

# himalaya trekking

## EVEREST BASE CAMP



The trek to Everest Base Camp is one of the world's great iconic walks. If you love walking, this has to be on your bucket list! Our lodge-based trek follows faithfully in the footsteps of Edmund Hillary allowing plenty of time to acclimatise properly and enjoy the scenery. The trek starts with the rollercoaster flight into Lukla, before following the spectacular Khumbu Valley to Everest Base Camp. A short climb to the top of Kala Pattar gives breath-taking views of the highest mountain on earth, before re-tracing our steps back to Lukla.



### why choose Kandoo...

Everyone at Kandoo is passionate about adventure travel and we specialize in creating adventures to some of the world's most iconic destinations.

Our aim is to help you create an adventure that will become a lifelong memory: an adventure that takes you one step beyond your everyday, one step beyond your normal limits and one step beyond your dreams.

We understand that what makes an adventure really special is different for every one of us. But whatever it takes, whether you are eight or eighty, we will work really hard to help you create your own life changing, memory making adventure. The end result of all the effort our team put in to get your trip just right is that we consistently get great reviews from our clients.

More than anything we love to talk to travellers so please do ask us anything about your planned trip.

*We look forward to talking to you!*

### trip highlights

Follow in the footsteps of all the Everest summiteers

Climb Kala Pattar for fantastic views of Everest

Lodge-based accommodation

Open and private treks available

**Duration:** 15 days **Code:** EBC15

**Summary:** 15 day trip, 12 day trek, 3 hotel nights, 11 nights teahouse

**Included:** Breakfast at Kathmandu hotel

Return flight Kathmandu-Lukla

Teahouse accommodation

**Open group size:** Normally 4-12, plus leader and staff

**Min age:** 16 years old for open groups, 12 years old for private treks

# himalaya trekking

## EVEREST BASE CAMP

This classic trek follows in the footsteps of the first pioneers, Tenzing and Hillary, hiking through spectacular scenery following the Khumbu Valley before finally arriving at Base Camp itself.

Trekking to Everest Base Camp is the adventure of a lifetime and if time is short this is the best Everest option. From the exhilarating flight into Lukla to standing on top of Kala Pattar looking over to Everest itself, this is a journey that you will always remember.

The trek starts with the rollercoaster flight into Lukla: make sure you sit on the left for your first great views of the Everest region. The landing at Lukla can be a white knuckle affair but the pilots are incredibly skilful dropping the plane down onto a short steep runway. Once the crew is assembled you start your trek, passing through Sherpa villages with well cultivated fields. The trail is generally downhill for the first day but day two starts with a long hard climb to Namche, a surprisingly large town where even Illy coffee and a chocolate brownie are found. Crossing the suspension bridges that span the Dudh Koshi river, you climb to Tengboche with its incredible monastery set against the backdrop of Ama Dablam, Everest and Lohtse. Next stop is Pheriche and then after a few more days you arrive in Gorak Shep the last stop before Everest Base Camp. A short climb to the top of Kala Pattar (5545m) gives a breath-taking view of the highest mountain on Earth. You then descend again to Dingboche and over the next three days retrace your steps to Lukla to relax and celebrate.

The Classic Everest Base Camp trek is a good 12 day hike, suitable for those who have not trekked at high altitude before. Inexperienced hikers may prefer the 13 day trek which adds an extra day into the descent, avoiding the tough hike from Namche to Lukla at the end of the trek.

### at a glance

DAY 1	Hotel night in Kathmandu
DAY 2	Fly to Lukla, trek to Phakding
DAY 3	Phakding to Namche Bazaar
DAY 4	Acclimatisation day in Namche
DAY 5	Namche Bazaar to Tengboche
DAY 6	Tengboche to Pheriche
DAY 7	Acclimatisation day in Pheriche
DAY 8	Pheriche to Lobuche
DAY 9	Lobuche to EBC to Gorak Shep
DAY 10	Ascend Kala Pattar, trek to Dingboche
DAY 11	Dingboche to Namche Bazaar
DAY 12	Namche Bazaar to Lukla
DAY 13	Fly to Kathmandu
DAY 14	Free day in Kathmandu
DAY 15	Depart



### trek type

We offer the classic Everest Base Camp trek as an open group or private trek. We run 2-3 open groups every month during the trekking seasons (March-May and September-November). Private treks can be arranged on any day that suits you.

### what's included

- Your hotel stay for one night before and two nights after the trek
- All airport transfers
- Return flight between Kathmandu and Lukla
- National Park entry and TIMS fees
- A fully supported trek with a qualified mountain guide
- All drinking water on the trek
- Teahouse accommodation on a room only basis
- Access to emergency oxygen and first aid kit

### what's not included

- International airfares and visas
- Tips for your guides and porters
- Personal items
- Travel insurance (you must be insured, and specifically for treks up to 6000m)
- Your personal trekking gear
- Your personal medicines or prescriptions
- Meals and drinks on the trek
- Meals and drinks in Kathmandu (breakfast is included)

# himalaya trekking

## EVEREST BASE CAMP



### arrival at Kathmandu airport

Once you have cleared immigration and collected your luggage, make your way to the main doors. Baggage reclaim is a little chaotic but somehow it works! Once you've collected your bags, make sure you have your airline baggage tags handy as they check these off against the flight tags on your luggage before you can leave. If you have booked an airport transfer with us, your driver will be outside these doors, holding a 'Kandoo' sign. Other operators may approach you but if they do not have the Kandoo uniform then do not engage with them. If you cannot locate our team, please return to the terminal building and contact them by phone. If you have chosen to make your own way to the hotel, you can easily find a taxi at the airport. The address of your hotel is on your trip itinerary.

### currency

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 (post 2006), crisp and unturned. 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.

### detailed itinerary

#### DAY 1: ARRIVE IN KATHMANDU

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

#### DAY 2: FLIGHT TO LUKLA – TREK TO PHAKDING

**Elevation: 1300m to 2800m to 2656m, Distance: fly 136km, trek 6 km, Time: fly 45 mins, trek 3-4 hours**

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) 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

#### DAY 3: TREK TO NAMCHE BAZAAR

**Elevation: 2656m to 3450m, Distance: 10 km, Time: 6-7 hours**

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park, which was set-up to conserve this fragile mountain environment. 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. It is a meeting place for the Hindu traders from the lowlands and Tibetan yak caravans that have crossed the glaciated Nangpa La. You can enjoy an Illy coffee and amazing brownies here!

#### DAY 4: ACCLIMATISATION IN NAMCHE

**Elevation: 3450m to 3880m to 3450m**

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

# himalaya trekking

## EVEREST BASE CAMP



### lost / delayed luggage

#### Our procedure for lost or delayed luggage is as follows:

Establish what items are missing and a contingency plan for each critical item

If it reaches 6pm on the evening before starting the trek and your luggage has not arrived we recommend buying and/or hiring items immediately as a precaution

We will arrange for the hire of wet weather gear, t-shirts, fleeces and sleeping bags for you, to be paid locally

We will take you to a shop where you can buy toiletry items, e.g. toothbrush

We will do everything we can to help if your luggage is lost or delayed but all additional out of pocket costs have to be paid locally and should be charged back to the airline or your insurers. This includes the cost of taxis for shopping and/or repeat trips to the airport to collect bags.

### detailed itinerary

#### DAY 5: TREK TO TENGBOCHE

**Elevation: 3450m to 3867m, Distance: 9 km, Time: 5-6 hours**

From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. We will get great views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu

#### DAY 6: TREK TO PHERICHE

**Elevation: 3867m to 4252m, Distance: 10 km, Time: 5-6 hours**

We descend through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam (6856m), and has exceptional views of the mountain, the gompa, Mani walls and scattered pine trees. A further two hours walk brings us to Pheriche

#### DAY 7: ACCLIMATISATION IN PHERICHE

**Elevation: 4252m**

A day for rest and acclimatisation. We also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Our guide will take us up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse

#### DAY 8: TREK TO LOBUCHÉ

**Elevation: 4252m to 4930m, Distance: 8km, Time: 4-5 hours**

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach Lobuche

# himalaya trekking

## EVEREST BASE CAMP



### trekking bag weight

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.

### detailed itinerary

#### DAY 9: TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP

**Elevation: 4930m to 5364m to 5164m, Distance: 13 km, Time: 8-9 hours**

To reach our next stop, 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 for lunch at Gorak Shep before finally making our way to Base Camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier

#### DAY 10: ASCEND KALA PATTAR – TREK TO DINGBOCHE

**Elevation: 5164m to 5554m to 4360m, Distance: 15km, Time: 8-9 hours**

A very early start is required to reach the top of Kala Pattar (5554m) for one of the best viewpoints in the Himalaya. From here we can see the face of Everest and deep into the Khumbu icefield. After lunch we then descend to Dingboche for the night

#### DAY 11: TREK TO NAMCHE

**Elevation: 4360m to 3450m, Distance: 19 km, Time: 8-9 hours**

From Dingboche we drop down again to follow the river. After crossing it we climb back up through birch and rhododendron forest back to Tengboche. From here we descend over the Dudh Koshi before making our way back to Namche

#### DAY 12: TREK TO LUKLA

**Elevation: 3450m to 2800m, Distance: 16 km, Time: 7-8 hours**

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 sample some chang, try Sherpa dancing and look back on a memorable trekking experience

#### DAY 13: FLY TO KATHMANDU

After an early breakfast, we will head to the airstrip for our return journey to Kathmandu

#### DAY 14: FREE DAY IN KATHMANDU

A free day in Kathmandu to explore the city at your leisure. The Buddhist stupa of Boudhanath, the Monkey Temple at Swayambhunath and the Hindu temple of Pashupatinath are just some of the religious highlights of this fascinating city

#### DAY 15: DEPARTURE FROM KATHMANDU

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

# himalaya trekking

## EVEREST BASE CAMP



### gear rental

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.

We do not have our own 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.

### equipment and clothing

During the booking process we will direct you to the Equipment List on our website. Please double check that you have everything that you need before beginning your trek. If you think you have forgotten a vital piece of equipment, please let our team in Kathmandu know as soon possible so they can help you source a replacement.

Here is a summary equipment checklist:

#### 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

# himalaya trekking

## EVEREST BASE CAMP



### pre-trek briefing

Your guide team will meet you at your hotel the evening before your trek begins, where we'll review the plans for the trek with you, make sure you have all the right gear and answer any questions you may have. In order to set a base line for your daily health check, your resting pulse rate will be tested and if it is above 100 you will be required to see a doctor before starting your trek.

#### 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)

#### GEAR

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Waterproof duffle bag (approx 80-100 litres) – max weight when full should be 15kg. This weight restriction includes your sleeping bag. Your duffle will be carried by a porter
- 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)

# himalaya trekking

## EVEREST BASE CAMP



### airport security checks

New enhanced security checks were implemented in July 2014 at a number of international airports, including the UK and USA. In addition to existing security measures, passengers may be required to show that electronic devices in their hand luggage are charged up, and you may therefore be asked to turn on devices such as mobile phones, tablets, laptops and e-books in front of the security team. If the device does not have power, then it may be retained by airport security, or you would need to book onto a later flight once the device has been fully charged. You should ensure that all electronic devices in your hand luggage are fully charged prior to travel. If you are transferring between flights, make sure that you do not deplete the power on your devices on the first part of the journey, as it may not be possible to recharge the device at the transfer airport before boarding your next flight.

In March 2017, certain electronic devices were banned from being carried in the cabin from several countries in the Middle East and Africa on flights into the USA and UK. While the ban was lifted later in the year, it is worth checking with your airline what the current policies are for carrying electronic devices in your hand luggage, as this may change at short notice and could vary depending on your route and if you have to transit through other airports.

### deep-vein thrombosis

When travelling on long-haul flights (especially over 8 hours) there are a number of recommendations that are believed to reduce the risk of DVT. These include keeping well hydrated and avoiding alcohol, stretching and moving around the aircraft, and wearing compression stockings.

### travel information

#### TRAVEL 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 Everest Base Camp, this means that you must be covered for trekking to 6000m.

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.

#### PASSPORT & VISAS

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.

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 at your local Nepalese Embassy or on arrival at Kathmandu Tribhubhan International Airport. 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. Visas are valid for 6 months from the date of issue, so do not send off your application too early.

Most of our tours require a 30 day tourist visa which usually costs in the neighbourhood of \$40 (around £35). 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 the country without paying a fine.

#### TRAVELLING TO NEPAL

Our number one tip when travelling to Nepal is to wear your walking boots and pack as many essential items as possible in your carry-on luggage. If your luggage is delayed we can do our best to kit you out to start the trek on time, but your worn-in boots are the one thing we cannot replace.



# himalaya trekking

## EVEREST BASE CAMP



### food and drink

If you choose to eat outside your hotel, use your common sense when selecting where and what to eat, drink bottled water and avoid ice in drinks.

### valuables

Please keep all money, passport and valuables on your person at all times.

Make sure your hotel room is kept locked, even if you just pop out for a few minutes.

### left luggage

Any items you don't wish to take on the trek with you can be left securely at your Kathmandu hotel and collected when you return. Please make sure you have a spare bag for any items you are storing.

### electrical sockets

There are 2 types of electrical sockets in Nepal – type D which are old UK style (3 round pins) and type C which are standard European style (2 round pins) – and are 220v, same as the UK. The type D socket is commonly found in India, so any adapter that is suitable for India will be the right size, and a European adaptor will be fine for the type C socket.

### check in

Check in time will be between 12:00 and 2:00 pm, depending on the hotel. If you arrive on an early flight into Kathmandu, you may have to wait until this time for your room to be available.

Similarly, if you return at the end of your trek on an early flight from Lukla, you will not be able to check into your room straight away.

### hotel accommodation

Your full day by day itinerary shows what is included in terms of hotel accommodation and meal basis. All of our pre- and post-trek accommodation is based in Kathmandu. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Nepali Rupees or US Dollars.

#### HOTEL SAFETY

**FIRE SAFETY:** When you arrive at the hotel, take a moment to familiarise yourself with the layout and the procedures in the event of a fire, especially your escape routes and fire exits.

**SWIMMING POOLS:** Hotel pools may not have life guards, depth markings or non-slip surfaces around them. Please check the layout and depth of the pool before you use it.

**TRIPS AND SLIPS:** Physical guards and warnings of wet floors, uneven steps, holes or other trip hazards may not be provided, whether you are inside a building or out on the street, so extra care and attention may be required.

#### GETTING AROUND

Take care when crossing roads as the traffic may be coming from an unfamiliar direction, and may not stop as expected at pedestrian crossings. When travelling by taxi, make sure it is licensed; ideally ask your hotel to book one for you.

#### VEHICLES AND DRIVING STANDARDS

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.

#### OUTAGES IN KATHMANDU

Nepal relies heavily on hydroelectric power which cannot provide a sufficient supply of power. As a result, the electricity is routinely cut for several hours each day to control demand, particularly during the driest months when the rivers are at their lowest and supply drops even further. The schedules for this load-shedding are issued in advance, so your hotel will normally display a timetable of electric cut offs for their district and will try and help as far as they can, but please be patient as these outages are outside their control.

# himalaya trekking

## EVEREST BASE CAMP



### 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.

### 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'll 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 don't 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.

### health

#### 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 to Everest Base Camp 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.

#### 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 mosquitoes are active, and by using a DEET based mosquito repellent.

# himalaya trekking

## EVEREST BASE CAMP



### flight safety in Nepal

You should be aware that flights in Nepal have a poor safety record compared to international flight standards. In 2013, all carriers from Nepal were put on an aviation banned list, preventing them from flying in EU airspace. This ban does not mean that these airlines are prevented from flying in Nepal, nor does it mean that an EU national cannot fly with one of these airlines. Since the ban, some airlines have been proactive and have retained an independent aviation safety expert to audit their operations. Wherever possible, we use one of these airlines.

### domestic flights

#### FLIGHT SCHEDULES

When an internal flight is booked in Nepal it is booked for a particular day NOT for a day and a time. You cannot book for a particular timed flight. For each itinerary, the airlines run shuttle planes many times daily, with the number of planned flights reflecting booked volumes.

When a booking is made, you are allocated to the airlines passenger departure list for that day and then allocated a flight based on when you booked. The first person to book KTM – Lukla on any date will be on Flight one. The further down the list of bookings you are the higher your flight number will be. For example, if you book with Tara Airlines and book reasonably far ahead you might be on Tara Flight 3. What this means is that at the start of the day Flight 1 will leave as soon as conditions at Lukla and Kathmandu are safe for take-off and landing. Once Flight 1 departs, Tara may have a second plane on this itinerary so Flight 2 may depart quite quickly. Flight 3 though may be the same plane that went out on Flight 1 so it has to go to Lukla and then return to Kathmandu before you can depart, so there will be a wait.

If there is bad weather at Lukla, all flights will be delayed. This might be for an hour or it may be all day and at any point until late in the afternoon nobody will know if any flights are going. If you book late, and are on Tara Flight 7 there is a much higher risk, if there are any delays, that your flight will not go at all.

An added confusion is that the airlines only have stamps with which they mark a boarding pass up to 4 so flight 5 becomes flight 1 again on your boarding pass although the airline knows which flight is which.

Inevitably this process is time-consuming and frustrating as you need to be at the airport early and then may have to wait all day before being told your flight is not leaving that day.

Please also note that there are no allocated seats on the plane so clients will not be given a specific seat number.

Please accept that delays at Lukla, and what appears to Westerners as total chaos, is beyond our control and is the same for all tour operators and travellers.

# himalaya trekking

## EVEREST BASE CAMP



### flight delays

The majority of our trekking itineraries in Nepal involves a domestic flight.

Airfields such as Lukla are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots. It

is not uncommon for bad weather to cause lengthy delays, as the airport will be closed if the cloud cover is too great.

We include one day back in Kathmandu as a contingency in case flights to or from Lukla are delayed but we recommend you also consider one of these options:

- Book an international flight with a flexible ticket that can be changed at no cost
- Book further days in Kathmandu as contingency days
- Be prepared to pay for the cost of a helicopter which can fly in bad weather (around US\$300-500 per person)

Please be aware that in the event of a delay that affects your onward international flight, you will be responsible for re-booking and for any associated costs. These costs should be recovered from your insurer.

### hotel availability

Please be aware that whenever you are checking into a hotel, whether on your normal itinerary or because of a cancelled flight, the hotel's policy on check-in times will apply. If you arrive before the check-in time the hotel will endeavour to get a room ready as soon as possible and you are free to use the hotel's facilities while you wait.

If you should require extra nights in Kathmandu before the trek due to a flight delay, there may be occasions when the hotel you were staying in the previous night is fully booked. We would therefore book you into a similar hotel.

### domestic flights

#### PROCEDURE IN THE EVENT OF FLIGHT DELAYS

All of our trips to the Everest region begin and end with a short internal flight between Kathmandu and Lukla. Lukla is situated at 2800m and the airport can be shut down by adverse weather conditions.

In the event of a delay to your flight this is the procedure we follow. Apart from specific costs mentioned below, **Kandoo Adventures will not be held responsible for additional costs incurred that result from a flight delay and no refunds will be payable.**

#### Outward bound delays: day one

If your flight is delayed we will arrange transport back to your hotel and will cover the hotel cost and the cost of the transfers.

#### Outward bound delays: day two

If you can fly on the second day your trek will proceed as normal. We have time built into our itineraries to cope with this eventuality.

If it becomes clear that you will not be able to fly on day 2 our Guide will discuss with the group the possibility of chartering a helicopter. We will use all of the monies paid for the flight to cover part of the helicopter cost. Depending on the number in the group, the net extra cost payable by each passenger will generally be between \$300-\$500pp depending on availability and demand. Your guide will ascertain the best price and let you know as soon as practicable.

If the group cannot reach an agreement on chartering a helicopter we will again arrange transfers back to a hotel and we will cover this cost.

At this stage we will offer the group an alternative trek that can be completed safely in the time available. This will be to the Annapurna Sanctuary as flights to and from Pokhara are more reliable. This trek will begin on day 3. If you decline this alternative, then effectively our service ends apart from the return airport transfer at the end of your trip. You are responsible for all additional costs incurred while you are in Nepal.

#### Inbound delays

Should there be a significant delay at the end of your trek, we will endeavour to get you on the first fixed-wing flights to Kathmandu available. Should helicopters be able to fly, we will discuss with the group the possibility of a charter. This will be on the same basis as described above.

If you have to stay in Lukla for an additional night, Kandoo Adventures will cover the cost of your lodge for one night. Any further nights are payable by you and should be recovered under the terms of your travel insurance.

# himalaya trekking

## EVEREST BASE CAMP



### daily health checks

You will have a daily health check with your guides in which we fill out a Lake Louise AMS scoresheet, a well-tested method for assessing the symptoms of altitude sickness. This is supplemented by a pulse oxymeter test to measure your pulse and blood oxygen saturation. It is imperative that you answer all of the guide's questions honestly and report any changes in your health that may affect your ability to continue with the trek.

### drinking water

On the trek we filter all the water that we give to you for drinking. You may wish to bring purification tablets as an extra precaution but they are not essential. Every morning we will fill up your water bottles or hydration bladder with at least 2 litres of water. Your guide will also be able to filter more water at your lunch stops if required.

### hygiene

It is important to maintain a high standard of hygiene in what is a very difficult environment, to try to reduce stomach upsets. Hot water is not always available in the bathrooms at the teahouses, so you should carry anti-bacterial hand gel with you.

### on your trek

On the trek you will be staying at teahouses in villages along the trail. These are fairly basic and generally consist of two wooden bench beds per room with mattresses and pillows, and shared toilet facilities. Whenever possible we will try to book en-suite rooms, but availability is very limited and rooms cannot be pre-booked. Showers are not always available and it tends to be just the communal areas that are heated. You are booked into the teahouses on a room only basis. Over the past few years, the teahouses have really developed their menus, and you can now get a choice of maybe 40 or 50 meals ranging from the basic dahl baht right up to yak steak with blue cheese sauce (although we don't recommend eating meat past Namche because of the time taken to transport meat to the higher villages). You choose exactly what you want to eat at the lodges and settle your bill each morning. We recommend you budget between \$25-30 per person per day for all your meals. This also allows for some sundry items such as internet access, use of chargers (yes, teahouses will charge you to plug your phone or camera in for an hour) and hot showers (afraid you will also have to pay for hot water in some locations.) If you intend to use the internet and showers at every teahouse, then expect to add an additional \$10 per day to your food budget. We do probably over-estimate the cost, but the last ATM is at Namche, so you have no access to money after this point, so we would rather you have too much money with you than not enough. The menus in the teahouses are quite extensive and you pay more for western dishes. Soft drinks, crisps and chocolate bars are available, but will cost considerably more the further up the trail you go and can cost as much as a main meal!

The room prices at the teahouses are based on you taking your meals within the teahouse - they offer discounted room pricing on the expectation that they will receive income from food. This is standard policy at all teahouses. You therefore cannot eat outside the teahouse, and you definitely cannot bring your own food into the teahouse.

#### THE GUIDE'S WORD IS FINAL

Once you set foot on the trail, your Lead Guide has overall responsibility for your health and welfare. You must listen carefully to all his instructions and follow them carefully. The Guide's ruling on any matter is final, especially in relation to an early descent.

#### TEMPERATURE

Throughout the trek, temperatures vary considerably with the altitude and time of day. A mountain range the size of the Himalaya creates its own local weather, which can be extremely variable and impossible to predict. Therefore, regardless of when you trek, you should always be prepared for wet days and cold nights.

# himalaya trekking

## EVEREST BASE CAMP



### descent protocol

Your guides will do everything they can to help you complete your trek, but their number one priority is your health. If you are showing signs of ill-health they will monitor the situation to see if things improve, before they make the decision for you to descend.

For trekkers whose condition is mild we will bring you down on foot with a team member. For more serious conditions, an emergency evacuation by helicopter will be required. Helicopter evacuation must be covered by your travel insurance, so make sure you are aware of the procedure required by your insurance company, or you may end up liable for the cost of the helicopter.

Any additional costs incurred as a result of descending early, including hotel accommodation in Kathmandu, must be paid locally.

### on your trek

#### CREW 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 (post 2006), crisp and untornd.

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 \$100-\$150 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.

#### SOCIAL MEDIA

We ask that you do not attempt to communicate directly, or indirectly, with any of our guides either by social media, email or in any other way, after your trip. This includes sending friend requests on facebook or messaging on platforms like whatsapp. It is a condition of all guides employment contract that they do not communicate with clients directly. Please do not encourage them to break this policy as you will likely lead to their dismissal.

# himalaya trekking

## EVEREST BASE CAMP



### friends and family

Many people like to leave a contact number with their families should they need to get a message to you while you are trekking. We would only relay messages up to you in an emergency; please do not expect us to pass on good luck messages. For most enquiries, it is best if they can contact our office during working hours listed. If the matter occurs out of hours and is deemed urgent, they should contact the office in Kathmandu directly.

### important information

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.



**Amazing EBC experience with Kandoo**  
*'Our guides were super friendly, knowledgeable and really looked after us all the way, we couldn't have done it without them. The itinerary was great and made it possible for all of us to reach the end, we were completely taken care of from start to finish! Thanks for a great trip'*

Jennifer

### contact information

While the vast majority of our treks are trouble-free, you may occasionally encounter a problem that can be resolved quickly and easily by following these steps:

#### LOCAL OFFICE

Our office in Kathmandu is your first point of contact for any issues that arise once you are on your way to Nepal, and for the duration of your time in country. Whether you have booked an airport transfer and your flight is delayed, or you need assistance exchanging money, we have English-speaking representatives who will be able to help you with any query, and they have the advantage of being in the same time zone. These contact details can also be found on your itinerary.

The below number includes the international dialling code, which you will need to add if you are calling from your mobile phone. If you are using a landline within the country, just omit the international code.

**Contact telephone:** +977 9851207386 or +977 9851207387

#### LEAD GUIDE

Once you are on your trek, you should speak to your lead guide about any problems, whether it relate to food, equipment or health. We would much prefer you to sort out any problems with them on the spot, rather than allow them to spoil your trek. Your guide is in contact with the office if further assistance is required.

If the lead guide is the source of your concern, you will have the opportunity to speak to one of the office representatives when you return to your post-trek hotel.

#### CONTACT KANDOO ADVENTURES

If your problem cannot be resolved locally, please either phone or email our UK office and we will do all we can to help you. It is best if you can call within our office hours when we are best equipped to deal with the situation. Our office hours are as follows (local UK time):

09:00 – 17:00 Monday to Thursday  
09:00 – 16:00 Friday

**Contact telephone:** +44 (0)1283 499980

**Contact email:** [sales@kandooadventures.com](mailto:sales@kandooadventures.com)

# himalaya trekking

## EVEREST BASE CAMP



### quick facts

**Currency:**

Nepali Rupee

**Official languages:**

Nepali

**Time difference:**

GMT + 5:45 hrs

EST + 10:45 hrs

**Electricity:**

220-250V / 50Hz

**International dialling code:**

+977

## Nepal

For centuries, Nepal has been an attraction to many travellers, be they saints, philosophers, researchers or adventurers. This land-locked country rises from the jungles of the northern Indian plains to the towering Himalayas, an 800km stretch of rugged mountains that is home to eight of the ten highest mountains in the world, including the mighty Mount Everest. While the drama of success and failure has played out on these mountain giants, there is much more to this tiny nation. Religion permeates every facet of life with festivals, daily rituals, family celebrations and religious observances. Whether in the towns or the mountains, at every step there are temples and shrines to discover, a legacy of Hinduism, Buddhism and the other faiths that co-exist in Nepal.

For many people, the best way to experience Nepal's unrivalled combination of natural beauty and cultural riches is to trek through them. With trekking routes to suit all abilities, on even the shortest trek you can find rhododendron forests, small mountain villages, birds, monasteries and breath-taking landscapes, all in the company of the friendly people of Nepal.

## how to book

- 1 Check availability**  
Contact us by phone, email or through our website to check availability
- 2 Choose a date and route**  
Choose a date and route and we will send you a detailed quote and itinerary. Our destination specialists are on-hand to answer any of your questions
- 3 Complete booking and payment**  
When you are ready to book we will send you our booking forms and participation agreements. We accept all major credit and debit cards, sterling cheques or you can pay by bank transfer. Our standard terms are 20% deposit to secure your booking and full and final payment 8 weeks before departure. Kandoo Adventures is fully licensed and bonded as a tour operator. We hold an Air Traffic Organisers Licence (ATOL) number 10957 issued and bonded with the Civil Aviation Authority (CAA) and are ABTA members. This means you can book your Kandoo holiday with confidence, as all monies paid to us for your trip are fully protected.