



# Everest High Two Passes Trek - 15 Days



## Trip Facts

Destination	Nepal
Duration	15 Days
Group Size	2-30
Trip Code	DWT50
Grade	Challenging
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	All Meals (Breakfast, Lunch & Dinner) 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.

Imagine sipping a cup of coffee in the Himalayas with an aura so peaceful, the air so fresh, and your mind as relaxed. As pretty as it seems when put...

Discovery World Trekking would like to recommend all our valuable clients to arrive in Kathmandu a day before our '15

Days Everest High Two Passes Trek – Renjola and Chola Pass'. Make sure to attend our official briefing a day before the trek. The primary motive for the meeting is to give you proper guidance and vital information about the trek. Secondly, we recheck all the equipment for your comfortable journey. We ensure that you have all the supplies needed for the trek. This pre-meeting will give a clear idea about the necessary supplies and challenges you may face during the trek. It will be a kind of motivational seminar for you to be outfitted and energized about the trek. Additionally, it is recommended to put a margin of 1 or 2 days extra. The flight from Kathmandu to Lukla or from Lukla to Kathmandu is unpredictable and might be canceled or delayed due to bad weather.

## About the Trip

Imagine sipping a cup of coffee in the Himalayas with an aura so peaceful, the air so fresh, and your mind as relaxed. As pretty as it seems when put in words, the reality is even more astonishing. A short description of the Everest region, there is more to just the visible beauty of this place. The 15 days trek to Everest Two High Pass is a bundle of experience. With a mesmerizing landscape, we experience the warm hospitality of the Sherpa people. As we get the thrill of the glaciers, moraines, and the rocky trail, we satisfy the adventurer in us. On the contrary, we absorb the tranquillity as offered by the place and provoke our spiritual self. Covering almost entire regions of the Everest region, this trek is for the daredevils who want to enjoy the immense beauty of the Himalayas with a challenge.

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

### Highlights

-  The most thrilling yet beautiful flight to and from Lukla
-  One of the world's highest airports in Syangboche
-  Get acquainted with the culture and lifestyles of the Sherpa community
-  Explore world famous monasteries and museums
-  The elegance of the few of the world's highest peaks, Mt. Everest (8,848m), Mt. Lhotse (8,516m), Cho Oyu (8,201m) and Mt. Makalu (8,463m)
-  Discover various UNESCO World Heritage Sites
-  Spot wildlife like Musk Deer, Colourful Peasants, Snow Leopard, and Himalayan Thar
-  Traverse through the highest glacier on Earth: Khumbu Glacier
-  Astounding panoramic view of the Himalayas from Kala Patthar
-  Highest glacier on Earth- Khumbu Glacier (4900 m)
-  Mystic Gokyo Valley and Gokyo Lakes
-  Stone houses and meadows around Gokyo Valley
-  Ngozumpa Glacier, the longest glacier in the world
-  Protected floras and faunas at Sagarmatha National Park
-  Astounding panoramic view from Gokyo Ri
-  Two of the three most famous passes in the Everest region: Renjola Pass and Cho La Pass

### What is Included?

- ✔ Pick up & drop off from airport to hotel and vice versa in private vehicle
- ✔ Domestic Flights (Kathmandu – Lukla – Kathmandu). Tickets and airport departure taxes
- ✔ Five nights at Lukla, Phakding and Namche(3N), room with private attached bathroom, Nine nights standard room at

Thame,Lungden,Gokyo (2 N), Dzongla, Lobuche (2 N), gorak shep,Pheriche,(twin sharing ) - 14 Nights

- ✔ All Standard Meals (15 Lunches, 14 Dinners and 15 Breakfasts) during the trek
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage. (2 trekkers: 1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, flight and other necessary equipment
- ✔ Water purification tablets for safe drinking water
- ✔ Sagarmatha National Park entry permit fee
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official ExpensesAll government, Local taxes and official Expenses
- ✔ Provide pulse oximeter for blood oxygen saturation level monitor to high altitude. It is an important indicator to recognize early signs of impending altitude sickness and other potentially health risks.
- ✔ Medical Kit.
- ✔ Arrangement of sleeping bags and down jackets if you do not have your own.
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

## ✖ What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan Internationa Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ 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.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

## 🔍 Overview

A famous trekking route in the Everest region, this trek includes two out of three of the most famous high passes of Everest. Everest high passes trek is for adventure seekers who wish to enjoy the picturesque beauty of the **Himalayas** with a thrill. Adding to the beauty of the snow-capped mountains, we witness the beautiful turquoise lakes, glaciers, moraines, and a fantastic landscape with diverse natural habitats. As **challenging** as the trek is, these prominent factors make this trek a momentous journey. The scenery is diversified yet majestic; the lodgings and trail range from one of the most traveled routes of **Khumbu** to the secluded and less visited high passes of Everest. Situated at a higher altitude, we take this trek slow and steady as we absorb the beauty of the humongous mountains on every step.

We start our journey with a scenic flight to **Lukla(2,850m)** traversing between the alluring Himalayas. We hike till **Phakding(2,650m)** and adjust with the thinning air. We move ahead to **Namche Bazaar(3,440m)** and indulge in the luxury of the region. We get all the facilities there as we get in the cities. Thereby, we can shop for gears for our trek or enjoy the variety of cuisines and drinks. We spend an acclimatization day at Namche Bazaar and stroll around the alleys as we discover new gems with every step. We hike ahead from **Thame(3,750m)** to reach **Lungden(4,500m)**. We trek to **Gokyo Lakes(4,750m)** through **Renjo La Pass(5,340m/17,520ft)**. As we traverse through our first pass, our excitement amplifies with the enhanced sceneries. We halt at Gokyo Village for acclimatization and hike up to **Gokyo Ri(5,350m)**. We trek further to **Thagnak(4,700m)**. On our way to **Dzongla(4,855m)**, we encounter our second high pass. The challenging trail is hard to conquer but not impossible. With a slow and steady pace, we will cover the journey and enjoy the beauty inexpressible in words. We move past **Lobuche(4,910m)** to reach **Everest Base Camp(5,364m/17,598ft)**. As we reach the foothills of the mighty Everest, we celebrate our victory and enjoy the enchanting beauty of the Himalayas. We cannot see the mighty Mount Everest from the base camp as of which we ascent further to **Kala Patthar(5,550m/18,208ft)**.

With sight such pleasant, we'll be able to see sun-kissed Mount Everest and the majestic Khumbu Glacier. We also get an up-close glimpse of **Mount Everest (8,848m/29,028ft)**, Mount Ama Dablam(6,812m), Mount Lhotse(8,516m), Mount **Nuptse(7,861m)**, **Mount Cho-Oyu(8,201m)**, and **Mount Pumori(7,161m)**.

We descend to **Pheriche(4,250m)** via Gorak Shep. We head to **Tengboche** and then to Namche Bazar. We let our muscles loose here. With all descend path, we may hurt our ankles and knees. We relax and walk the way back comfortably with a fresh and delightful memory of the passes and the base camp. We enjoy the final glimpse of the Himalayas as we hike back from Namche Bazaar to Lukla. We fly back to Kathmandu in between the clouds and the mountain.

In addition to this trek, we offer other exquisite trekking routes for our valuable clients. There are other thrilling trekking routes for trekkers looking for greater challenges - [12 days Everest Base Camp Trek](#) or [10 days Everest Base Camp Trek](#), [15 Days Everest Base Camp and Gokyo Lake Trekking](#), and many more to choose from.

## Day to Day Itinerary

### Day 1

**Flight from Kathmandu (1,400 m / 4,593 ft) to Lukla (2,850m/9,350 ft) Trek to Phakding ( 2650 m/ 8562 ft )**

#### Itinerary Facts

**Trek Distance** 6.2km/3.8 miles

**Highest Altitude** 2,850m/9,350 ft

**Trek Duration** 3 hours

The journey begins from a flight to Lukla (40 minutes flight) and a short hike to Phakding. We walk from Chaurikharka village towards Phakding where we halt for our first night in the Khumbu region. The crisp and comforting day is advantageous in acclimatizing with the altitude. With plenty of spare time, we can seize a short excursion around the village. Phakding is the starting point for this trek as which it has everything from gears and lodging to pool and restaurants. Moreover, there are few famous local monasteries (Rimishung Monastery) that we will visit.



Overnight at "Khumbu Travel Lodge" room with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

### Day 2

**Trek from Phakding ( 2,650 m/ 8,562 ft ) to Namche Bazaar (3,440m/11,285 ft)**

#### Itinerary Facts

**Trek Distance** 7.4 km/4.6 miles

**Highest Altitude** 3,440m/11,285 ft

**Trek Duration** 6 hours

As we brace ourselves, we begin the real trek from this day. We continue along the northern bank of the Dudh Koshi River with a majestic view around. What makes this hike even more exciting is all the suspension bridges that we will be crossing. Embellished beautifully with prayer flags, the bridges across the Dudh Koshi River contributes to a splendid view. We reach Monjo village after a few hours of the walk, from where the Sagarmatha National Park begins. A challenging climb awaits from here through the dense forest, where we slowly see the face of Mount Everest. As the view intensifies, the enthusiasm ensures to make us forget all the steps that we've climbed. Through the woods and stone-paved way, we finally reach Namche Bazar. We will halt there for the night where we can enjoy the famous bakeries. With good food and a good mood, we will conclude the walk for the day.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

### Day 3

**Rest day to acclimatize at Namche Bazaar**

We take an acclimatization break here at Namche Bazaar to adjust to the thinning air. We hike ahead but we descend back and overnight stay at Namche Bazaar. Despite the claim of the title, we will not just be sitting idle today. We wander through the alleys of Namche while we adjust ourselves to the altitude. Furthermore, we can hike to Sagarmatha National Park and including a hike to Khumjung(3,790m). As they say, "Hike high, sleep low". It is an optional but recommended part of the trek. We visit Hillary school and old monasteries on the way to Khumjung and can also further hike to Khunde. Namche, without a doubt, carries a lot of wonders. A must-not-miss place is the Syangboche airport(3,780m), the highest airport in the world, and hike to Everest View Hotel from where the view of Mount Everest is excellent. A single day may prove to be insufficient to cover all the phenomena of this place. We discover the magnificence of the place as we prepare ourselves with the increasing elevation.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 4

### Trek from Namche Bazaar (3,440m/11,285 ft) to Thame (3750m /12,303ft)

#### Itinerary Facts

**Trek Distance** 6.8 km/4.2 miles

**Highest Altitude** 3750m /12,303ft

**Trek Duration** 6 hrs

The trek today is short and comforting. After a good day acclimatizing with the altitude, we hike towards Thame, the home village of many famous and world record holders Sherpa mountaineers including Apa Sherpa. We traverse through Thamo Gumba and the Same village before reaching Thame.

The walk is very tranquil and has an exceptional view of the Himalayas. As we walk past the ancient Sherpa village, we discover the much-hidden beauty of the place. Thame is home to one of the oldest monasteries in the Everest region known as "Dechen Chokhorling Monastery Thame". We can explore the village and enjoy the panoramic view of the snow-capped mountains.



Overnight at the best possible lodge/hotel



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 5

### Trek from Thame (3,750 m /12,303 ft) to Lungden (4,500m/14,764 ft)

#### Itinerary Facts

**Trek Distance** 8.2 km/5 miles

**Highest Altitude** 4,500m/14,764 ft

**Trek Duration** 6 hrs

We head north towards Lungden passing through dry lands, rocky peaks, stone houses and walls. The trail moves along Bhothe Koshi River as we follow our trail. We also spot occasional yaks grazing on the pasture. All these prove to be a picture-perfect aspect of our trek. The path to Lungden is gentle and comfortable. We move ahead through Marlung - a larger village in Thame Valley. We halt at Lungden before we attempt the strenuous ascend to Renjo La Pass. The trail from here branches off to Thame Valley via Nangpa La Pass while the other moves to the eastern slope of Thame Valley to Renjo La Pass and cross over to Gokyo.



Overnight at the best possible lodge/hotel



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 6

### Trek from Lungden (4,500 m/14,764 ft) to Gokyo Lake (4,750 m/15,583 ft) via Renjola Pass (5,446 m/17,867 ft)

#### Itinerary Facts

**Trek Distance** 9 km/5.6miles

**Highest Altitude** 5,446 m/17,867 ft

**Trek Duration** 8 hrs

We climb a steep sandy ridge to reach the top of the Renjo La Pass(5,446m). The trail is moderately challenging as we cover a great elevation. Once we reach the top, the view will make the entire struggle worth it. We get a fabulous view of peaks above 7000m like Everest, Lhotse, Chalotse, and Taboche. Surrounded by the sparkling mountains and the fresh breeze of the mountain air, we will skip all the effort we put to climb. Moving ahead, we walk through a stone staircase which leads to the south bank of a small serene lake the Angladumba Tsho. Walking for almost another 2 to 3 hours, we reach Lungden (4,380 m). A small yet beautiful place, Lungden will prove to be a great place to relax after conquering our first pass.



Overnight at "Namaste Lodge"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 7

### Rest day to acclimatize at Gokyo. early morning summit of Gokyo Ri, (5,400 m/ 17,814 ft )

#### Itinerary Facts

**Trek Distance** 1.5 km / 0.9 miles

**Highest Altitude** 5,400 m/ 17,814ft

**Trek Duration** 1 & ½ hrs

After enjoying the beauty of the world-famous pass, we explore the village of Gokyo as we acclimatize. Gokyo village is full of surprises and mysteries. So we do our best today to cover all the beauty of this village. We hike to Gokyo Ri(5,430m) to see the excellent panoramic view along with an astonishing glimpse of Mount Everest. The scenery is unquestionably stunning. We will witness the Himalayas along with beautiful turquoise lakes and glaciers. After a nutritious lunch, we will further walk around the village to see the lakes. We spend the rest of the day amidst the cold breezy air of the mountains. The day filled with overwhelming sights of mountains and the lakes will be a memorable one.



Overnight at "Namaste Lodge"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 8

### Trek from Gokyo (4,790m/15,584ft) to Thangnak (4,700m/15,400ft)

#### Itinerary Facts

**Trek Distance** 3.7 km/ 2.3 miles

**Highest Altitude** 4,790m/15,584ft

**Trek Duration** 5 hrs

After a spectacular day walking around the Gokyo valley and witnessing the turquoise lakes with a blanket of snow-capped mountains, we move ahead to Thagnak. We walk past few glaciers and through steep rock scramble. We observe the lack of animals and vegetation around this trail due to the land structure of this place. The difference in the landscape will put us in awe as we walk further. We reach Thangnak where there are only 4-5 tea houses. It is the best place to halt before ascending the Cho La Pass. We take the trek slow and steady to avoid any difficulties with increasing elevation.



Overnight at "Tashi Friendship Lodge"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 8

### Fly back to Kathmandu (1,400m / 4,593 ft) from Lukla (2,850m/9,350 ft)

#### Itinerary Facts

**Trek Distance** 6.2km/3.8 miles

**Flight Hours** 40 Minuets

**Highest Altitude** 2650 m/ 8562 ft

**Trek Duration** 3 hours

The flight from Lukla to Kathmandu will be a relaxing one with no more hills to climb but a heart-filled with memories. We have a final chance to enjoy the marvelous scenarios of the snow-capped mountains. We will escort you back to your hotel after reaching Kathmandu. We can manage a tour around the city as per your request. You can visit several world heritage sites around the city. As beautiful as the mountains, the culture around the city is a must-see before you call it an end to your vacation.



Included standard meals ( Breakfast)

## Day 9

### Trek from Thangnak (4,700m/15,400ft) to Dzongla (4,855m/15,930 ft) via Cho La Pass (5420 m/17,783 ft)

#### Itinerary Facts

**Trek Distance** 16 km/ 9.9 miles

**Highest Altitude** 5420 m/17,783 ft

**Trek Duration** 6-7 hrs

One of the most intense days of the entire trek, we will climb through steep uphill as we walk through Cho La Pass to Dzongla. We hike up a small valley where we witness the beauty of a rocky trail surrounded by spectacular mountains. We reach a ridge after a few hours of walks, where we get the view of Cho La Pass across a small moraine. As we get near to the moraine, we see the intense steepness of the trail. The steep path is shorter in length, but the elevation makes it difficult to traverse. We have to be very cautious, as we walk through lots of snowy and icy paths. The views get remarkable as we walk towards the west of Mount Ama Dablam. We cross the terminal moraine of the glacier, from where the trail gets easier to walk. We reach Dzongla after an hour where we stay for the night.



Overnight at " Dzongla in lodge"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 10

### Trek from Dzongla (4,855m/15,930 ft) to Lobuche (4,910m/16,175ft)

#### Itinerary Facts

**Trek Distance** 8.3 km/5.2 miles

**Highest Altitude** 4,910m/16,175ft

**Trek Duration** 4 hrs

The journey from Dzongla to Lobuche offers us more stunning views. The path will be enjoyable as there will be no more crossing glaciers or climbing steep uphill. We follow the moraine and hike down along the Chola Lake as we bid farewell to Dongla. As we move ahead, we can see a glimpse of Everest Base Camp. We continue to follow the wave-like trails from Dzongla to Lobuche. On the other side, we can see the Khumbu Glacier with the rubble of ice floating. The path is pleasant and appealing as we get close to the foothills of Mount Everest. We can also visit some world-famous bakeries here at Lobuche. From here, we can witness the panoramic view of the stunning mountains. Everest hides behind Mount Lhotse from this place, but we can have a great view of Mount Pumori (7,161m), Mount Lingtren (6,749m), and Mount Nuptse (7,861m).



Overnight at "Mother Earth House"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 11

### Trek from Lobuche (4,930m/16,175 ft) to Everest Base Camp (5,364m/17,598ft) and back to Gorak shep (5,185m/ 17,010 ft)

#### Itinerary Facts

**Trek Distance** 15 km/9.32 miles

**Highest Altitude** 5,364m/17,598ft

**Trek Duration** 6-8 hours

The day finally arrives when we make the final ascent to Everest Base Camp. By this way, we will have seen enough of the outstanding views, but standing on the top of the hill gives us a separate experience. We will begin our walk to the base camp early in the morning. We pass through many glaciers, including the famous Khumbu Glacier. Beyond it, we can see Khumbu Icefall(5,486m) as well. Further enduring the wondrous journey to the base camp, we will also see the Army Mountaineers Memorials. Surrounded by snow-capped mountains and Mount Everest standing right ahead of you, we will be overwhelmed by its sparkling beauty. Reaching the Everest Base Camp is a dream come true. This is the



closest we will be to the highest mountain in the world. The final ascent to Everest Base Camp(5,364m) might be a little challenging due to the increasing altitude; involving rocky dunes and moraine; and a formed accumulation of unconsolidated glacial debris. With a slow and steady pace, we can, without doubt, complete the trek. We continue down the trail after captivating the bewildering beauty. After we immerse fully into the beauty of the base camp, we walk back towards Gorak Shep(5,185m) through. Passing through all the challenging yet astounding passes, we rest on the foothills of Everest.



Overnight at "Buddha Lodge"



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 12

### Hike to Kala Patthar(5,555m/18,208ft)-viewpoint, trek to Gorak Shep to Pheriche (4,250m/13,945ft)

#### Itinerary Facts

**Trek Distance** 9.6 km/6 miles

**Highest Altitude** 5,555m/18,208ft

**Trek Duration** 5 hours

Our journey is not complete without hiking to Kala Patthar(5,555m). Mount Everest hides behind Mount Lhotse because of which we have to climb to Kala Patthar to enjoy a glimpse of the highest peak. From Kala Patthar's viewpoint, we can enjoy a 360-degree view of Himalayan giants. Here we'll be at the highest altitude of our entire trek. We start early to reach Kala Patthar such that we can view the sunrise on Everest. We trek down from Kala Patthar to Gorak Shep and then further descend to Pheriche(4,250m). The trail can be enjoyable with forest and meadows complementing one of our mightiest achievements.



Overnight at "Himalyan Hotel "



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 13

### Trek from Pheriche (4,250m/13,945ft) to Namche Bazaar (3,440m/11,285 ft)

#### Itinerary Facts

**Trek Distance** 14.3 km/8.8 miles

**Highest Altitude** 4,250m/13,945ft

**Trek Duration** 6-7 hrs

Through the rhododendron forest, we hike back from Pheriche to the hilltop village of Tengboche. The trail is relatively relaxed with a steady downhill followed by a gentle uphill. We cross the beautiful bridge over Imja Khola on your way back. As we head into the forest of Juniper, we immerse ourselves amidst nature. With occasional spotting of endangered animals and the dazzling mountains, the beauty of the trail is amplified. With the vibrant color of prayer flags and elegant Stupas, the tip of Mount Everest, and the back of Mount Lhotse, this path has a lot of photographic moments. We can roam around Namche and indulge ourselves in the varieties of cuisine this village offers.



Overnight at Sakura Guest House (Attached bath room)



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 14

### Trek from Namche Bazaar (3,440m/11,285 ft) to Lukla 2,850 m/9,350 ft)

#### Itinerary Facts

**Trek Distance** 13.5km/8.3 miles

**Highest Altitude** 3,440m/11,285 ft

**Trek Duration** 6-7 hrs

With a final view of the wondrous mountains, we prepare for our way back. The trail is mostly downhill from Namche to Phakding. Through small villages and narrow forests, we pass through the thrilling suspension bridges on our way back.

We will finally reach Phakding after a gentle walk through Benkar. As we move ahead on to Lukla, we further reach a small village. At the intersection, we can take a left turn up towards the trees. The route through the village leads down to the main trail connecting at the side stream before Toktok. The different perspectives in view will surely impress us. Eventually, we reach Lukla following the path where we stay overnight. Lukla is a package of wonders and luxury. We can indulge in the luxury of the place as we deserve a little extravagance after accomplishing our journey.



Overnight at Comfort Inn (Attached bath room)



Included standard meals ( Breakfast + Lunch + Dinner )

## Day 15

### Fly back to Kathmandu (1,400m / 4,593 ft) from Lukla (2,850m/9,350 ft)

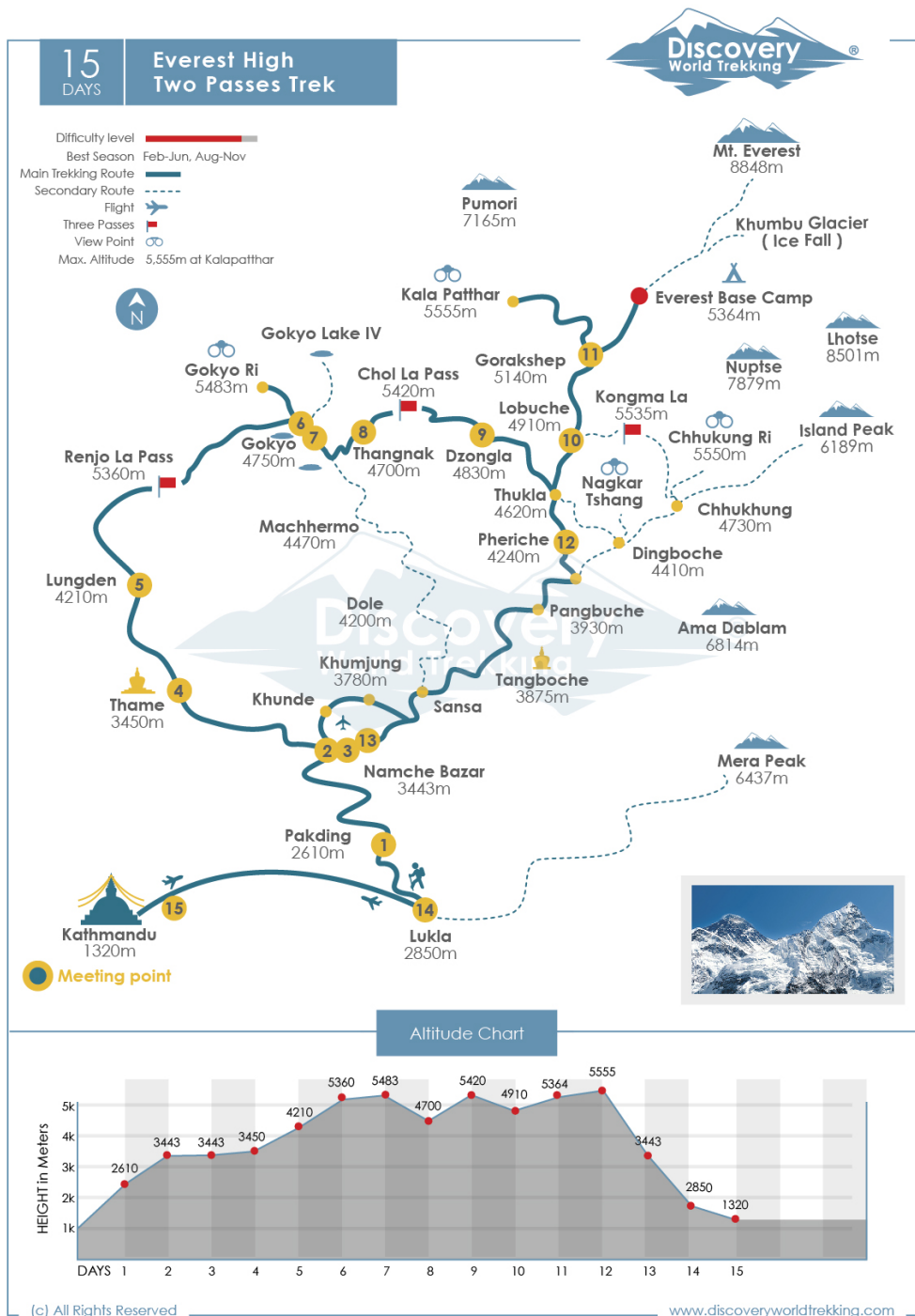
#### Itinerary Facts

**Flight Hours** 40 Minuets

If everything goes according to the schedule, we will be flying back to **Kathmandu in the early morning** after breakfast. The 40 minutes' flight back to Kathmandu will indeed be a relaxing one as we will be carrying an unforgettable and successful journey to the **Everest High Pass**. Upon arrival in Kathmandu, we will head to our hotels respectively and then it is entirely up to you what you wish to do. Upon your request, we can arrange a Kathmandu city tour of **UNESCO World Heritage sites, Durbar Squares, Tourist places**, etc. with our well-informed and **experienced guide**.

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# Route Map



## Trips Notes

### Covid-19 updates & safety precaution for Everest High Two Passes Trek - 15 Days

We can bet, you might have seen High Passes before but not anything like this for sure. The finest creation of nature will definitely touch your soul with such magnificent mountains surrounding your eyes from all sides. Still, the hard pill is, is it safe to travel to Nepal post-covid-19?

The answer is yes, it's safe to travel Everest Base on **post-covid-19** as you'll find there are so many bright sides compared to other destinations of the world. The nearest city to Everest Trails is Namche Bazar where the population is less than 2000 at 3500 elevations where you'll be doing social distancing naturally. Furthermore, in the route, you won't find many people as the long trails go for **15 days long**. The route consists of notable places like Lukla, Namche Bazar, Lobuche, **Gorak sheep**, and so on where the combined population of Area is roughly 4 thousand. You'll be completely wandering in the solace of nature along with our crew ( Trek leaders and porters) who will help you along the way. We understand, it's been a hard time for everyone so we have made sure you'll be surrounded by motivational and inspiring aura throughout the journey,

As per covid-19 safety concerns, here are the following measures we've taken to make travel as safe as possible.

- Our guides are well trained with **Intensive wilderness First Aid**
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction is guaranteed.
- We'll have High-quality masks & Gloves with sanitizers for everyday use throughout the journey for the DWT team assisting you.
- Encouragements and motivation will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

### The beginning of the journey towards 15 Days Everest Two High Passes Trek- Renjola Pass and Cho La Pass

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival which is not included in the package. Then the next day, in the early morning we will take a domestic flight to Lukla, approximately 40 minutes.

Kathmandu to Lukla and Lukla to Kathmandu Flights included in package!

### Don't Worry, We'll Pick You!

Discovery World Trekking provides free airport arrival and departure transfer on any flight for the Everest Two High Passes Trek package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

### Accommodation Details During The Trek

**The trek is 15 days long trek with 14 nights in the mountain** with the best possible lodge accommodation five nights at Lukla, Phakding and Namche(**3N**), room with private attached bathroom, Nine nights standard room at Thame, Lungden, Gokyo (**2 N**), Dzongla, Lobuche (**2 N**), Gorak shep, Pheriche,(twin sharing room).

For solo trekker -a single private room with attached bathroom at Lukla, Namche, and Phakding, single private accommodation at Thame, Lungden, Gokyo (**2N**), Dzongla, Lobuche (**2 N**), Gorak shep, Pheriche,(twin sharing )

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package.

Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

### The Meals

The trek is over higher elevations near the world's highest peak, which means your body needs enough carbohydrates,

protein, nutrition for the body to hike on such humongous Himalayan trails. The meal in this trek is very convenient, not like that in cities, but we make sure you get the entire supplements through your complete trek.

We will be providing you with **15 Breakfasts, 15 Lunch, and 14 Dinners** throughout the trek. Some of the typical food menus are -

**Breakfasts**- Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelettes, Poached, Boiled), Pancakes, Muesli, Bread, Fruits and Vegetables, Hot drinks like tea and coffees, hot chocolates, etc.

**Lunch** – Typical Nepali dish (Dal, Bhat & Tarkari), Tibetan Bread, Various Soups items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potato items, Vegetable and Salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Dessert items (Rice Pudding, Apple pie), etc.

**Dinners** - Dal, Bhat & Tarkari, Tibetan Bread, Various Soups items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings) Macaroni, Tenduk, Spaghetti, Noodles, Thukpa, Pasta, Vegetable curry, Potato items, Vegetable and salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Noodles Ramen, Dessert items (Rice Pudding, Apple pie), Hard Drinks, etc. are available on the menu during the trek.

These food items from the menu will usually be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional and local; Asian and western cuisine; almost everywhere but as we go up close, the menu list decreases. We highly recommend consuming enough liquids, green tea, lemon tea, hot lemon, ginger tea, and garlic soup (must) at high altitude and fresh vegetables for health benefit.

Though plenty of non-veg items will be available, we won't recommend any of them because the meat in such places may not be healthy during the trek. As suggested by experts, it is best to avoid alcohol, caffeinated drinks, hot chocolate, dairy, and cheesy items in such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

## Best Time to Trek

The weather is one of the most important factors to look at when deciding to trek to the Everest region because no one is beyond nature. The live forecast of the Everest region can be gained here, yet it's very hard to predict the weather. People trek **12 months of the year up to Everest Two High Passes Trek** but certainly, there are ups and downs in every season, It is best suited to trek during the spring and autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, the temperature is also exquisite with sunlight being warm and the environment after delving of the sun is not as cold as other months.

Though during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, a cold temperature that's what enthruses many trekkers.

### January to February

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountains and can result in extremely cold temperatures. Though the daytime may be warm and admirable with clear skies, the night time would be extremely cold but it's perfectly fine to trek in these months as discovery world trekking make sure of every possible safety during the trek but if you are allergic to extreme cold, you shouldn't be trekking at these months or else people trek 12 months of the year and leave their footprints around the world's highest peaks.

**Temperature:** Temperature ranges from 15°C to -15°C.

### March to April

This is one of the best times of the season to hike in the Everest region. The weather is very favorable this month. Stunning views of the Himalaya ranges and glaciers will be seen. March being the beginning of the spring season, the weather starts to warm up during these months. During these months, all flora and fauna dormant throughout the winter back to life feeding and breeding in the sun-kissed temperatures. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time.

**Temperature:** Around 18 °C. At night, the average minimum temperatures drop down to around -12 °C.

## May to June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till the middle of August. The season of spring and summer makes the trek much more enjoyable.

**Temperature-** Around 25°C at daylight and it drops down to around -5°C.

## July to August

The rainfall hits at its peak during this time, below 3500 meters. Due to heavy rainfall, Flights to Lukla may get canceled at the beginning or end of the trek but trekkers are seen in those months trekking towards the Everest region, it's challenging but not impossible if you choose to trek in these months Discovery world trekking will take care of your safety at its fullest as it does in every month but as the way is not that favorable it's not highly recommended to trek in these months but the rainfall also provides spectacular views of the waterfall and avoid the crowds like other months.

**Temperature-** Around 27°C at daylight to 5°C

## September to October

This is also one of the perfect seasons for the EBC Trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the daytime and falls down to 5 degrees during the night-time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended, as it's the best time for the Everest Two High Passes Trek, usually from mid-September to end. The main festival of Nepal: Dashain and Tihar also attracts tourists in this season.

**Temperature-** Temperature goes up to 20 degrees in the day time and falls down to 5 degrees

## November to December

As winter slowly begins, snowfalls begin in the Himalayas region and it eventually gets tough to trek. Nights get much colder. November is the busy season people all over the world come at these months, as it's the clearest month with sparkling days and amazing views of humongous mountains. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow like diamonds in the sky.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

## Acclimatization

Altitude sickness is commonly faced by many trekkers who try to rush their way to the base camp. It is not a matter of ignorance and requires immediate treatment in such cases. To avoid such, in this trek, we will be acclimatizing in two places: **Namche Bazaar and Gokyo**. This trek is difficult as compared to the Everest Base Camp 12 or 14 days' trek. At Namche Bazaar, trekkers can explore the famous Sherpa town and adjust to the thin air. We will also be having second-day acclimatization at Gokyo where we will hike to Gokyo Ri(5,430m) to see the excellent panoramic view along with an astonishing glimpse of Mount Everest. The scenery is unquestionably stunning. We will witness the Himalayas along with beautiful turquoise lakes and glaciers, and they have extensive first aid training as well. Your health and safety are important to us, and we guarantee that it will be our very first priority. In case you have been rigorously affected, the only remedy would be to descend immediately. Also, your group leader has the definitive response to determine whether you can proceed with the trek based on your health conditions.

## Trip Grade: Fitness level, Medical, and Health

As challenging as it is, the Everest Two High Passes Trek is an equally rewarding trek. On average, the walk per day will be around 5 to 7 hours, depending on the destination and the number of breaks we take. The trail is mostly uphill or steep descents, with rocky and stone-paved paths. It is not impossible to go to these treks for a regular person, but remaining fit and exercising well will make the trek more comfortable and enjoyable. Former trek experience or regular exercise and doing yoga is an advantage for the trekker. Besides, if you love trekking, you can make it happen anyways and conquer your dreams.

This trek, however, is not recommended for individuals with sensitive medical conditions like heart or lung disease. Since the majority of the trek involves moderate to strenuous climbing, it may prove to be dangerous for the health of such people. We recommend you to consult with your doctor before attempting to attain this trek. Also, we make sure to provide you with all the necessary medical kit supplies you may need in the trek.

## Trekking group/single

We organize a group as well as a **private** trek. The price of group **discount** is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

### A typical day on the trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, experienced friendly and qualified expert Sherpa will share information and historical facts about the places as they accompany us throughout the trek. The porters who carry our luggage will also accompany us. However, we will be carrying our own small backpack with the necessary items.

The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the days walk around 7 AM to 8 AM, depending on the duration and nature of the days walk. After trekking for three to four hours, we will have lunch around midday on the route to the next destination, and we continue after about an hour of rest.

The afternoon walk is generally shorter: about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will also have free time to explore nearby places.

Dinner is served around 6 PM to 7 PM. Before going to bed, we will spend some quality time in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

### Communication on trek

On the Everest Two High Passes Trek, the use of Internet service will be available at the lodge with some extra service charge. You can contact your family and friends via the lodges. But once we reach high altitudes, **communication will be through the phone, for safety proposes.**

**We'll communicate with all our valuable** clients through our leader at least once a day to make sure you're all right and satisfied with our service. Also, depending on the kind of network you use, the signal might fluctuate as you climb uphill. At your request, we can provide you with a separate local sim-card for communication. (Most of the places have Wi-Fi service available with an additional cost)

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

### Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/**lodges (both luxury & budget)** can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover the costs of meals and accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) that can be changed to rupees here cause during the trek as only Nepalese currency is accepted.

### Electricity and battery recharge, water on the trek

Throughout the lodges at the Everest region, electricity for the camera and mobile battery recharge is available at an extra cost. Most of the lodges have hydroelectricity, and some of them have solar panels. Water during the trek: you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill will be provided to make water drinkable.

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

### Travel insurance

This trip grade is ranked the challenging difficult as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for the Everest Two High Passes Trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high

altitudes (up to 6000m) for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help in arranging quick and effective rescue operations, transfer for emergency medical help. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on 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 Indians require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan International airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is US \$50 for 30 days, which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

## Money exchange

**Nepali Rupees (NPR) is the local currency.**

**(1 USD = ~ Rs.100-118 NPR).**

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of traveler's cheques, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about 4% or more depending upon the bank.

During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

## How Much Luggage can I take during Everest High two Passes Trek?

The weight limit for your luggage is **9 kg per trekker**, Porters will be assigned to carry your luggage, two people will be assigned with one porter, and combined luggage should not **exceed more than 18kg**. 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 are essentials, you can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.



## Everest Two High Passes Trek Safety




Discovery World Trekking guarantees our valuable **client's safety, security, and satisfaction**. **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

## Equipment Checklist

### Equipment lists for Everest Two High Passes Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings belongings are suggested that should be brought, although we understand that our clients have their own preference for clothing, we have listed some useful clothing during the trek. Porters will be carrying the main luggage, which should not exceed more than 18kg (one porter will carry two people's luggage, 9 kg for each). Equipment can be bought in Kathmandu at a reasonable price.











### 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**

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
01 Mar, 2021 - 15 Mar, 2021	<del>\$1900</del> \$1230
03 Mar, 2021 - 17 Mar, 2021	<del>\$1900</del> \$1230
06 Mar, 2021 - 20 Mar, 2021	<del>\$1900</del> \$1230
09 Mar, 2021 - 23 Mar, 2021	<del>\$1900</del> \$1230
13 Mar, 2021 - 27 Mar, 2021	<del>\$1900</del> \$1230

# FAQ's






## I have never trek before, can I make it to Everest High passes?

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 High passes into reality.

## What is the best Season for trekking Everest High passes?

Spring (March to June) and Fall (September to November) are the best seasons to trek Everest High passes. Discovery World Trekking can make arrangements if you wish to avoid the crowds in these seasons, DWT can make it happen in any season you want with all the safeties and fun.

## How to avoid altitude sickness in Everest High passes?

-  Cut off caffeinated, alcoholic, and smoking items.
-  Drink at least 4 liters of water a day.
-  Trek slow. Don't skip the acclimatization days.
-  Better to continue with Diamox (if any symptoms show up).
-  Drink Garlic Soup.

## How safe is Everest High passes?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen levels at high altitudes and offers regular health check-up facilities.

## What if my flight to and from Lukla is cancelled or delayed?

The flights are usually regular between October and May. But due to high altitude, bad weather, and unforeseen technical issues, you may experience a delay or cancellation of the flight. On the occurrence of such events, Discovery World Trekking charters a helicopter to make sure you are on the safe schedule either for the trek or for your flight back home which would cost extra charge as an unexpected event. However, if the visibility is less than 1,500 meters, it is unable to operate helicopter facilities and Discovery World Trekking will reschedule the flight.

## Do I need Travel Insurance to trek in Everest Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members, which should be provided to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

## What about the Insurance of guides and porters?

Yes, Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

## What is the luggage limit for porter and flight to Lukla?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection and generosity can be the reason for them to work hard to take you to your destination. However, the weight limit on flights to the Everest region, basically to Lukla is a total of 10 kgs and you need to pay extra amount per kg for the excess baggage. Discovery World Trekking pays upto 5 kgs of extra baggage making your total to 15 kgs.

## What is the weather condition at Everest High passes?

Weather on the trail to Everest High passes is always changing and impossible to predict. Here is a list of probable temperature and weather conditions in each month.

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January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snow falls
April	Max 10°C in the daytime to min -5°C in a night	Moderate temperature with amazing landscape, rhododendron and wildflowers
May	Max 15°C in the daytime to min 0°C in a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C in a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid
August	Max 16°C in the daytime to min 2°C in a night	Max 16°C in the daytime to min 2°C in a night
September	Max 15°C in the daytime to min 2°C in a night	End of monsoon, no clouds
October	Max 12°C in the daytime to min -6°C in a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C in a night	Days are sunny and bright, cold during the night, sleeping bag is most.
December	Max 4°C in the daytime to min -14°C in a night	Foggy and cloudy weather

### Documents that I need to bring for trekking to Everest high passes?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via Email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

### What are the arrangements for night stay during the trek?

For the Everest high pass trekking, you will be staying at teahouses/lodges, generally offering twin sharing room and healthy local foods. Generally, the toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

### Is meal easily available on the trek to Everest High Passes ?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

### What types of liquid do I need to drink at high altitude?

Garlic soup is must while trekking. Discovery World Trekking recommend trekkers to drink green tea, lemon tea, hot lemon and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items and hot-chocolates at high altitude.

### Do I need to bring medicines for trekking to Everest High Passes?

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concerns to avoid altitude sickness and other probable sicknesses.

### Is there pick service by the Company?

You will see a personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets in her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

### **I am a vegetarian. Am I supposed to get enough meal on my trek?**

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages avoidance of dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegans and vegetarians.

### **Is there a cancellation or refund policy?**

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's individual tour packages for more information.

### **What is the booking and payment method for Everest High passes trek?**

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

### **Do I need to tip my porter and guide?**

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

### **How is the drinking water in the trails to Everest high Passes?**

Bottled water is easily available at a low cost. But you can not use plastic bottles in the Everest region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

### **What is the level of trekking to Everest High Passes?**

The level is more difficult than other trekking programs. However, Discovery World Trekking tries its best to make the journey as easy, adventurous, and joyful as possible.

### **Can I buy the gear in Nepal and sell it afterwards?**

Discovery World Trekking will introduce you to dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.

### **Is there Wi-Fi on the trek?**

Yes, most guesthouses offer Wi-Fi, for a small charge.



## 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)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

**[info@discoveryworldtrekking.com](mailto:info@discoveryworldtrekking.com)**

Talk to an Expert

**[+9779840055491](tel:+9779840055491)**  

