



# Mount. Everest Expedition South (8848M29, 029ft) - 72 Days

## Trip Facts

Destination	Nepal
Duration	72 Days
Group Size	2-12
Trip Code	DWTTK01
Grade	Very Strenuous
Activity	Expedition in Nepal
Region	Everest Region
Max. Altitude	Everest Expedition South (8848M/29,029ft)
Nature of Trek	Tea House/Camping Trekking/Climbing
Activity per Day	N/A
Accommodation	N/A
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All meals during the trek/Expedition
Best Season	Mar, Apri, May, June, Sep, Oct,& Nov
Transportation	Domestic flight and private vehicle (Transportation)

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Climbing the world's highest peak, Mt. Everest (29,035 ft./ 8,850m) is the epitome of adventurous mountaineering experience! We assure you 72 days of soulful journey.

### Why Discovery World Trekking?

Our expert team of Sherpas will provide you with all the required support, including your acclimatization need. We do an extensive research on weather forecast and use latest gadgets and technologies for climbing and communication. Focusing on team work we aim to have more mountaineers reach the summit. We are renowned for our best quality service in the highest altitude and this includes preparation of nutritious meals too. Along with our regular Everest expeditions, in the coming years, we will be offering customised and tailored programs too.

We vouch for your Health and Safety! Our motive is to provide you with a life time experience that oozes of satisfaction and happiness. We will fill your heart with stories of adventure and kindness that you would love to share with your near and dear ones back home! We are here to serve the mountaineering enthusiasts for a long-long time and your satisfaction and gratification is what we aim for.

# About the Trip

Climbing the world's highest peak, Mt. Everest (29,035 ft./ 8,850m) is the epitome of adventurous mountaineering experience! We assure you 72 days of soulful journey.

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

## Highlights

- 📄 More than a decade of successful expeditions to Everest! Our expert team of Sherpas stand second to none.
- 📄 Sherpas will guide you and be with you from day 1 (moment you touch down Tribhuvan International Airport, Nepal) for the expedition. 1:1 Sherpa to climber ratio!
- 📄 Our professional Sherpas are specialized in varied situations of altitude sickness, rescue operations and vouch for your Health and Safety!
- 📄 Breath-taking views of the Himalayas to the warm hospitality of Nepalese people, our itinerary will satisfy your quench for adventure as well as serenity.
- 📄 Experience traditional Buddhist ceremony called "Pooja"/ religious ritual to bless the entire team for a healthy, happy and successful expedition!
- 📄 We are an Expert, Honest and Affordable team of diligent, hardworking and warm Sherpas! Feel free to message, call, interact with us! We boast quick response time!

## What is Included?

- ✔ Airport and Hotel transfers in Kathmandu with Private Transportation
- ✔ Flight ticket Kathmandu– Lukla – Kathmandu (domestic) and surface transportation along with airport departure taxes.
- ✔ Everest Climbing Permit, Sagarmatha National Park entry permits and TIMS card and Garbage Deposit and all government and local taxes
- ✔ Accommodation during the expedition in tea houses/lodge accommodation/tents during climbing in twin sharing basis. All camping equipment's like tent, dining tent, toilet tent, table and chairs, mattresses. Mountain Hardware – arrangement of sleeping bags and down jackets and high altitude tents. Emergency Oxygen- Mask and regulator and other necessary medical equipment's.
- ✔ Food/Meals during expedition - nutritious breakfast, lunch and dinner. Experienced and qualified cook and kitchen helper at Base Camp and Advanced Camps. Kitchen and Dining equipment for all camps. Catering to extra dietary requirements. Food, fuel, fresh vegetables, fruits, and meat at camps during the expedition. High altitude food and fuel.
- ✔ EPI Gas burner for high climb, Gamow Bag (life saving device in case of altitude sickness) on a sharing basis with expedition members. Portable Altitude Chamber (PAC). Group gears and supplies like ropes, ice screws, snow bars.
- ✔ Medical Kit. We use pulse oximeter during the expedition to monitor blood oxygen saturation level and avoid altitude sickness or other health risks
- ✔ Cost of Government licence holder Discovery World Trekking's experienced and qualified Sherpa climbing leaders, Expedition Manager, Liaison Officer, Porter's, Cooks, Kitchen Helper, Daily Nepali staff's wages, equipment and other costs and allowance. Costs related to tents, lodging, meals, salary, transportation, flights, and their insurances including helicopter rescue provision and other necessary equipment's are also included.
- ✔ Yaks and Porters for transportation. (2 Trekkers:1 Porter) Maximum load 20 kg per porter.
- ✔ Satellite phone and Walkie-Talkie's available
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Discovery World Trekking's appreciation certificate for successful expedition
- ✔ Farewell Dinner

## What is Excluded?

- ⊖ Nepal Entry Visa fee, international airfare and airport taxes
- ⊖ Medical and personal high risk insurance. Emergency rescue evacuation if required & Personal accident, medical insurance or Helicopter rescue for climbing/expedition members.
- ⊖ Personal Equipment & Climbing gears and Personal Expenses (shopping, laundry, telephone call, extra porter)
- ⊖ Applicable permit fees and custom charges for satellite phones, communication equipment's, commercial filming of expedition
- ⊖ Excess baggage charges
- ⊖ Lunch/Dinner or meal expenses in Kathmandu and Extra Night – Accommodation/Hotel in Kathmandu
- ⊖ Alcoholic Beverages
- ⊖ Extra luggage & personal climbing gear
- ⊖ Walkie-talkies & Filming permit
- ⊖ Cargo clearance (Custom duty fees to be paid by clients)
- ⊖ Summit bonus and tips for Guides and Porters (the on-going rate is \$300 per climber)
- ⊖ Additional costs or delays caused by unforeseen events like landscape, extreme weather conditions, itinerary modification caused by safety concerns, illness, change in sudden government policies, strikes.

## Overview

Climbing the world's highest peak, Mt. Everest 29,035 ft./ (8,850m) is the epitome of adventurous mountaineering experience! We assure you 72 days of soulful journey.

Trailing through the path first taken by Sir Edmund Hillary and Tenzing Norgay in 1953 we will be scaling Mt. Everest through the southern approach via Khumbu Valley. The popularity of this established trail is such that more and more mountain fanatics register for our Everest expedition every year! The region is most welcoming during spring (early March to May) and autumn (early September to October).

Standing at the highest point of the Earth, is a glorious experience indeed, but it doesn't come easy! Thin Air, excessive wind, gale, harsh weather conditions, rapid climate change, high altitude and vivid situations are some of the variables that shape the experience of scaling Mt. Everest.

But, fear not! Let us support you to make your Everest dream come true!

Join the ultimate challenge!

## Day to Day Itinerary

### Day 1

#### Arrival at Tribhuvan International Airport.

Arrival at Tribhuvan International Airport, in the capital – (4,593 ft./1400 m)Kathmandu of Nepal. We will check in and attend a welcome dinner with our expert expedition team of friendly Sherpas.

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### Day 2

#### Perparing day in Kathmandu

We look forward to a pleasant day in Kathmandu experiencing the ancient history and tradition and we will also thoroughly inspectthe expedition gears that we would need and use during the expedition

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### Day 3

#### flight to Lukla(9,000 ft./2740m)approximately 40 minutes'

We prepare for our flight to Lukla(9,000 ft./2740m)approximately 40 minutes' flight. Luklais the gateway to Everest and is based at the foot of Khumbu "Himal" /Mountain; from where we will resume the trek to Everest Base Camp.

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### Day 4

#### Trek to to Phakding (2,650 m/8,690 ft)

After final administration requirements, we'll fly via Twin Otter/Let L-410/ Cessna/ Dornier to Lukla Airport, Khumbu region and trek to Phakding. Phakding is a small village in the Khumbu region itself. It lies in the DudhKosi river valley just north of Lukla and south of Monjo, at an altitude of 8380 ft, (2610 m), It is one of the UNESCO World Heritage Site since 1979.The trail starting at Lukla to Phakding is often the main stopping point for trekkers on their way to Mount Everest.

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### Day 5

#### Trek to Namche Bazaar (3440 m/11,285 ft)

Trek from Phakding to Namche Bajar11,042 ft. (3440 m). Namche Bazaar is the staging point for expeditions to Everest and other Himalayan peaks in the area.

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### Day 6

#### Rest day to relax and acclimatize at Namche Bazaar

Acclimatize in Namche Bajar; a prosperous market town selling everything from Tibetan artefacts to trekking and climbing equipment's. The visitor center at park headquarters has detailed information on various climbs in the area,memorabilia from different mountaineering expeditions, and information on the lifestyle and culture of the Sherpa people. A historic trading hub, famous for its homemade yak cheese and butter, Namche is situated on the slope of an arch-shaped mountain, which allows you to oversee the sights of glorious mountain peaks throughout the valley, day and night. Once a capital of Khumbu, where Sherpas from neighboring villages and Tibet would gather to trade commodities, and would display their traditional arts and crafts, Namche Bazaar - to this date - hasn't forgotten its ancient culture and royal hospitality.

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### Day 7

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

Trek to Tengboche. We'll walk to the beautiful village of Khunde 12,400 ft. (3,780 m), one of the largest villages in the Khumbu and home of Sir Edmund Hillary's hospital and school. The day's walk is moderate and pretty, winding through thick cedar forest. On our way upwards, we will also come across the village of Thame12,464 ft. (3,800 m), off the main trekking path. This gives us an intimate view of the Sherpa culture. Interestingly many world-famous Sherpa's have come from this region. We will continue and climb to the village of Tengboche 12,683 ft (3,865 m), the cultural and religious center of the Khumbu! Also, the "Rinpoche"/ lama/ priest here will be blessing our entire expedition team by

performing the traditional Buddhist ceremony called "Pooja"/ religious ritual for a happy and successful endeavour. Our expedition teams have always had an audience with the Rinpoche and received his blessings for a happy and successful expedition. Following the pooja, climbers can begin their first journey into the Icefall. Vistas from Tengboche are spectacular! The pointed peaks of Thamserku and Kangtega stand to our south as Everest, Lhotse, Nuptse, and AmaDablam are visible to the north. Views from this locale (one of the finest on earth), include Kwangde (20,293 ft./6,185 m), Tawachee (21,457 ft./6,540 m), Nuptse (25,843 ft./7,876 m), Lhotse (27,883 ft./8,498 m), Everest (29,035 ft./8,850 m), AmaDablam (22,487 ft./6,854 m), Kantega (22,235 ft./6,777 m), and Thamserku (21,674 ft./6,606 m). We will also visit the community Sherpa Cultural Center and enjoy baked delicacy in a nearby bakery.

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## Day 8

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

Most trekkers take the route of Tengboche-Dingboche-Labuche for the Everest expedition. Dingboche village is at 14,468 ft. (4410 m) above sea level. You will be able to see a spectacular view of the farmlands and nature. Traditional Sherpa settlement, nunnery, monastery, "Chortens"-Buddhist shrine, typically a saint's tomb or a monument of the Buddha, Yak and wildlife pastures are the highlights of Tengboche to Dingboche route. This route also has lush trees, birch, conifers and rhododendron forest. Somare village is the lunch spot of this day trek. Walking trail above Somare and Orsho reward the travellers with a pristine view of the Himalayas. Walking along the Imja valley you will finally reach the Dingboche village.

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## Day 9

### Trek to Labuche 16109 ft. (4910 m).

## Day 10

### Acclimatize at Labuche 16109 ft. (4910 m)

Acclimatize at Lobuche. It is one of the last overnight stops with lodging on the "trail to base camp." It is also a popular stop among trekkers. From Lobuche they can complete the trail on to EBC or stop at GorakShep, the last stop with lodging on the trail, and climb the modest nearby peak, Kala Patthar 18,192 ft. (5,545 m) for a rare view of the Everest summit. The structure of Everest is such that its actual summit is not visible from the Base Camp. From here, you will be able to see the entire Khumbu glacier. Lobuche shares its name with several peaks in the area: Lobuche Far East, Lobuche East and Lobuche West (a separate mountain further west). Labuche Kang (sometimes spelled Lobuche Kang) falls in the Tibet region. It is a particularly a busy place as hundreds of porters and Sherpas from the region pass through Lobuche on their way to Base Camp. Many local inhabitants also move supplies, with the aid of yaks or other means, for various purposes including aiding the climbers and expeditioners traveling up the trail.



Rest day in Lobuche, acclimatizing.

## Day 11

### Trek to Everest Base Camp at 17,598 ft. (5,364 m),

We'll leave Lobuche and eventually cross the moraine of the great Khumbu Glacier to reach Everest Base Camp at 17,598 ft. (5,364 m), which lies beneath the sweeping ridges of Mt. Everest and Mt. Nuptse. For your convenience, our diligent expedition team of porters and Sherpa's, will have ferried loads of equipment's by the time of your first arrival at the Base Camp. Years of experience have helped us establish finest Base Camp with the highest quality tent structures, including private sleeping tents. Our dining tent is carpeted and heated and has Wi-Fi and a movie screen. We also provide hot showers at your request. We have western-trained cooks that prepare fresh local products as well as imported food. We strive to make the time at Base Camp restful and revitalizing. On our leisure day at Everest Base Camp, we enjoy the morning tea, and spend the day experiencing life at Base Camp. We watch the preparations of our climbing team, look at how meals are prepared, and indulge in further team building activities with our expedition team.

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## Day 12

### To 60, Expedition period Summit Everest (8,848m/ 29029ft)

(General Climbing Schedule: Schedule on the mountain is approximate and is subject to changing conditions. Delays/early departures can occur.) Climbing route: Like the Base Camp, our climbing leaders and Sherpa's will have set up an efficient route to Camp 1. By the time, we reach, they will be well on the way to having the lower part of the mountain (the Khumbu Icefall) already fixed with ropes and ladders. We'll establish four camps on the mountain. One

can only traverse this area with the aid of ropes and ladders. Even with all the safety precautions, this section is extremely dangerous. Shifting ice, deep crevasses, gale, falling ice and avalanches are some of the adverse variables.

#### Tent

Camp 1: 20000ft. (6400m) is situated at a rather flat area and we will be acclimatising here for a few days. However, this region has a deep fissure below and is surrounded by mountain walls; glacial areas through which we will trek to reach Camp 2. The crevasses beneath us, on one hand creates a deep murmuring sound especially audible at the night time but on the other hand, the mountain walls provide a warm sensation because of the sun's reflection on the walls. Camp 1 is also an intermediate camp until Camp 2 (Advanced Base Camp) is established. Trekking to Camp 2, we will climb through a much gentler slope of the Western Cwm.(pronounced "coom")

#### Tent

Camp 2: 21000ft. (6750m) is located at the base of the icy Mount Lhotse! Climatically it's a safe place indeed but sometimes the dark clouds from the lower Himalayan valleys create a not so favourable weather. Excessive wind, gale can sometimes cause troubles like destroying the tents. Camp 2 will consist of large tents for cooking and dining and several smaller tents for sleeping. It will be our base while the Sherpa's place safe accommodation at Camp 3 and 4. After acclimatising here for a few days, we move ahead towards Camp 3! While we acclimatise here i.e. at camp 2, the guides and the Sherpa climbers will be busy establishing stable higher camps and stocking them with bottled oxygen and other gears required, and will ensure that all the supplies are in place to scale Camp 4 and ultimately the summit! First Venture: Our first venture into the mountain is now complete and we will be heading back to the Base Camp.

#### Tent

Camp 3: 22300ft, (6950 m) For the well-being of the mountaineers, proper acclimatization at Camp 2 is crucial to a successful scaling of Camp 3. Also, oxygen will be used starting this point. Camp 3 is adjoined to Mount Lhotse wall! Next, a one day-climb up the Lhotse Face will complete our second venture as we return to the Base Camp. Second Venture entails following the first venture route and schedule. In addition to this, the second venture also involves a challenging one day – climb up the Mount Lhotse Face and back to the Base Camp. Third Venture: The third venture entails following the second venture route and schedule. In addition to this, it also involves sleeping one night at Camp 3 for acclimatisation purpose before returning to base camp again for a rest period. Returning to the base camp we look forward to enjoying the rest days. Some of the expedition team members might choose to descend to a lower elevation to recover before starting the summit attempts while others may choose to remain at the Base Camp. Depending on variables like the team member's opinion, events of the season, either of the option can work well and will be fully supported by the Discovery World Trekking team.

#### Tent

Camp 4: 26000ft (8,400m) To finally reach Camp 4, we will be climbing the Mount Lhotse Wall by using fixed ropes and equipment's amid ferocious and violent winds! As we move forward, we must ascend through the steep bends. This region has plenty of loose, down-sloping and risky limestones that may cause slipping and falling, hence one must be careful and alert at every step. After crossing a short snow field, the route moves ahead up to the Geneva Spur on the east as we aim to finish climbing through the flats of the South Col/saddle/pass. We will efficiently do so with the support and exceptional skills of our expert Sherpa's! Camp 4, is the last major camp before climbers make their summit push. It is the first perilous night of an adrenaline packed adventure. From this point, the Everest is about 500m away, but this is also the final and most dangerous part of the climbing! Scaling the Everest! From Camp 4, climbers hike to The Balcony, at 27,700 ft (8440 m). It provides a podium where climbers can rest. Mountaineers then proceed to The Cornice Traverse, and finally onto The Hillary Step where only one climber can ascend or descend at a time. It is at this point, the lack of oxygen and extremely cold temperature clouds a climbers' reflex, judgment, decision skills making the Hillary Step one of the most challenging elements of the climb! On the summit day, we will start early morning and attempt to reach the summit before midday! Now, the final moments to reach the Summit! Near the top of the world, you will observe examination and scientific equipment's, prayer flags, and mementoes left by climbers. From the entire 7.5 billion people living on planet Earth, only a handful of blessed and privileged people like you can witness such a scene! Remember, you were the chosen one! On the divine Everest, as you

take one small step after another, you can see a breath-taking view of the majestic Himalayas beneath you! What a glorifying experience! A memory to last a life time and beyond! On top of the snow glistening Mount Everest most climbers stop to thank God, remember their loved ones, take some emotional pictures and absorb a very rare 360-degree view of the world! The fear along with the adrenaline rush lingers on...As the list of death attests, getting down safely is as dangerous as climbing up! We will slowly and safely retreat to the South Col and the next day descend to Camp II and then to Camp I.

## **Day 62**

**Safely back to the Base Camp!**

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## **Day 63**

**Trek back to Pheriche (4,250m / 13,945 feet) –5 hrs**

Climb down to Pheriche 13,907 ft. (4,238 m) village is famous for its high-altitude research center. The center attracts world-renowned physicians who acquire data to analyze the effects of high altitude on human physiology. There are no trees in this high valley; there are small, tough grasses, but nothing to obscure the views of nearby mountains. On the north of Pheriche, there is a field of cairns, rock towers that memorialize climbers lost in the mountains.

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## **Day 64**

**Trek down to Namche Bazar**

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## **Day 65**

**Trek down to Lukla**

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## **Day 66**

**Fly to Kathmandu.**

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## **Day 67**

**Rest in Kathmandu and Farewell Dinner**

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## Trips Notes

### Getting There!

Arrival at Tribhuvan International Airport, in the capital – (4,593 ft./1400 m) Kathmandu of Nepal. We will check in and attend a welcome dinner with our expert expedition team of friendly Sherpas. We look forward to a pleasant day in Kathmandu experiencing the ancient history and tradition and we will also thoroughly inspect the expedition gears that we would need and use during the expedition.

We prepare for our flight to Lukla (9,000 ft./2740m) approximately 40 minutes' flight. Lukla is the gateway to Everest and is based at the foot of Khumbu "Himal" /Mountain; from where we will resume the expedition to Everest Base Camp.

### Free Transfer

We provide free airport pickup and drop off services by our private vehicles. Upon arrival, you will be warmly and traditionally welcomed by our Discovery World Trekking crew. You will be offered "Khata" - A khata is a traditional ceremonial scarf in Tibetan Buddhism or a Marigold garland (symbolizing purity, goodwill, auspiciousness and compassion) and then be transferred to your hotel. To efficiently carry out this traditional welcome ceremony, we expect to receive your full flight details of arrival and departure in advance by email.

### Accommodation

The Everest Expedition is a 72 day of soulful journey! We will make you feel homely with the warm hospitality of the local people. Discovery World Trekking has good public relations with local service providers in the Himalaya region. Accommodation varies during the expedition. We will be accommodating at hotels/tea houses/lodges/tents during climbing in twin sharing basis and this will indeed be effectively managed. All camping equipment's like tent, dining tent, toilet tent, table and chairs, mattresses will be provided. Mountain Hardware – arrangement of sleeping bags and down jackets and high altitude tents are readily provided.

### Meals

The meal package is nutritious, healthy and hygienic. Everyday three meals - breakfast, lunch and dinner will be provided during the expedition. Hotels, lodges and tea houses provide us with fresh, hygienic, tasty and nutritious local or international meals. The menu is usually a combination of traditional local, Asian and western cuisine. We highly recommend liquids, green tea, lemon tea, hot lemon, ginger tea and garlic soup (must) at high altitude for health benefits. Our expedition team also have experienced and highly qualified cook and kitchen helper at Base Camp and Advanced Camps. We provide kitchen and dining equipment for all camps. We readily cater to extra dietary requirements and provide fuel, food, fresh vegetables, fruits, and meat at camps during the expedition. Expect nutritious high altitude food! Meals in Kathmandu are not included in the expedition package. However, there are a wide variety of Nepalese and international cuisine – fine dining/meals/snacks/bar and pubs available for you to choose per your taste.

### Best Season

The weather is one of the most important factor for expedition. It is best suited to climb and trek during the spring and the autumn. During the winters and monsoon, expedition becomes difficult due to heavy snowfall, cold temperature and slippery trails.

### January – February

This time is the coldest, especially from early January to late February. This is the time of heavy snowfall in the mountain region and can result in extremely cold temperature. During the day time, it's warm with clear blue sky and glistening Himalayas, however, at the night time it gets extremely cold. It is not advisable to trek during this time because the Everest climb and trek is challenging and the cold temperature, snowfall makes it even tougher!

### March – April

The best time of the season for expedition! The weather is highly favourable. Stunning views of the Himalaya ranges and glaciers will be seen. Temperature starts increasing from the mid of March and clear blue sky, glistening snow mountains will be seen at their best. There is a high rate of expedition success during this time of the year!

### May – June

This would indeed be the second-best season for expedition. This is also the perfect time for trekking right before the rainfall. Monsoon in this region starts from the end of June until the mid of August. This season of spring and summer makes the expedition much more enjoyable!

## July – August

Maximum rainfall! It is not advisable to trek during this season as the trails tend to get slippery and the expedition difficulty level rises. Flights to Lukla is often cancelled in this season due to bad weather and visibility issues.

## September – October

This is also one of the perfect season for expedition! It is in fact the peak time when tourists flock to Nepal. This season boasts a pleasant, favourable weather and a perfect expedition climate. The temperature goes up to 20 °C/68.0 °F in the day time and falls to 5 °C/41.0 °F during the night time. Stunning views of the Himalaya ranges and glaciers will be seen along with a clear blue sky, and glistening snow clad peaks at their best. Another main attraction of this season is the happening aura of the main festivals of Nepal: Dashain and Tihar!

## November – December

As winter slowly begins, snow fall gradually covers the Himalaya region making it difficult to trek. Late September and early November is still a busy season for expedition. Day time temperature is stable and constant and it gets extremely cold during night time. The picturesque view of clear blue sky and the snow-clad mountains are phenomenal.

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

## A Typical Day on the Expedition

Every day will be rewarding with a unique experience of trekking, climbing enjoying scenery, taking photos and exploring the local villages. During the expedition, we are accompanied by experienced, friendly and qualified expert Sherpa's sharing information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage's. However, we will be carrying our small regular day bag pack of 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 day's walk around 7AM to 8AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served 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 have free time to explore nearby places.

Dinner is served around 6PM to 7PM. After dinner and before going to bed, we indulge 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 on board 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.

## Acclimatization

We will be acclimatizing in three places.

First in Namche Bajar 11,042 ft. (3440 m); a historic trading hub, famous for its homemade yak cheese and butter, Namche is situated on the slope of an arch-shaped mountain, which allows you to oversee the sights of glorious mountain peaks throughout the valley, day and night. Once a capital of Khumbu, where Sherpas from neighbouring villages and Tibet would gather to trade commodities, and would display their traditional arts and crafts, Namche Bazaar - to this date - hasn't forgotten its ancient culture and royal hospitality.

Secondly, at Lobuche 16109 ft. (4910 m). It is one of the last overnight stops with lodging on the "trail to base camp." It is also a popular stop among trekkers. From Lobuche we can complete the trail on to EBC or stop at GorakShep, the last stop with lodging on the trail, and climb the modest nearby peak, Kala Patthar 18,192 ft. (5,545 m) for a rare view of the Everest summit. The structure of Everest is such that its actual summit is not visible from the Base Camp.

We then acclimatize at Everest Base Camp at 17,598 ft. (5,364 m), which lies beneath the sweeping ridges of Mt. Everest and Mt. Nuptse. For your convenience, our diligent expedition team of porters and Sherpa's, will have ferried loads of equipment's by the time of your first arrival at the Base Camp.

Years of experience have helped us establish finest Base Camp with the highest quality tent structures, including private sleeping tents. Our dining tent is carpeted and heated and has Wi-Fi and a movie screen. We have western-trained cooks that prepare fresh local products as well as imported food. We strive to make the time at Base Camp restful and revitalizing.

For more on acclimatizing and altitude sickness Read: **Altitude, and Altitude Sickness:**

## Altitude, and Altitude Sickness:

You must have read or heard about altitude sickness amongst mountaineers. It is simply less oxygen in air and surrounding atmosphere, which increases with the increase in elevation. It is also called mountain sickness or acute mountain sickness (AMS). Altitude sickness is very common and is likely to happen to anyone during the expedition, hence our team of Sherpas' are well equipped, experienced and prepared to prevent, deal with and treat this. However, you need to be aware of the symptoms so that you're able to immediately get help from our Sherpa's. The common or mild symptoms of Altitude Sickness are:

- Slight Headache
- Tiredness and Dizziness
- Shortness of Breath
- Loss of Appetite
- Nausea or Vomiting
- Upset Stomach
- Swelling
- Fatigue

These common symptoms indicate a warning sign that you are at the risk of developing an altitude sickness. Our Sherpa's will assist you and help you adapt to the altitude, rest, walk slowly, ascend until you feel better and are ready to resume your expedition. Symptoms of severe altitude sickness are:

- Severe Headache
- Frequent Vomiting
- Rapid Increase in Heart Beat Rate
- Problem in Vision
- Irritable Cough or Persistent Cough
- Difficulty in Walking
- Irrational Behavior
- Confusion or Lack of coordination with group members
- Breathlessness even after enough resting
- Difficulty in Sleeping

These symptoms develop very soon if the mild altitude sickness is left untreated. Hence, please inform the Sherpa's in the expedition team if you are feeling uncomfortable. A Sherpa or two will support and accompany you to descend immediately to avoid potential life threatening condition like HACE and HAPE. HAPE stands for high altitude pulmonary edema which causes fluid enter into the lung and HACE refers to high altitude cerebral edema which leads to fluid collects in the brain. You can resume your expedition with the Sherpa's accompanying you once you feel better.

Discovery World Trekking has been warmly catering to acclimatization need of its customers. Our professional guides/Sherpas are specialized in altitude related situations and take an effective care of your health of safety and use the rule of thumb - "high climb and sleep low". Please consider that some people are more vulnerable than the others. It is advised that each client purchases mandatory travel insurance policy inclusive of higher elevation rescue and evacuation coverage. Please also keep in mind that we are not insurance policy sellers and do not conduct this as a business. However, we need the insurance documents to easily and speedily conduct rescue operations if required.

### **Insurance Policy**

Everest Expedition trip grade is ranked as one of the most difficult as it entails risk of high altitude climbing, potential altitude sickness and other unforeseen events including sudden climate changes. Travel insurance is a significant part of our booking condition for Everest expedition. All the members of the expedition 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 altitude for expedition members.

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

Expedition members are kindly requested to send their detailed insurance information once they book for the expedition. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help etc. Please insure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the expedition.

### **Trekking Group/Single**

The number of group members for the expedition starts from 2 to maximum up to 20 members. The group will be accompanied by Sherpa leaders, and supported by assistant guides and porters.

## Water during Expedition

We can either buy packed mineral water bottles from local lodges, scarce shops in route to our destination or fill our bottle with boiled water from the tea houses/lodges for a small extra cost. We highly advise you to bring water purification bottles or purification pills/drops.

## Communication, Electricity and Battery Recharge during Expedition

Mobile phone coverage is available on most of the routes, but this service may not always be reliable, depending on which network you use. Upon your request, we can provide you with separate local SIM card which gives a good network to talk to family and friends back home! Sometimes at high altitude, there is no network facility or even electricity and battery recharge facility. Nevertheless, almost all lodges/tea houses on the route to Everest base camp have electricity/power for camera and mobile battery recharge is available by paying a small amount of extra fees. Most of the tea houses/lodges have hydroelectricity and some have solar panels too. We highly recommend that you also bring your own solar powered charger.

## Extra Personal Expenses on Expedition

Meals and accommodations in Kathmandu must be paid by self. Expedition members bring personal spending money with them to cover the cost of accommodation and food in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs and other personal expenses. We recommend to bring cash (dollars) which can be easily be exchanged to Nepalese rupees.

## Money Exchange

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.100 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 security advantage of traveller's cheque, we prefer cash exchange to avoid hassles like a lengthy process and 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 four percent or more depending upon the bank. Please note that 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.

## Passport and Visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan International Airport. Expedition members could also apply online for VISA - [www.immigration.gov.np](http://www.immigration.gov.np). Visa can be extended at the central immigration office. Visa application requires a minimum of 6 months' passport validity, and a passport size photo. The current cost of visa fee is US \$40 for 30 days which must be paid in cash. Citizens of China along with the SAARC countries are eligible to receive free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) whose citizens may not receive visa on arrival so please contact your local Nepalese embassy or find information online - [www.immigration.gov.np](http://www.immigration.gov.np).

## Luggage

We provide Yaks and Porters for transportation. (2 Trekkers:1 Porter) Maximum load 20 kg per porter. Expedition members will carry a light back pack for easy access to water, camera, toilet paper, warm layers of clothes and other personal items useful during the trek. Any excess baggage not required during the expedition can be safely kept at Discovery World Trekking office and can be collected after the expedition.

## Safety

Discovery World Trekking guarantees our client's safety and security. Health and Safety of our clients is indeed the utmost concern for us too. Our leaders and guides have vast knowledge and extensive first aid training. Altitude sickness is very common and is likely to happen to anyone during the expedition, hence our team of Sherpas' are well equipped, experienced and prepared to prevent, deal with and treat this.

Our expert team of Sherpas will provide you with all the required support, including your acclimatization need. We do an extensive research on weather forecast and use latest gadgets and technologies for climbing and communication.

Expedition members are kindly requested to send their detailed insurance information once they book for the expedition. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for medical help etc.

Discovery World Trekking vouches for your Health and Safety! Our motive is to provide you with a life time experience that oozes of satisfaction and happiness. We will fill your heart with stories of adventure and kindness that you would love to share with your near and dear ones back home! We are here to serve the mountaineering enthusiasts for a long-time and your satisfaction and gratification is what we aim for.

## **Equipment Checklist**

### **Trekking Equipment's and Packing List**

Packing list will vary in detail depending on expedition team's preference like accommodation choices such as tea house, camping, home stay. We will only recommend the general must have items that we will not be providing you with and leave it up to you to decide what other personal items you would want to bring.

Our expedition team will have porters who will help carry luggage's but we do have weight limit and do not allow over 20 kg's (per person). Almost all the required equipment's are readily available for hire or purchase. Upon sign-up, we will send you a more detailed Climber Information Package.

### **Head**

-  **Sun hat or Baseball hat (to avoid Sunburn)**
-  **Winter hat or insulating hat/Wide brimmed hat (to keep yourself warm)**
-  **Headlight with Extra Batteries**

### **Face**

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

### **Hands**

-  **Light weight gloves**
-  **Heavy weight winter gloves**

### **Body**

-  **T- shirts (bring Light weight wool)**
-  **Hiking T-shirts**
-  **Long sleeved T-shirts**
-  **Hooded rain jacket**
-  **Fleece jacket**
-  **Light weight cotton pants**
-  **Innerwear's**
-  **Polypropylene innerwear's**
-  **Down Jacket (Available for rent)**
-  **Sweaters**
-  **Water proof jacket and pants**
-  **Sturdy and Comfortable Foot wear for Walking/Climbing**
-  **Thick wool socks ( + extra pairs of thick light socks)**

## Essential gears

- ☞ Backpack or Daypack (Size depends on whether you take porter or not)
- ☞ Thermal bottle
- ☞ Water purification drop/ bottle
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high-altitude expedition)
- ☞ Sleeping Pad (For camping expedition)
- ☞ Tent (only for camping expedition)
- ☞ Cooking and Eating utensils (only for camping expedition)

## Toiletries

- ☞ Medium size drying towel
- ☞ Deodorant
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## And other Personal accessories

- ☞ Watch
- ☞ Notebook and pen
- ☞ Binoculars
- ☞ Cell phone
- ☞ Camera

## Extra Items

- ☞ First Aid Kit
- ☞ Extra passport photos and photocopies of passport

## Essential Documents

- ☞ We request the following to arrange permits and documents:
- ☞ A copy of your passport and travel/health insurance documents with contact details, three passport size photos.
- ☞ Please have a notepad and pen handy to note information's.
- ☞ Additionally, we recommend that you maintain a separate photocopy of all important documents including traveller's cheques and bank/ATM card contact numbers, insurance policy, international flight tickets, emergency contact numbers etc.



## 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

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Quick Questions? Email Us

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