



Three Peaks Climbing - Pokalde, The Island and Lobuche East - 23 Days



Trip Facts

Destination	Nepal
Duration	23 Days
Group Size	2-12
Trip Code	DWTTP10
Grade	N/A
Activity	Peak Climbing In Nepal
Region	Everest Region
Max. Altitude	Island Peak 6,189m/20,305ft, Pokalde 5,806m/19,048ft, Lobuche East 6,119m/20,075ft
Nature of Trek	Tea House /Camping trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Tea house/Camping during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	N/A
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec,
Transportation	Domestic flight and private vehicle (Transportation)

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

This is our super adventure climbing program that includes the three famous peaks in the Everest Region – Pokalde Peak, Island Peak, and Lobuche East Peak. The Pokalde Peak or...

About the Trip

This is our super adventure climbing program that includes the three famous peaks in the Everest Region – Pokalde Peak, Island Peak, and Lobuche East Peak. The Pokalde Peak or the Dolma Ri (5806m/19,043ft) is comparatively easier to climb. The Island Peak (6,189m/20,305ft), originally known as the ImjaTse located at the heart of Everest region, in the middle of the Chhukung valley, is perhaps the most popular but comparatively tougher climb than Pokalde peak. Mt. Lobuche East (6119m/20,070 ft) climb is a bit more challenging than the Island Peak. Though classified as 'trekking peaks,' Lobuche East, 6119m, Pokalde, 5806m, and Island Peak, 6189m, are moderately technical and offer the best possible introduction to himalayan climbing in one of the most spectacular regions in the world. The magnificence of wild and cold mountains that unfolds right before our eyes is a reward to all the efforts put into trekking and climbing these mountains.

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

Highlights

- 📌 Exquisiteness of one of the world's prominent Himalayan region, Everest Region.
- 📌 A close view of glorious mountains! The Pokalde Peak or the Dolma Ri (5806m/19,043ft). The Island Peak/ the ImjaTse (6,189m/20,305ft), Mt. Lobuche East (6119m/20,070 ft)
- 📌 Magnificent views of world's towering mountains including Mt Everest, Mt Cho Oyu, Mt Lhotse, Mt Makalu, Lhotse Middle Peak, Lhotse Shar, Mt Nuptse, Mt Baruntse, the majestic AmaDablam and other surrounding peaks in Everest Region.
- 📌 Explore the culture and lifestyles of the local Sherpa people
- 📌 UNESCO World Heritage Site; Sagarmatha National Park
- 📌 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.
- 📌 Our professional Sherpas are specialized in varied situations of altitude sickness, rescue operations and vouch for your Health and Safety!
- 📌 Sherpas's will guide you and be with you from day 1 (moment you touch down Tribhuvan International Airport, Nepal) for the expedition.
- 📌 Scenic Flight: Kathmandu – Lukla – Kathmandu
- 📌 We are an Expert, Honest and Affordable team of diligent, hardworking and warm Sherpas! Feel free to message, call, and 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.
- ✔ Sagarmatha National Park entry permits and TIMS card and Garbage Deposit and all government and local taxes
- ✔ Permits for Lobuche East, 6119m, Pokalde, 5806m, and Island Peak, 6189m.
- ✔ 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.
- ✔ Porters for transportation. (2 Trekkers:1 Porter) Maximum load 18 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
- ❑ Tips for guides and porters
- ❑ Excess baggage charges
- ❑ Accommodation, Meals Breakfast, Lunch/Dinner 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

Discovery World Trekking has carefully planned the Three Peaks and Three High Passes Expedition to allow for acclimatization and practical mountaineering coaching with our experienced Sherpa guide.

Our journey begins from Kathmandu, we will take a scenic flight to the airstrip of Lukla (9,000 ft./2740m) approximately 40 minutes'. Lukla is the gateway to Everest Region and is based at the foot of Khumbu "Himal" /mountain; from where we will resume the trek to the Three Peaks

In between, we will come across amazing historical locations like Monjo, at an altitude of 8380 ft, (2610 m). It is one of the UNESCO World Heritage Site since 1979. Namche Bajar 11,042 ft. (3440 m), a prosperous market town and a historic trading hub, which allows you to oversee the sights of glorious mountain peaks throughout the valley. Namche Bazaar - to this date - hasn't forgotten its ancient culture and royal hospitality.

Climbing the three peaks demands high level of physical fitness and high degree of commitment. It is an excellent opportunity for climbers seeking ultimate and thrilling adventure while gaining an experience of a life time by achieving the summits of three peaks – Pokalde Peak, Island Peak and Lobuche Peak in the Everest Region of Nepal.

Once at the top we are rewarded with magnificent views of Mt Lhotse, Mt Makalu, Lhotse Middle Peak, Lhotse Shar, Mt Nuptse, Mt Baruntse, the majestic AmaDablam and other surrounding high snow covered peaks.

Pokalde Peak:

Pokalde Peak 5,806 meters is a relatively easier climbing peak that appears as a crenelated rocky ridge dominated by the vast bulk of Nuptse. The peak was first climbed in 1953 via Kongma La along its North Ridge by a John Hunt, Wilfrid Noyce, Tom Bourdillon and Mike Ward, all

members of 1953 Everest Expedition Team. The summit offers a good viewpoint and well known as fine little peak.

Island Peak:

Island Peak or ImjaTse- 6,189m is the most popular trekking peak in Nepal that rises miraculously as an Island in a sea of ice surrounded by Lhotse and Lhotse Shar Glaciers. Located above the summer settlement of Chhukung, the name Island Peak was given by Eric Shipton's party in 1952 while exploring around the Barun Gorge. However, first ascent of Island Peak was made in 1953 by Charles Evan, Alf Gregory, Charles Wylie and Tenzing Norgay as a part of preparation climbing for the Everest Expedition.

Lobuche (East) Peak:

Lobuche Peak 6,119 m is an attractive peak that comprises of several small summits. This peak is quite fascinating and is reached by descending into a marked notch and then climbing steep snow and ice slopes to the top. The first recorded ascent of the peak was made by Laurence Nielson and Sherpa AngGyalzen on 24th April 1984.

First, we follow the famous Everest trail via Namche, Tengboche, Digboche. The trail to Pokalde Peak while following through the usual route to Everest Base Camp deviates from Dingboche. While trekking forth from Dingboche, the trail reaches at the base camp of Pokalde Peak and then crosses Kongma La pass (5,535 meters) to reach at High camp of the peak. The continuous trek from the High Camp through the rocky trail eventually rewards you the of Pokalde peak from where you will have extraordinary mountain spectacle including Mt Makalu, AmaDablam, Pumori, and a vast mountain vista of Khumbu region. After summiting the Pokalde Peak we trek to Chhukung for our next target, Island Peak. Hard effort to the Island peak top will be felt worth it on finding Lhotse, Nuptse, Baruntse, AmaDablam and Makalu right in front of us. Having climbed Island peak we then descend down to Dingboche, trek up to Lobuche and gradually to Lobuche base camp. After that, having climbed Lobuche East peak, one of the most challenging among 'trekkers peaks' in the Everest region we retrace our path to Lukla via Pheriche-Pangboche-Tengboche and Namche Bazzar.

Standing at the world's one of the most prominent peak, 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 these mountains!

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

Join the ultimate challenge!

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.

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.

Day to Day Itinerary

Day 1

Flight to Lukla (2850 m/9,350 ft)-30 Minutes, trek to Phakding (2,650 m/8,690 ft) – 3 hrs

We will drive to the airport early morning to take our flight to Lukla(9,000 ft./2740m). After final administration requirements, we'll fly via Twin Otter/Let L-410/ Cessna/ Dornier to Tenzing and Hillary Airport in Lukla (9,000 ft./2740m) approximately 40 minutes' flight. The scenic 40 minutes' flight to Lukla offers the panorama of the peaks like Langtang and the Annapurna Himalayan Ranges. Lukla is the gateway to Everest region and is based at the foot of Khumbu "Himal" /mountain; from where we will resume the trek to the three peaks. We will trek 200m downhill to ThadoKoshi River and cross a suspension bridge where the view of Mt. KusumKangru looks amazing.

Continuing our trek, we will cross a small Buddhist village called Ghat which will lead us to Phakding (2,650m/8,690 ft) - 3 hours. 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.



Overnight at the lodge in Phakding



Includes meals (Breakfast+Lunch+Dinner).

Day 2

Trek to Namche Bazaar (3,440m/11,285 ft) 6 hrs.

Trek from Phakding to Namche Bajar 11,042 ft. (3440 m). Namche Bazaar is the staging point for all expeditions and trekking's.

Our day begins from crossing many suspension bridges over the DudhKoshi River. We will be trekking in a forested trail which leads us to a small Sherpa village; Monjo. As we continue trekking, we will arrive at the entrance of Sagarmatha National Park check post and have our permits registered. The trail climbs through dense forests making it challenging for us. We will also get the first sight of Mt. Everest. Trekking further, we will finally arrive at Namche Bazaar; the gateway to Everest.



Overnight at the lodge



Included meals (Breakfast+Lunch+Dinner).

Day 3

Namche Bazaar Acclimatization day.

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. Trekkers are free to explore Namche Bazaar which is a famous town comprising of numerous cafes and restaurants with Wi-Fi, souvenir and gear shops. Additionally, we have an optional hike to visit the Sagarmatha National Park visitor center and a remarkable hike to Khunde and Khumjung. There is also a Sherpa settlement which is an hour away from Namche Bazaar. We will also be hiking up to Everest View Hotel, where we'll get a spectacular view of Mt. Everest. We will then head back to Namche Bazaar.

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.

After a relaxing acclimatization, we'll brace ourselves for the trek next day.



Overnight at the lodge



Included meals (Breakfast+Lunch+Dinner).

Day 4

Trek from Namche Bazaar to Tengboche (3,860m) 7 hours

7 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 Thame 12,464 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.

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).



Overnight at Guesthouse.



Included meals (Breakfast+Lunch+Dinner).

Day 5

Trek from Tengboche to Dingboche (4,360 m) 6 hours

6 hours trek to Dingboche village, which 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.



Overnight at Guesthouse



Included meals (Breakfast+Lunch+Dinner).

Day 6

Acclimatization day at Dingboche.

Acclimatization day at Dingboche. This region has lush trees, birch, conifers and rhododendron forest. Walking trail above Somare and Orsho reward the travellers with a pristine view of the Himalayas. Walking along the Imja valley you will be able to view the scenic Dingboche village.



Overnight at guest house.



Included meals (Breakfast+Lunch+Dinner).

Day 7

Trek from Dingboche – Pokalde Base Camp (4,900m), 4-5 hours

Dingboche – Pokalde Base Camp (4,900m), 4-5 hours trek. Once you reach its base camp, you need to go up for only about 650 meters. The only challenge you encounter are the sections of loose rocks, which do not even require the assistance of ropes for the people with some mountaineering experience. However, its exposed terrains mean that you should not try climbing it in bad weather.

Day 8

Pokalde Peak Base Camp – High Camp (5,400m) 4-5 hours

Pokalde Peak Base Camp – High Camp (5,400m) 4-5 hours. From the high camp, the peak appears as a rocky ridge dominated by the vast bulk of Nuptse. Seen from the Lobuje or GorakShep the peak looks more interesting rising to the south of the Kongma La (5,535m/18,159ft), an infrequently traversed pass that leads into the Chhukung Valley. The northern side of the mountain has a small hanging glacier that is best reached along the ridge rising from the Kongma La. The high camp provides a good viewpoint

Day 9

High Camp to Pokalde Peak Summit and Trek to Chhukung (4,730m) 8-9 hours

High Camp to Pokalde Peak Summit and Trek to Chhukung (4,730m) is a 8-9 hours trek. Standing in Khumbu region at some 12 kilometers southwestern direction from Mount Everest, Pokalde, also known as Dolma Ri, provides really extraordinary mountain spectacle from the summit. Mt Makalu, AmaDablam, and Pumori rise in prominent view from the summit, along with a vast mountain vista of Khumbu region to be

had from its top. Pokalde Peak is one of the shortest and easiest climbing peaks in the Everest Region. The majority of the 650m climb from base camp requires little more than walking with short sections of scrambling up rock.

Chukhung village, 4,730 metres (15,518 ft), is on a left fork of the ImjaKhola. This area was traditionally used as a yak pasture with no permanent habitation. As ImjaTse/ Island Peak gained popularity as a trekking peak, Chukhung Valley served as a good acclimatization site and several lodges have been built here.

Day 10

Chhukung -Island Peak Base Camp (5000m): 4 hours

Chhukung -Island Peak Base Camp (5000m): 4 hours. We exit out of the village and climb steeply up to the south turn east to enter the main trail into Chhukung Valley. We will begin our short pleasant walk along a streamside that leads to the Big –rock. At this point, the route to the AmphuLapcha Pass stretches on the southeast direction; however, we tread the trail on the north. A moderately challenging trail cross passes, Imja and Lhotse glacier moraines that leads to a wide valley flanking Island peak.

Day 11

Rest day/Summit preparation at Base Camp

Day 12

Summit Island Peak (6189m) 8-10 hours

Summit Island Peak (6189m) 8-10 hours. We'll head towards the High camp from where we start our Island Peak Climbing Adventure. As you climb the hill, you will see that the slope narrows and the path enters a steep rock channel nearby. Through the rock gully; we start our climb. This is not very difficult but there are several short rock steps to climb. The route follows a ridgeline, which leads to an exhilarating and exposed traverse onto the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses but it leads without difficulty, to a 100m/330ft snow and ice slope (40-45 degree) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge lead to the top. You could then enjoy scaling the summit, take pictures for memory and savour the scenic view!

Day 13

Island Peak Base Camp – Dingboche (4,360 m) 5-6 hours

Island Peak Base Camp – Dingboche (4,360 m) 5-6 hours. After spending few days in snow, Dingboche will welcome you with its beautiful sunny weather in the Himalayas. Dingboche is a popular stop for trekkers and climbers. One of the characteristics of Dingboche is the kilometers of stone walls, built using the stones of different sizes that cover the entire Valley of Imja. The Imja River flows directly east of the village. Dingboche is home to Internet cafes and one of the world's highest billiard parlors.



Overnight at guest house.



Included meals (Breakfast+Lunch+Dinner).

Day 14

Contingency Day

Spare day for weather. 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 the mountains!

Day 15

Trek from Dingboche to Lobuche 4,940 metres (16,210 ft), 6 hours

6 hours trek from Dingboche to Lobuche 4,940 metres (16,210 ft), is a popular stop among trekkers. From Lobuche mountaineers can see 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.

Day 16

Lobuche – Lobuche Base Camp (4865m) 3 Hours

Lobuche – Lobuche Base Camp (4865m) 3 Hours. Lobuche's, elevation is of about 4,940 metres (16,210 ft), is situated approximately 8.5 km SW of Everest Base Camp. It 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) is not local but is in Tibet. It is also a popular stop among trekkers in the area. It is a particularly busy place each year as hundreds of porters and Sherpas from the region pass through Lobuche on their way to Base Camp. Many of them also move supplies, with the aid of yaks or other means, for various climbers and expeditions traveling up the trail.

Day 17

Lobuche Base Camp to Lobuche High Camp (5,600m) 5-6 Hours.

Lobuche Base Camp to Lobuche High Camp (5,600m) 5-6 Hours. From the beautiful Lobuche Base Camp tucked up a side valley from the EBC trek route, the route climbs to a high camp.

Day 18

Summit Day: Lobuche Peak (6119m) Summit & back to Base Camp 7-9 hours

Summit Day: Lobuche Peak (6119m) Summit & back to Base Camp 7-9 hours. From the high camp, along the rock scrambling to the glacier, leads to the summit ridge. The steeper parts of the climb to the ridge, on the summit day, are normally fixed with about 500 meters of rope. Lobuche Peak is a perfect objective if you are fit and have Mt. Rainier type skills. (ice axe, crampons, roped glacier travel). We will review use fixed ropes for climbers who have not done this before.

Day 19

Spare day for weather

Spare day for weather. 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 the mountains!

Day 20

Trek from Lobuche Base Camp to Pheriche(4200m) - 4 hours

Base Camp to Pheriche(4200m) - 4 hours. Pheriche is a village in the Khumbu region of eastern Nepal. Situated at an altitude of about 4,371 m (14,340 ft) above the Tsola River, Pheriche is a popular stop for trekkers and climbers. There are also many lodges where trekkers and climbers on their way can stay.

Day 21

Trek from Pheriche-Pangboche-Tengboche-Namche Bazaar (3,440 m): 5-6 hours

Pheriche-Pangboche-Tengboche-Namche Bazaar (3,440 m): 5-6 hours. A long day of trek, almost 7-8 hours of trekking to reach Namche. This is mostly the distance that people cover in 2 days on the way up, but it's much easier to descend as you don't have to worry about acclimatization. Especially while descending, ankle boots are a must – they save from spraining ankle.

Day 22

Trek to Lukla (2804 meters), 6 hours.

Our last day on the trekking trails will be rewarding day as we make a return down the DudhKoshi valley. The route is generally quite gentle back uphill to Lukla from the Kusum stream. Before rushing on to Lukla, the trail heads steeply up to the west. After the first climb, the path reaches a small village. At the junction take a left turn up into trees. The trail ahead through the village leads down to the main trail joining at the side stream before Toktok. From Toktok, From this direction the views will be entirely different. Eventually, we reach the large town of Lukla with airport where tomorrow we will have a flight back to Kathmandu.



Overnight at the lodge



Included meals (Breakfast, Lunch and Dinner).

Day 23

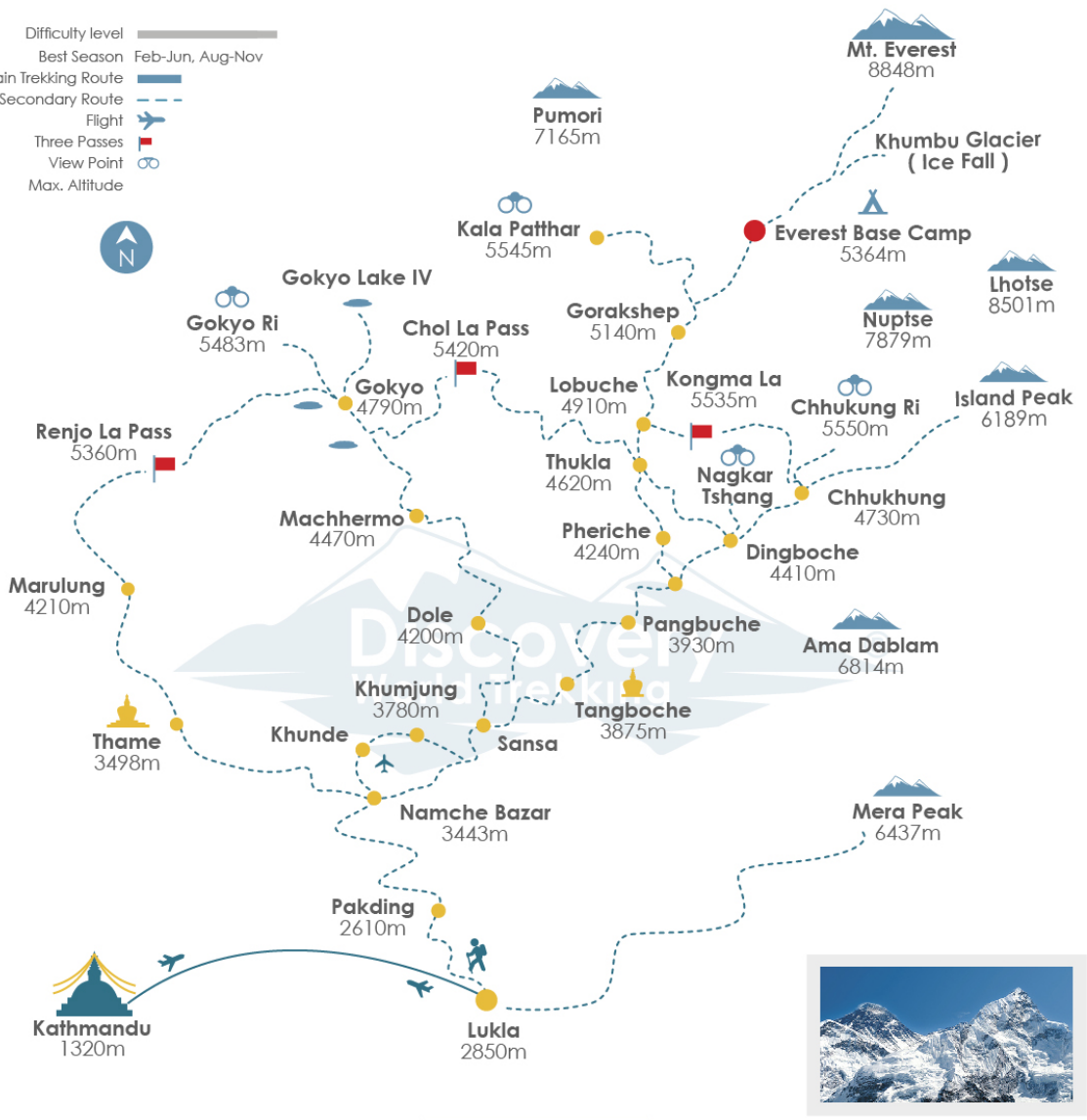
Flight from Lukla to Kathmandu in the morning.

If everything goes according to the schedule, we will be flying back to Kathmandu 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 a successful journey to the Everest Base Camp. Upon the arrival to Kathmandu, we will head to our hotels respectively and then it is entirely up to the 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.

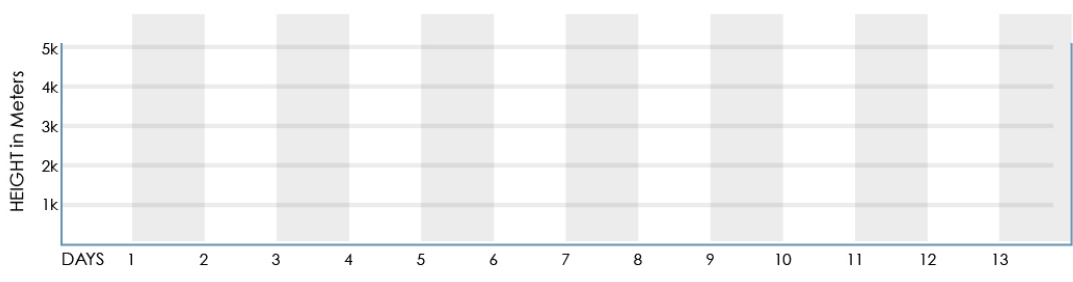


EVEREST TREKKING

- Difficulty level
- Best Season Feb-Jun, Aug-Nov
- Main Trekking Route
- Secondary Route
- Flight
- Three Passes
- View Point
- Max. Altitude



Altitude Chart



Trips Notes

Journey Towards the Three Peaks Climbing - Pokalde, The Island and Lobuche East!

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 region and is based at the foot of Khumbu "Himal" /Mountain; from where we will resume the expedition to three camp expedition.

Don't Worry, We'll Pick You

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 During the Trek

The 3 peaks climbing Expedition is a 25 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.

What about the 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 High 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!

Extra meals/snacks in Kathmandu are not included in the package other than he mentioned ones. 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.

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.

Best Season To plan For Three Peaks Climbing - Pokalde, The Island and Lobuche East

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.

Weather

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 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.

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

Acclimatization

We will be acclimatizing in two places.

Firstly in Namche Bazaar 11,042 ft. (3440 m). Namche Bazaar is the staging point for all expeditions and trekking's. Our day begins from crossing many suspension bridges over the DudhKoshi River. We will be trekking in a forested trail which leads us to a small Sherpa village; Monjo. As we continue trekking, we will arrive at the entrance of Sagarmatha National Park check post and have our permits registered. The trail climbs through dense forests making it challenging for us. We will also get the first sight of Mt. Everest. Trekking further, we will finally arrive at Namche Bazaar; the gateway to Everest. Overnight at the lodge with included meals (B+L+D).

Secondly in Dingboche village, which 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.

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.

Trip Grade

Grade I

- Easy to moderate hiking and trekking
- Elevations often below 2500m
- Easy terrain

Grade II

- Moderate to strenuous trekking
- Elevations from 2500m to 5500m
- Moderate terrain
- Nights are spent in lodge or tents

Grade III

- Moderate to strenuous trekking
- Elevations from 2800m to 5500m
- Moderate to intermediate terrain
- Nights are spent in tents or lodge
- Three high passes above 4500m
- May involve travel to remote areas

Grade IV

- Strenuous trekking and climbing
- Elevations from 2800m to 5500m
- Moderate to intermediate terrain

- Terrain might be snow or ice or rock or all mixed including glaciers
- Few nights are spent in tent at high altitude
- Nights are spent in tents or lodge
- Involves travel in remote areas
- Includes several high passes above 6000m

Grade V

- High or extreme altitude with elevation above 7000m
- Strenuous climbing
- Intermediate to advance terrain
- Nights are spent in tents
- Moderate to extreme glacier walk/climb is involved

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 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

Extra meals other than that mentioned in our included cost 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.

Travel Insurance Policy

This trip grade is ranked as one of the moderately 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 the three peak 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.

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 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.

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'scheque, 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.

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-long time and your satisfaction and gratification is what we aim for.

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.

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.

Equipment Checklist

Equipments and Packing List for the three peaks Expedition.

We will only recommend the general must have items and we understand that our clients have their own preference too. We provide Yaks and Porters for transportation. (2 Trekkers:1 Porter) Maximum load 20 kg per porter. Almost all the required equipment's are also readily available for hire or purchase.

Climbing Gears for your island peak climbing:

-  Ice axe for sure!
-  **Climbing Harnesses** - It will secure you to a rope or an anchor point during peak climbing
-  Crampons - A traction device that will be attached to your footwear to improve mobility on snow and ice during ice climbing(island peak climbing)
-  Tape slings- An essential part of a climbers' kit to wrap around the section of rock and hitch to other pieces of equipment
-  **Figure 8 Descender** - to use it as zip flyer either on **friction mode** or smoothie mode.
-  Screwgate karabiners - to be 100% sure knots don't pop open

- 📄 Helmets'
- 📄 Ascender/Jhumar
- 📄 Plastic mountaineering boots
- 📄 Rope
- 📄 Ice hammer
- 📄 Ice screw
- 📄 Snow bar

Head

- 📄 Sun hat or scarf
- 📄 Winter hat or insulating hat or Wide-brimmed hat
- 📄 A warm hat that covers your ears (wool or synthetic which will keep you warm)
- 📄 Headscarf (can be used in dusty conditions)
- 📄 Sunglasses with UV protection
- 📄 Headlamp with extra bulbs and batteries (we don't have a shop up there)
- 📄 Prescription sunglasses (if you have medical prescriptions)

Face

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

For Hands

- 📄 A pair of mittens containing of a Gore-Tex over mitt matched, waterproof, polar-fleece mitt liner
- 📄 A pair of lightweight poly-liner trek gloves
- 📄 A pair of lightweight fleece gloves (or wool)

Sleeping

- 📄 One sleeping bag 30 degrees DC
- 📄 Fleece sleeping bag liner
- 📄 Rucksack and Travel Bags
- 📄 One medium rucksack or One large duffel bag
- 📄 Daypack/backpack of 50 litres Max for carrying your valuables, should have good shoulder padding
- 📄 Small padlocks for duffel-kit bags
- 📄 Two large waterproof rucksack covers (if you need)

Body (Upper-Lower)

- 📄 Hiking shirts
- 📄 Long sleeved shirt
- 📄 Hooded rain jacket
- 📄 Fleece jacket
- 📄 Lightweight cotton pants
- 📄 T-Shirt (bring Lightweight wool)
- 📄 Polypropylene underwear
- 📄 Expedition grade down jacket (available in rent in Kathmandu)
- 📄 Sweater
- 📄 Waterproof jacket and pants
- 📄 Thick thermal Merino bottoms (Icebreaker 200, Odlo Revolution Thick)
- 📄 Polar fleece trousers or similar mid-layer trousers

- ☞ Gore-Tex (over)trousers or bibs. Waterproof/breathable with full side zips
- ☞ Goose-down trousers or bibs. Or a down suit
- ☞ Liner gloves for tying knots
- ☞ mitten
- ☞ Your clothing should be kept dry using waterproof stuff sacks
- ☞ A pair of hiking shorts, trousers, lightweight thermal bottoms
- ☞ A pair of fleece or woollen trousers
- ☞ A pair of breathable fabric, waterproof shell pants
- ☞ Non-cotton undergarments

Footwear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pair of thick light socks)
- ☞ Goretex hiking boots with ankle support
- ☞ A pair of trainers or running shoes and/or sandals
- ☞ Two pairs of thin, lightweight inner socks
- ☞ Two pairs of heavy poly or wool socks
- ☞ A pair of hiking boots with spare laces (sturdy soles, water resistant, ankle support, "broken in")
- ☞ Gaiters
- ☞ Cotton socks

Essentials

- ☞ 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
- ☞ Toothbrush
- ☞ Toothpaste
- ☞ Deodorant floss
- ☞ Biodegradable bar soap
- ☞ Nail clippers
- ☞ Small mirror
- ☞ Multi-purpose soap (must be biodegradable)

Medical Needs

- ☞ personal simple and light first-aid kit
- ☞ First-aid tapes, and plasters
- ☞ One skin-blister repair kit
- ☞ Anti-diarrhea, headache pills
- ☞ A cough and cold medicine for sure
- ☞ Anti-altitude sickness pills: Diamox or Acetazolamide
- ☞ Stomach antibiotic: Ciprofloxacin, etc.
- ☞ Water purification tablets or water filter
- ☞ One set of earplugs
- ☞ Extra pair of prescription glasses or contact lens supplies

Personal accessories

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

Extra items

- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen
- ☞ Binoculars
- ☞ Nail clippers
- ☞ Face and body moisturizer
- ☞ Female hygiene products for female
- ☞ Small mirror
- ☞ Personal Hygiene
- ☞ Wet wipes (baby wipes)
- ☞ Tissue /toilet paper roll
- ☞ Anti-bacterial hand wash
- ☞ Reading book
- ☞ Trail map/guidebook
- ☞ Notebook and pen (if you want to write your moments)
- ☞ A modest swimsuit
- ☞ A Voltage converter (from 220 to 110 ampere)
- ☞ Lightweight pillowcase (optional)

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'scheques and bank/ATM card contact numbers, insurance policy, international flight tickets, emergency contact numbers etc.

FAQ's

What is the best Season for trekking /climbing?

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

How to avoid altitude sickness in Trekking/climbing?

-  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 shows up).
- Drink Garlic Soup.

How safe is trekking/climbing?

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 on high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking have rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides oximeter to monitor oxygen level at high altitude and offers regular health check-up facilities.

Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The higher the altitude, the lower the air density. So, the planes need to land at faster speeds. The weather in this area changes constantly and the cloud cover can be extreme, leading to major turbulence, which, though not dangerous, tends to be tough for passengers to endure. However, it is actually the country's busiest airport serving as the key port of entry and exit for trekkers hoping to ascend Everest. Discovery World Trekking will try to make your flight pleasant in any circumstances.

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 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 any permits before starting the trek /climbing?

You need Climbing Permits, and Sagarmatha National Park Entry Permit. Discovery World Trekking will help you with all those necessary paperworks and let you enjoy your holidays to the fullest.

Do I need Travel Insurance to trek/climb 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 a 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 region?

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

Month	Temperature	Weather and Nature
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/Climbing?

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 Base Camp trekking/climbing, you will be staying at teahouses/lodges/camp, 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

Is meal easily available on the trek/Climbing?

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 meal 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.

Is there pick service by the Company?

You will see personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets on 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 hygienic and healthy. Discovery World Trekking also encourage to avoid dairy and cheesy items and strongly suggest not to consume them during the trek. So, our packages are suitable for both vegan 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 trekking/climbing?

You need to pay 10% in advance and rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged extra amount as service fee by the bank. So, Discovery World Trekking recommend you to pay in Cash to enjoy the benefit of 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 succeeded 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 guide in Nepal as a gesture of thankfulness.

How is the drinking water in the trails to Everest ?

Bottled water is easily available at low cost. But you can not use plastic bottles in Everest region. So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled filtre 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 provide water purifier pills.

Can I buy the gear in Nepal and sell

Discovery World Trekking will introduce 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.



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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