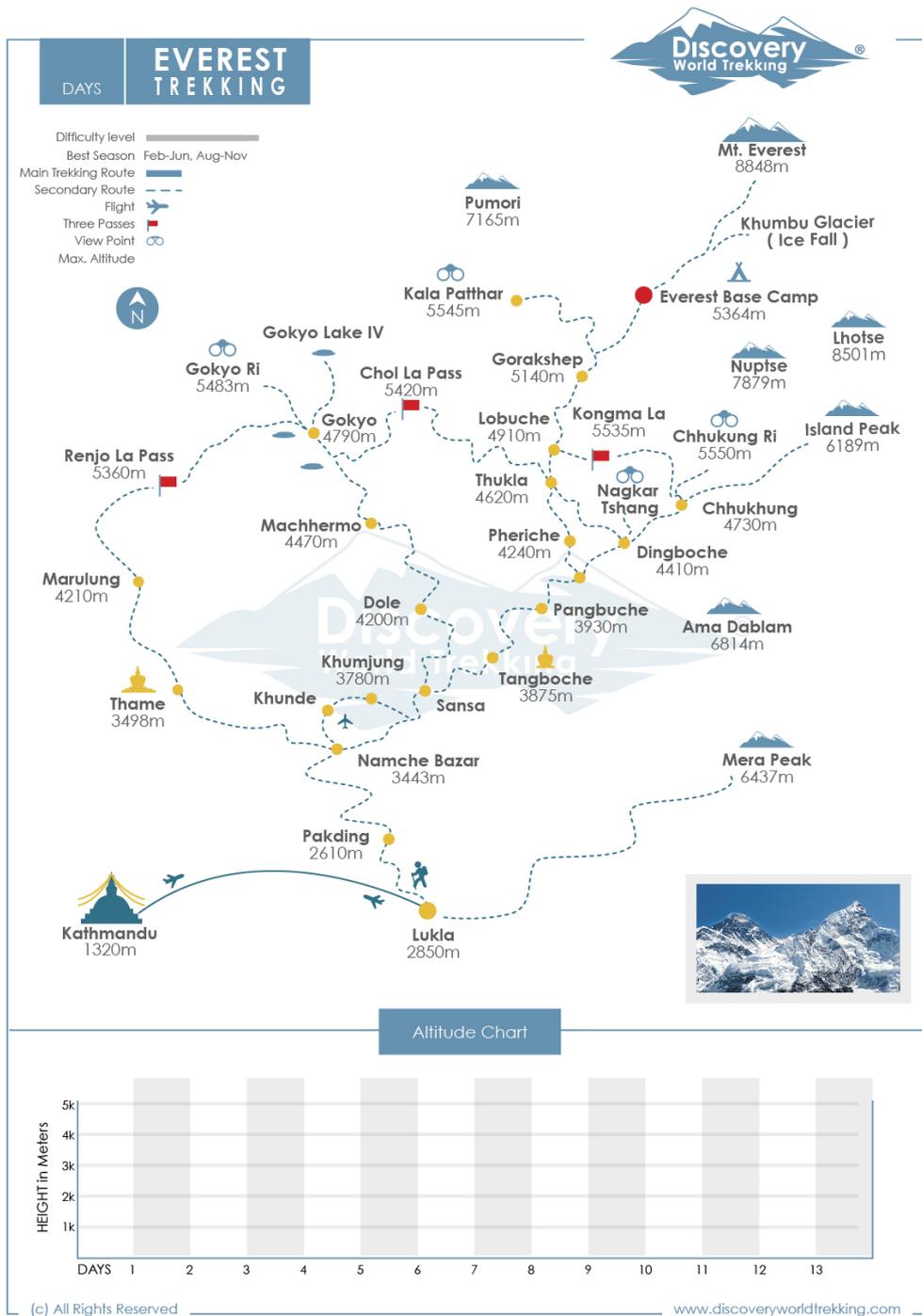
Included standard meals (Breakfast + Lunch + Dinner)

Day 16

Fly to Kathmandu

If all goes according to schedule, and we certainly expect it to (please see note below), then we take an early morning flight back to Kathmandu and the rest of the time will be yours to relax and refresh from your days on the trekking trail, and perhaps explore more of the city. Overnight at selected hotel in Kathmandu.(B)

Route Map



Altitude Chart

Days	Altitude (meters)
1	1320
2	2850
3	2610
4	3443
5	3780
6	3875
7	3930
8	4240
9	4410
10	4730
11	5550
12	6189
13	6437

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Trips Notes

Accommodation

Accommodation in Jiri to Everest Base Camp Trekking package comprises of 3 nights at selected hotel in Kathmandu (inclusive of before and after trek) and 16 nights at mountain local lodges popularly known as tea houses (eating and sleeping at same place) during the trekking. The hotel in Kathmandu, we usually stay at Tibet Guest House at the central heart of tourist hub of Thamel, which is very close to Discovery World Trekking (just walk of 2 minutes, which is comfortable with private bath room and hot shower).

The Kathmandu has an excellent range of hotels for all budgets. If you want to upgrade your hotel in Kathmandu, we reserve hotel on the basis of your interest and budget information detail. Tea houses on the trek are fairly basic, simple but perfectly comfortable lovely spacious lounge dining room, usually decorated with colorful traditional rugs and woods. Some of the places, toilets and washing facilities need to be shared; but will be a homely environment with warmth hospitality of local people. The bed rooms are almost twin sharing basis- bed with mattresses, blanket and pillows. Hot shower facility most of the tea houses is available for a price. Discovery World Trekking has good public relation with local service providers in Everest region; the company makes sure prior arrangement of the accommodation. Please be advised that in high season and high places, where there are a limited number of tea houses, separate single accommodation is not possible to use. Please be advised that Himalaya standard local lodges may not exceed your expectation as compare to your home country. The best memory of trip will be adventure, local people and enriching Himalaya journey.

Meals

Meal in Kathmandu, we provide only breakfast (buffet service) at hotel as you will get chance to taste vast array of wonderful delicious Nepalese and international cuisine at dinner and lunch with your own choice and budget. But the reason to include the breakfast in the package is to have good service bright and early morning and no need to go outside. Three meal items during the trekking are included in the package. The foods are given more emphasis on fresh, hygienic, tasty and nutritious with the best selective menu available on tea house or lodge. The menu are the blend of traditional local, Asian and western cuisine. Guide will help you the best menu selection. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must) etc at high altitude for health benefit.

Best season

The different season has different exceptional attractions and advantages offer for trekking in Everest region. In high mountain region, temperature considerably depends upon altitude range higher the altitude lowers the temperature. The best trekking season with most suitable weather conditions, trek in Jiri to Everest Base Camp Trekking extends from September to November (autumn season) and from March to June (spring season). Within these seasons, the daytime temperatures are generally comfortable, with clear sky, warm climate conditions, and superb view of mountains provides fascinating and exciting holiday experience. The environment is dry and average temperatures during the day varying around 10c to 15c, still may go up, but during the night may drop to minus 5c or progressively lowers the higher we go (if weather becomes cloudy). The greatest festivals occasion in Nepal also falls like Dashain, Tihar, Manerendu during these seasons. Another reason for best trekking time during spring season is to observe blooming flowers throughout the Himalayas. Trek from December to January (winter season) is rewarding to do trekking in Everest.

Despite colder climate conditions, skies are usually very clear, mountains views are at their best. Nights will be very cold with temperatures go down to minus 10c to minus 15c especially during the bad weather and cloudy at highest altitude but days are pleasant and sunny. The trials are also much less busy at this time. Rainy most of days affects trekking in Jiri to Everest Base Camp Trekking during the summer or monsoon (June to Aug) season. The nights are comparatively colder than the days ranging its temperatures (between 5c to 10 c during the nights) and (between 10c to 25c during the day). The morning is usually clear, with clouds building up during the afternoon and disappearing at night. Trekkers while planning trek to Jiri to Everest Base Camp Trekking must bear in the mind that weather in the high Himalaya journey can accurately be unpredictable. It is requested to check out weather forecasting before booking trek.

Acclimatization

Our 20 days Jiri to Everest Base Camp Trekking package includes eleven to twelve nights over 3500m above the sea level, where there is more likely to be affected by altitude sickness also called acute mountain sickness. Altitude sickness is preventable however if the symptom, causes and remedies of altitude sickness are left ignored, it can be very serious and even life -threatening. This trip provides two days rest in different high altitude routes at Namche, Dingboche and Gokyo. Moreover, our trek itinerary in high Himalaya allows ascending slowly but consistently. All Our trekking leader and guide have extensive first aid training and well -experienced in the Himalaya we urge to communicate with your group leader and guide to monitor effectively yourself the symptoms, we guarantee your health

with utmost safety and security. Your trek leader or guide suggests that the precautionary way of getting rid from altitude sickness is to take your time and drink plenty of water at least 4 liters a day. Unfortunately if trekker got affected severely by altitude sickness, the only cure for this is to descend immediately. Please note that your group leader has ultimate responsibility to decide or stop your ascent based on your overall condition if symptoms persist. It is essential to keep in mind some are more vulnerable than other.

Trip Grade: Fitness level, Medical and Health

20 days Jiri to Everest Base Camp Trekking is a moderate grade trek in Everest. Trek routes on Everest is fairly ascent, descent and straightforward following very good trails but this is high mountain journey have to walk along the rocky mountains trails in the Himalaya. To accomplish trek, trekkers should have capability to hike at least 5 to 6 hours a day with a light day pack. Even some days require walking longer hours too. Past hiking experience would be additional advantage but no technical skill is required for this trip. Trekking in higher altitude is physically demanding than trekking in the lower altitudes. 20days Jiri to Everest Base Camp Trekking is designed for trekkers who are in good health with normal physical fitness and have positive attitude, self confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting trek. Participants with pre-existing medical conditions such as heart, lung and blood disease should inform us before booking the trek.

Free transfer

Discovery World Trekking provides free airport arrival and departure transfer on any flight for Jiri to Everest Base Camp Trekking king. We do your special welcome as it is our first meeting and greeting in Nepal, it does not matter which flight you take to arrive in Nepal, the smiling representative crew from Discovery World Trekking awaits your arrival at airport and you will be greeted warmly with a traditional offering of a Khada or marigolds garland (symbolizing purity, goodwill, auspiciousness and compassion), then free hassle transferred to hotel. For taking advantage of free airport transfer opportunity, the full flight details of arrival and departure is requested to submit in advance by mail.

Trekking group/single

Group will be generally 2 to maximum up to 12 paxes on trek. The group of four and above will be accompanied by a leader, who will be supported by an assistant guide and porters. If you are a solo trekker, would like to trek alone, we also organize private trek at the same price without paying extra xost in this package and you will be led by one of our highly competent and well experienced guide.

A typical day on the trek

A day on trekking will be rewarding with unique experience providing to trek leisurely with plenty of time to enjoy scenery, take photos and explore the local village. During the trek you are accompanied by experienced, friendly and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days.

The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the days walk probably between 7 am and 8am, depending upon the duration and nature of the days walk. With trek of normally 3 to 4 hours, lunch will be served around midday on the route to the next destination; then take a break about an hour. The afternoon walk is generally a little shorter around 2 to 3 hours and some of our crew departure ahead, once we reach at overnight lodge, extra dietary snacks on the table of longue dining hall is already set up, From then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, your guide always tries to understand each group members experience of a day hiking. At the same time, guide will brief next day trip plan with a group members. After complete of trip briefing orientation, for a while, rest of time will often be given priority on your choice and interest to get enjoyed and entertained maybe whether learning Nepalese language with Discovery World Trekking crews, playing card, talking to and chatting with the crew members, reliving the day adventure or reading books before heading off to the bed for well-earned sleep.

Communication on trek

During Jiri to Everest Base Camp Trekking, the use of internet connection most of the days at lodges is available with service charge, you will get an opportunity to connect chatting up, talking to family and surrounding friends through your cell phone, however, we will be out of contact some of the days at high altitude. We can provide trekkers separate mobile SIM card on trek if they make request.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Electricity and battery recharge, water on trekking

Throughout the lodges at Jiri to Everest Base Camp Trekking, electricity for camera and mobile battery recharge is

available by paying in price at all lodges. Most of lodges have hydroelectricity and some of them have used the solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water with an extra cost. A water purification pill is suggested into drinking water.

You shouldn't drink water from river, tap, well up there cause it might not be drinkable as it seems.

Extra personal expenses on trekking

Discover World Trekking believes in the flexible holiday without hiding any information for trip. We provide possible extra personal expenses that are excluded in the package. During the trekking, we provide breakfast, lunch, dinner and some extra dietary foods. Travelers should bring some money with them. Money is normally in need of table drinks like alcoholic and non alcoholic beverages, snacks while trekking (to buy from local shops along the trail), tips to Discover World Trekking crew members (a member who involves in your trip such as guide and porters), souvenirs, hot shower, mobile and battery charge, mineral water.

Travel insurance

Trekking in Jiri to Everest Base Camp Trekking requires slightly proactive and reactive preparedness. The high mountains are not a place to visit casually as serious sickness and other casualty are supposed to be unexpectedly happened. Make sure you have insured against this incident before starting the trek. Travel insurance is also a part of booking condition for an adventure trek in Nepal. To join in Jiri to Everest Base Camp Trekking, at a minimum, a comprehensive travel insurance policy is must to cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitude. We can do recommendation of insurance company in case of our help needed but we do not involve in sale of the insurance policy. Trekker is refused to be participated in Jiri to Everest Base Camp Trekking, with improper policy or without travel insurance policy. In case of emergency circumstances of our valued client, company put forward the travel documentation processing to insurance company based on your prior information submission details in order to assist in arranging rescue operation, and transfer to hospital for treatment. You are requested to send the details insurance information after you have booked the trek. Make sure your insurance company accepts the cost incurred for mountain rescue service even at the highest elevation of trek.

Before you buy travel insurance (Don't just believe them what they say in their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

Passport and visa

All foreigners except Indian nationals must have a valid visa to enter into Nepal. Visa is available on arrival spot at Tribhuvan International Airport upon entry in Kathmandu, Nepal and at some borders land crossings into Nepal (including boarders with India and Tibet). In addition, Visa can be extended at the central immigration office. www.nepalimmigration.gov.np Visa application requires a passport at least six months of validity, one passport -size photo. The current cost of visa fee is US\$40 for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. The visitors are requested to specify return flight tickets, intended stay in Nepal. We also recommend the list of entry few days before, and date of exit a few days after in case you encounter any delays or problems en route. To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful. The children under the age of 10 will get free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of china as well as citizens of south Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan and Sri Lanka) get free visa. These countries are not entitled to get a visa on arrival spots such as Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan. If you are a citizen of one of these countries, please contact your local Nepalese embassy.

Discovery World Trekking Crews

During the Bhandar to Everest Base Camp Trek, you will be accompanied by our local best trained and well experienced guides / sherpas to make your journey even more comfortable and memorable. All guides are well trained licensed with prior experience they have spent years trekking / climbing the peak all over the world. Porters will also be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than 18 kgs. We never overload our porters. A proportion of one porter for two members and one assistant guide with 8 members. If required we can also have one porter per person. Our crew members are the local people of high Himalaya remote areas and their physical endurance and heredity nature can live easily and comfortably at high altitude without being affected. All our staff are very valuable to us, they are well paid and we take care of their insurance, clothing, food and lodging throughout the expedition. All our Guides and Porters receive Medical care when ill or injured. We always

make sure that they are happy as we believe that only happy people can make others happy. The local expert trek leader to guide you is specialized under the following subject. We provide basic accommodation for our guides and porters or tent with sleeping gear we also provided them food and warm drinks.

- Intensive wilderness first Aid
- Authorized certificate of Trekking Guide Training
- Fluency speaking English and other major Languages
- Conservation and biodiversity
- Rock climbing

Tipping

Most importantly, tipping is at travelers discretion and should be relied on good service that does not form part of wages for your Guides, porters and crew although they are very much appreciated. In Nepalese culture, tip is the accepted and honored way to saying thank you (Dhanyabada) for good service. Normally the tips are offered at the end of the trek and this is best done as a group. Most groups will give the trips in farewell dinner on the last evening or last day of the trek, to mark the end of the trip. The amount of the tip is entirely a personal preference that may be more or less depending upon your perception of service quality, length of trip, budget and appreciation of their work. It is important to Discovery World Trekking crews who professionally take care of you all the time during the trekking, inspire excellent service and offer enriching journey- trip of once in a lifetime experience

Money exchange

You can exchange most foreign currencies at bank that intermittently accepts foreign debit and credit cards or a private money exchanger at Kathmandu and Namche. Money exchange facilities are available in Kathmandu and even at Namche. The tourist hub Thamel is 24 hours available for exchanging money. Although, the banking system at Namche does not seem reliable, the problem sometimes but not all the time may be out of ATMs system for long time. The official currency of Nepal is the Nepali Rupee (NRP). Its symbol is often displayed as Rs. Please refer to www.xe.com/ for up to date rates. The government of Nepal has banned the import, export and use of 500 and 1000 Indian Rupees in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined. Despite having the security advantage of travelers cheque, many hassles problems like a lengthy process and high rate of commission may take place during the processing at banks. You can do this by withdrawing money (in Rupees only) from one of many ATMs in Kathmandu (if your card is linked to the International Cirrus System), or by exchanging your travel cash at a bank in Kathmandu. There is a day transaction limit on cash withdrawing if you use the bank. Please note that most establishments in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

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Luggage

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than 18 kgs. We never overload our porters, but you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any excess baggage either at your hotel or at Discovery World Trekking store for free.

Useful Info

Please be advised: We recommend adding extra days in your itinerary as a safety margin for your return flight home. The air traffic from Kathmandu to Lukla, and then Lukla to Kathmandu is frequently behind schedule and this may cause onward delays. Sometimes flights get backed up for a days. In these circumstances, we will do our best to allay problems, and re-schedule flights to and from Lukla as available. However, we must caution you about the possibility of postponements of flights and even cancellations. We recommend that you schedule at least an extra 2 days cushion in your itinerary to avoid problems with international flights from Nepal. In the event of delays, we can arrange helicopter at your request at a cost of around USD 500-1000 per person, depending on demand and capacity. It is also very likely that no delays will be incurred. In any case, we can arrange additional activities with your extra time in Nepal!

Please Note: The Jiri to Everest Base Camp trek includes fixed departure dates from Kathmandu and Pokhara and can be tailored to accommodate your specific requests and schedule. Please review our designated departure dates for this trek and if they do not suit your time frame, then let us know how we can arrange a trek that is convenient for you. The itinerary listed above is a general guideline; please be advised that it might be necessary to modify it due to external factors beyond our means including and not limited to the following: unstable weather, accessibility and availability of

lodging and campsites, unforeseen governmental, trail and ecological conditions and other circumstances beyond our control. Although, it is improbable that changes will occur that would significantly alter the original itinerary, we cannot be held accountable for the results of delays or changes beyond our control. In the event of an Itinerary adjustment or need to redirect to other trails and areas, the Lead Guide will ultimately make the final choice on the best rerouting after consulting with the group members and keeping in mind the interests of the party as a whole. If an alteration is necessary, then we will certainly do everything we can to diminish the effects.

We look forward to guiding you on the Jiri to Everest Base Camp Trek and through some of the most dazzling landscape on the planet with unforgettable Himalayan panoramas along the way

Equipment Checklist

Equipment list for Bhandar to Everest Base Camp Trekking

It is recommended to consider following list of clothing and accessories equipments while packing for Bhandar to Everest Base Camp Trekking. These are just a reminder and essential to have list of these equipment items prepared by focusing on comfort, convenience and enjoyable of your holiday. We understand that you may have your own personal preference for clothing which may be equally as suitable. We never recommend to our clients to bring over equipments which are unnecessary for the trek. Porter help carrying luggage has weight limit and not allow over 20 kg in trek. These equipments are also available in Kathmandu for buying or hiring.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide-brimmed hat
-  Headlight with extra batteries

Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes

Hands

-  Light weight gloves
-  Heavy weight winter gloves

Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Light weight cotton pants
-  T- Shirt (bring Light weight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants

Footwear

-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)

Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high altitude trekking)

Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste
- ☞ Deodorant floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen
- ☞ Binoculars

FAQ's

I have never trek before, can I make it to Everest Base Camp?

Yes, you can. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike a few uphill, Discovery World Trekking will support you to the fullest to transform your dream of standing at Everest Base Camp into reality.



Discovery World Trekking

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Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

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Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

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