

21-DAY ADVENTURE

## THE THREE PASSES TREK

Nepal

The Three Passes trek is the toughest Everest base camp trek there is. Taking 21 days in total it is also the longest trek we run in Nepal. So this is one for the really hardened trekker. If you are up to it, the Three Passes trek really offers all the best of the Khumbu region.

Starting from the far west in the Dhote Kosi valley it crosses Renjo La pass to get into the Gokyo valley. You have time here to visit the emerald lakes that give Gokyo its name. The trail then goes over the Cho La pass into the Dudh Kosi valley. From here it heads up to Everest base camp. Finally it heads back down and crosses the Kongma La pass arriving in the Imja Khola valley. En route you will summit three great peaks: Gokyo Ri, Kala Patar and Chukhung Ri.

One for the really devoted trekker.

## TRIP HIGHLIGHTS

- An amazingly scenic circular route, climbing three peaks
- Cross the challenging Renjo La, Cho La and Kongma La Passes
- Lodge-based accommodation



# ITINERARY

## DAY 1

### ARRIVE IN KATHMANDU

All trekkers need to organise their own flights to Kathmandu International Airport (KTM). From the airport we will arrange a private transfer to your hotel. That night you will meet your local Kandoo representative and have a full pre-trek briefing

Accommodation: **Hotel**

## DAY 2

### FLIGHT TO LUKLA – TREK TO PHAKDING

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region and ending with a hair-raising landing on a steep mountain runway. After meeting our crew, we will start our trek by heading up the Dudh Koshi Valley on a well- marked trail to Phakding.

Transport: **Flight (0.8 hour, 136 km)**

Hiking time: **3 - 4 hours**

Ascent: **1500 m**

Descent: **144 m**

Max. altitude: **2800 m**

Accommodation: **Teahouse**

Meals included: **Breakfast**

## DAY 3

### TREK TO NAMCHE BAZAAR

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park. We then ascend steeply to Namche and along the way, if the weather permits, catch the first glimpse of Mt Everest. Namche Bazaar is the main trading village in Khumbu and has a busy Saturday market. You can enjoy an Illy coffee and amazing brownies here!

Hiking time: **6 - 7 hours**

Ascent: **794 m**

Max. altitude: **3450 m**

Accommodation: **Teahouse**

## DAY 4

### ACCLIMATISATION IN NAMCHE

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation.

Hiking time: **3 - 4 hours**

Ascent: **430 m**

Descent: **430 m**

Max. altitude: **3880 m**

Accommodation: **Teahouse**

## DAY 5

### TREK TO THAME

The trail now splits from the popular base camp route and heads north-west to the village of Thame where you will be staying the night. Take some time here to learn a bit about the local traditions and their intrinsic connection with the mountain on which you are standing.

Hiking time: **4 - 5 hours**

Ascent: **434 m**

Max. altitude: **3884 m**

Accommodation: **Teahouse**



#### DAY 6

### TREK TO LUNGDEN

Today we will start to climb back up to higher altitude heading up the valley to Lungden. Make sure you have your camera at the ready as the higher you go the views across the snow-capped peaks in the region just get better and better.

Hiking time: **4 - 5 hours**

Ascent: **496 m**

Max. altitude: **4380 m**

Accommodation: **Teahouse**

#### DAY 7

### TREK TO GOKYO VIA RENJO LA PASS

Today we will encounter the first of the Three Passes – Renjo La. The route starts off gently but will soon turn into a hard day of hiking as we near the end of the ascent to Renjo La. Try to think of the magnificent views you will get at the top to motivate you! After the pass, we will descend to the third of the beautiful turquoise Gokyo Lakes and then trek onto the village of Gokyo for the night.

Hiking time: **7 - 8 hours**

Ascent: **1008 m**

Descent: **638 m**

Max. altitude: **5388 m**

Accommodation: **Teahouse**

#### DAY 8

### ASCENT OF GOKYO RI

Today you climb your first peak, Gokyo Ri, for fabulous views of Cho Oyu. We start the climb early and then have the rest of the day to rest to help our acclimatisation. If we still have energy, then later in the day we can hike up some of the surrounding moraine ridges and enjoy the views. As a treat for all our hard work we can then tuck into some delicious cake from the wonderful Gokyo bakery.

Hiking time: **3 - 4 hours**

Ascent: **733 m**

Descent: **733 m**

Max. altitude: **5483 m**

Accommodation: **Teahouse**

#### DAY 9

### TREK TO TRAGNAG

We leave Gokyo to cross the Ngozumpa Glacier. We descend to the second lake and drop down onto the glacier. The route across the glacier is marked by cairns and is generally quite well defined. We climb off the glacier and follow a shallow valley to Tragnag.

Hiking time: **3 - 4 hours**

Descent: **60 m**

Max. altitude: **4750 m**

Accommodation: **Teahouse**

#### DAY 10

### TREK TO DZONGLA VIA CHO LA PASS

An early start is required today to cross the Cho La Pass and make the long descent to Dzongla. Continuing up the valley, we cross a ridge and an old lateral moraine, before beginning the rocky scramble to the pass. From the top there are excellent views, across to the Rolwaling Valley in the west and Ama Dablam to the south east. The descent from here involves crossing a small glacier which is fairly straightforward. There are more excellent views of Ama Dablam and Cholatse as we descend.

Hiking time: **7 - 8 hours**

Ascent: **730 m**

Descent: **590 m**

Max. altitude: **5420 m**

Accommodation: **Teahouse**

#### DAY 11

### TREK TO LOBUCHE

The way to Lobuche contours the grassy slopes above a lake, the Tshola Tsho, to join up with the main Everest trail from Pheriche and Tengboche. The trail flattens out and follows the valley on the west side of the Khumbu Glacier to Lobuche.

Hiking time: **3 - 4 hours**

Ascent: **98 m**

Descent: **4928 m**

Accommodation: **Teahouse**

#### DAY 12

### TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP

To reach Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop at Gorak Shep before making our way to Base Camp itself. This takes several hours as the trail weaves its way through ice pinnacles and crevasses of the Khumbu Glacier.

Hiking time: **8 - 9 hours**  
Ascent: **436 m**  
Descent: **200 m**  
Max. altitude: **5364 m**  
Accommodation: **Teahouse**

#### DAY 13

### ASCENT OF KALA PATTAR – TREK TO LOBUCHE

An early morning start is needed to summit the trekking peak of Kala Pattar – the iconic viewpoint of Everest. After snapping some pics, we head back to Gorak Shep for a quick meal before descending further to Lobuche for the night.

Hiking time: **6 - 7 hours**  
Ascent: **390 m**  
Descent: **626 m**  
Max. altitude: **5554 m**  
Accommodation: **Teahouse**

#### DAY 14

### TREK TO CHUKHUNG VIA KONGMA LA PASS

We leave the classic base camp route today as we head east through the Khumbu Glacier to reach the third and final pass of the trip – Kongma La. At 5,535m the pass is the highest of the three. After a tiring ascent to the top, we descend into the Chukhung Valley and eventually to the village of Chukhung where we will stay in the lodge overnight.

Hiking time: **8 - 9 hours**  
Ascent: **607 m**  
Descent: **785 m**  
Max. altitude: **5535 m**  
Accommodation: **Teahouse**

#### DAY 15

### ASCENT OF CHUKHUNG RI – TREK TO DINGBOCHE

Today we will climb Chukhung Ri - the hardest of the three peaks on this trek which involves some easy scrambling near the summit. The views from the top down the Khumbu Valley are superb. We descend to Dingboche.

Hiking time: **3 - 4 hours**  
Ascent: **800 m**  
Descent: **1190 m**  
Max. altitude: **5550 m**  
Accommodation: **Teahouse**

#### DAY 16

### TREK TO KYANGJUMA

We now descend back to the main Everest trail through Pangboche before climbing to the monastery at Tengboche. From Tengboche we make a steep descent before climbing back up to Kyangjuma where we will stay overnight in a lodge.

Hiking time: **8 - 9 hours**  
Descent: **696 m**  
Max. altitude: **4360 m**  
Accommodation: **Teahouse**

#### DAY 17

### TREK TO PHAKDING

We continue through Namche Bazaar, descend Namche Hill and cross the Dudh Koshi. We will trek back along familiar paths to Phakding where we will stay the night.

Hiking time: **8 - 9 hours**  
Descent: **1008 m**  
Max. altitude: **3664 m**  
Accommodation: **Teahouse**

#### DAY 18

### TREK TO LUKLA

Our final day's trekking follows the Dudh Koshi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where you can look back on a memorable trekking experience.

Hiking time: **3 - 4 hours**

Ascent: **144 m**

Max. altitude: **2800 m**

Accommodation: **Teahouse**

#### DAY 19

### RETURN TO KATHMANDU

After an early breakfast, we will begin our return journey to Kathmandu.

Accommodation: **Hotel**

#### DAY 20

### FREE DAY IN KATHMANDU

A free day in Kathmandu to explore the city at your leisure

Accommodation: **Hotel**

Meals included: **Breakfast**

#### DAY 21

### DEPART FROM KATHMANDU

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight.

Meals included: **Breakfast**

# TRIP INFORMATION

## DIFFICULTY

Treks in the Himalaya present a **substantial physical challenge**, and the more fit you are before you start, the more you will enjoy your trek. However, the number one most important thing to cultivate is **mental toughness**. Most of the people who trek in the Himalaya aren't professional athletes or mountain climbers; they are average people with an unusual degree of determination.

This is a **tougher trek** than both EBC and Gokyo Lakes treks and gives even experienced hikers a challenge. No technical climbing is required, but there are three high passes to cross over (hence the name). The days are long and there are steep ascents and descents on this trek, so your legs will be getting a good workout. Trekking poles are a lifesaver and a solid training plan will allow you to better prepare for the hikes and enjoy yourself when you're on the trail. You will almost reach 5500m on your ascent of Gokyo Ri, then will surpass this both on Kala Pattar and heading over the Chukhung Ri pass. Trekking at this altitude requires a slow, steady pace as you will find you become short of breath. This is by no means a sprint, however a high level of fitness is necessary to trek at this altitude for extended periods of time.

If you are comfortable walking for 7-8 hours with an ascent of 1000m every day for two weeks then you are certainly fit enough to succeed on this trek. We find that all successful hikers share a real *Kandoo* attitude and that means high levels of grit and determination.

Looking for training advice or a training plan in preparation for this trip? We'd recommend checking out [Kate Sielmann](#) and her coaching programs that are specific to mountaineering and trekking training. [Find more details here.](#)

## FOOD & DRINK

You choose what you want to eat at the lodges, and settle your own bill in the morning. While you can eat heartily for very little money at any lodge, we do recommend that you budget £20 to £25 (\$30 to \$35) per day for meals and drinks. This will ensure that you not only have plenty of food, but that you enjoy it a lot more. Where once there was a choice of perhaps 5 different rice or lentil based meals at any one lodge, most now offer a wide menu of 40 or more choices from the basic (such as dhal bhat) to the sophisticated (yak steak with blue cheese sauce). Please note that we prefer some of the more expensive lodges, so the prices are higher than they might be at more spartan facilities.

One word of advice, place your meal order as soon as you can upon arriving at the lodge as it is strictly 'first ordered, first served', and the best lodges are quite busy at meal times.

## ACCOMMODATION

Trekking in Nepal is more popular than ever. As a result, the standard of accommodation available on most of the trek routes has improved dramatically. Where there were once simple peasant huts, large hostels have been built featuring running water, indoor toilets (some en-suite) and electricity. However, while internet access, charging facilities and hot water are available, you will need to pay to use them - if you plan on using the internet and showering every day, then you should budget around \$10 per day.

However, development is still ongoing, and as you get higher into the mountains the lodges become more basic. Furnishing is generally fairly spartan, and most rooms feature little more than a bench bed and a thin mattress, so your sleeping kit will probably see some early use. Showers are not always available and it tends to be just the communal areas that are heated.

The exception to that rule is Namche. Namche features some really great lodges, including the Hil-Ten (this is not a region that makes much of copyright infringement) and if you are in need of refreshment there both Illy and Lavazza coffee are available

Kandoo has a list of lodges that we prefer to work with, all of which are regularly inspected to ensure the best quality rooms available. Even at the worst, they are clean and well-kept. When the route is busy, we send a porter ahead to hire rooms for the night, as they cannot be reserved in advance.

## TRANSPORT

The general **standard of driving** throughout Nepal is **poor and badly regulated**. Roads in Kathmandu are very congested, many drivers are not properly licensed and vehicles are poorly maintained. During the monsoon season (June to September) many roads outside the Kathmandu valley are prone to landslides and may become impassable.

We insist on using a **high standard of vehicle and driver** for all of our transfers. In Nepal it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office.

## LUGGAGE

### Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

The internal flights operate an absolutely **strict maximum limit of 10kg** for your main equipment bag and a maximum of 5kg for your day sack. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel. Your baggage will also be weighed by the airport staff so it is important that you do not exceed these limits. Please note you will be given 2 litres of water on arrival in Lukla to fill your platypus or water bottles for your first day's trekking, so you do not need to carry water from Kathmandu. The porters can carry up to 15kg in the main equipment bag, so you can add items from your day sack once you reach Lukla.

All items must be packed in your main equipment bag. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried on the trek.



## HOW DO I GET THERE?

There are several ways to get to Nepal from Europe and the USA all of which involve an international flight to Tribhuvan International Airport which is the main airport in Kathmandu. There are a lot of flights that fly to Kathmandu through the Middle East. Qatar, Gulf and Air Emirates offer daily flights from Europe and the US to Kathmandu, with a stopover at their central hubs. You must be careful though, as some of these layovers are very long indeed. Check the schedules carefully, and consider using Qatar. They seem to have the shortest layovers (at Doha) by a substantial margin. The other alternative is to fly via Delhi, with BA, Air India or Jet and then catch a shorter flight up to Kathmandu. Again be careful of long layovers and be warned - some of the reviews for Air India are less than glowing!

### Flight changes during Peak Season

Please note that during peak season **domestic flights will depart from Ramechhap rather than Kathmandu**. Ramechhap is a 5-6 hour drive from Kathmandu and as this is a national alteration concerning all domestic flights to the Everest region, flight companies will provide transfer buses to Ramechhap from Kathmandu. The change has been implemented to put less stress on Kathmandu airport as the number of domestic flights to Lukla increases with the popularity of the region. This will **only affect trips to the Everest region** not Annapurna. If your trip overlaps the dates these are implemented, you may find that you fly into Lukla via Kathmandu but return via Ramechhap.

Unfortunately, in classic Nepalese style, the exact dates this will affect will not be released until a few months prior to the trekking season starting.

## BUDGET & CHANGE

The **Nepali Rupee** is a closed currency so you will not be able to buy this before you arrive. It is advisable to travel with US Dollars, as these are widely accepted. It is very important that US bills be new (less than 10 years old), crisp and untrampled. If you want some **local currency** then we can take you to an ATM or bank. Alternatively all the hotels in Kathmandu will change money for you. We recommend that you take local currency on the actual trek with you, as the teahouses prefer local currency to dollars. You will also get a more favourable exchange rate in Kathmandu.

If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

In Kathmandu a meal for two at a mid range restaurant will cost ~\$20. A taxi will generally start on a base rate of \$0.45 and then charge \$0.4 for every km. Or you can ride the bus which will be around \$0.15 for a 5km journey. Souvenirs in Kathmandu are generally on the cheaper side too.

Whilst on the trek, we recommend that you budget \$30 to \$35 per day for meals and drinks.

You may also want to be prepared to pay for the cost of a helicopter which can fly in bad weather (around US\$300-500 per person), in the case of your flight to or from Lukla being postponed due to bad weather conditions.

Our recommended guidance for spending budget in Nepal would be between \$500-800 (depending on the length of the trip and your meal preferences) on top of your tips, to give you ample money for souvenirs and treats.

## **TIPS**

We realize that tipping may not be a common practice in all countries but for Nepal it is a standard practice that all operators support. The decision on how much to tip should be determined by how well the team served you while you were on the trek. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in US dollars or Nepali Rupees. It is very important that US bills be new (less than 10 years old), crisp and unturned.

We are members of the Trekking Agencies Association of Nepal and the Nepal Mountaineering Association, and follow their guidelines when recommending tip levels for guides and porters. We would suggest you budget \$175-\$225 per trekker for your tip contribution.

We say goodbye to our porters in Lukla before we return to Kathmandu. Any tips that you wish to give to the porters will need to be carried on the trek with you.

# FORMALITIES & HEALTH

## PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Nepal. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport on the trek with you, as it is required for internal flights.

## VISA

Most visitors to Nepal (including nationals from the UK, Europe, USA and Australia) require a tourist visa to enter Nepal. To secure a visa you will need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Nepal. Visa can be obtained online at:

<https://uk.nepalembassy.gov.np/visa/>. Visas are valid for 6 months from the date of issue, so do not send off your application too early.

The other option is to queue and pay for a visa on arrival at Kathmandu Tribhubhan International Airport. This will need to be paid for in cash. We highly recommend securing a visa before departure as this will ensure you have no problems passing immigration, as well as speed up the process of clearing immigration. You will need at least one blank visa page in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Nepalese Embassy or online at: <https://www.immigration.gov.np/page/visa-on-arrival>.

For most of our trips, you may be ok with a 15 day tourist visa which costs USD30 (around GBP25). However, if you are adding any extra days in Kathmandu you would then require a 30 day tourist visa which USD50 (around GBP40). Visas can be extended once you are in Nepal, but overstaying your visa is taken very seriously, and can result in your being detained or not allowed to leave without paying a fine. In Kathmandu airport they will assume you are paying in your home country currency so make sure you have the amount you need for your visa, or to extend your visa, in cash in your home currency. For smaller currencies, USD will be the best replacement.

## VACCINATIONS

The standard vaccinations required are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. For the Annapurna and Everest Regions, we recommend cover up to 6000m of altitude. If you are climbing Mera Peak or Island Peak you will need cover for trekking up to 7000m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

# HEALTH

## Malaria

There is no risk of malaria in Kathmandu and on the majority of Himalayan treks that we operate, due to the altitude. However, there is a risk of malaria in areas of Nepal below 1,500m, particularly in the Terai district, the lowland region of Nepal adjacent to the Indian border. This region includes Chitwan National Park, so if you are planning a safari extension to your trek, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

## Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Your route into the Annapurna Sanctuary has been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

## Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

## Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

We recommend that wherever possible you use your own gear for your trek as this is the best way to ensure your comfort and enjoyment. We recognise though that the cost of some items is very high and this may not be possible.

### Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

We do not have other gear available for rental but there are many places offering gear for rental in Kathmandu and we can recommend a number of places for you. The quality of rental gear is very variable and it is your responsibility to check carefully the condition of any item you rent. We accept no responsibility for the quality of equipment hired. An indication of the likely rental costs is below.

- Four Season Sleeping Bag - \$2 per day
- Down Jacket - \$2 per day
- Trekking Poles - \$1 per day

Most of the rental shops close around 8pm, so if you are arriving on a late flight the day before the trek starts there will not be an opportunity for you to visit a rental store. If you are planning on renting equipment, you need to make sure you have allowed sufficient time at the beginning of your trip.

All rental equipment is included in your overall trekking bag weight, so make sure you have allowed for this when packing your bag at home. A sleeping bag will weigh around 2kg.



# **CLOTHING TO BRING**

## **HEADGEAR**

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf. It can get dusty in Nepal and the air very cold. A scarf or balaclava comes in useful for keeping dust out and can double as a warm layer for your neck / face!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

## **UPPER BODY**

- Thermal or fleece base layer (x2)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x3)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x2)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Gloves or mittens – heavyweight, insulated, preferably water resistant

## **LEGS**

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine (x1)
- Gaiters

## **FEET**

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around the teahouses
- Micro-spikes – may be required in snowy conditions
- Mid-weight trekking socks (x5 pairs)
- Breathable, high-wicking liner socks (x3 pairs)
- Thermal trekking socks for upper reaches of your trek (x1 pair)

## **EQUIPMENT TO BRING**

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Sleeping bag (4 season or -10 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water

## **OTHER ACCESSORIES**

- Sunscreen and lip balm - high SPF
- Toiletries, including toilet paper, wet wipes and hand sanitiser – please carry all rubbish back off the trail
- Camera and spare batteries
- Plug adapter, for charging devices in teahouses and hotels
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, useful for late night toilet needs
- Dry bag (only required if your main duffle bag is not waterproof)

# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

