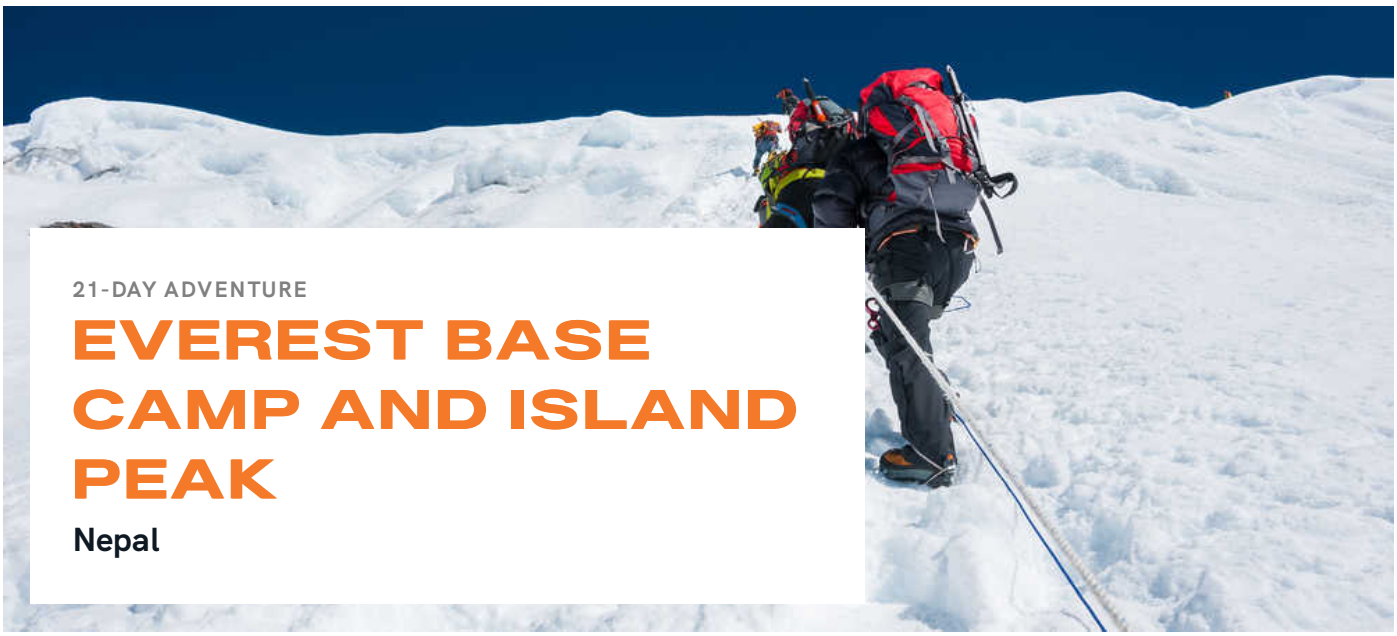


21-DAY ADVENTURE

EVEREST BASE CAMP AND ISLAND PEAK

Nepal

Climbing Island Peak is an incredible experience for the adventurous trekker. Standing at 6,189m it is one of the more accessible, yet challenging Himalayan summits and from the top there are the most spectacular views across the whole of the Khumbu region. The trek begins by treading in the footsteps of Hillary and Tensing, on route to Everest Base Camp. After Basecamp it veers off to begin the ascent to the peak. Once at the summit, the oxygen content is less than half of what it is at sea level - so we wouldn't recommend climbing Island Peak as your first high-altitude trek.

If you have already done a high altitude trek such as Mera Peak or Kang Yatse II, then Island Peak is a great next adventure. With a formidable headwall to climb at the top of the route, summiting Island Peak poses a tough challenge. No technical skills are needed, however those who have no prior mountaineering experience will find the steep ground extreme. However, if you feel up to the challenge, we think it is definitely worth the effort!

With decades of experience leading intrepid travelers through the Himalayas, our guides are among the most seasoned in the region. Through the Kandoo Himalaya Foundation, your journey directly supports the remote village of Hongong at the base of Mt Makalu, providing vital education and development for the community where many of our team were raised. For a responsible operator with an outstanding safety record, your search ends here.

TRIP HIGHLIGHTS

- Summit a Himalayan peak over 6000m
- Approach up the Khumbu Valley via Everest Base Camp
- Lodge and tent-based accommodation
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Trek
Flight
Mt Everest
8849m
Everest
Base Camp
Kala Pattar
5643m
Gorak Shep
Island Peak
6189m
Lobuche
Pheriche
Dingboche
Pangboche
Tengboche
Namche Bazar
Phakding
Lukla

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

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 (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

Transport: **Flight**
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, 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. The climb up to Namche can take people by surprise, it is a long steep ascent so be prepared. 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!

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 TENGBOCHE

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 long and steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu.

Hiking time: **5 - 6 hours**
Ascent: **417 m**
Max. altitude: **3867 m**
Accommodation: **Teahouse**

DAY 6

TREK TO PHERICHE

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.

Hiking time: **5 - 6 hours**
Ascent: **385 m**
Max. altitude: **4252 m**
Accommodation: **Teahouse**

DAY 7

ACCLIMATISATION IN PHERICHE

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.

Max. altitude: **4252 m**
Accommodation: **Teahouse**

DAY 8

TREK TO LOBUCHE

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

Hiking time: **4 - 5 hours**
Ascent: **678 m**
Max. altitude: **4930 m**
Accommodation: **Teahouse**

DAY 9

TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP

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.

Hiking time: **8 - 9 hours**
Ascent: **434 m**
Descent: **200 m**
Max. altitude: **5364 m**
Accommodation: **Teahouse**

DAY 10

ASCEND KALA PATTAR – TREK TO DINGBOCHE

A very early start is required to reach the top of Kala Pattar (5641m) 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.

Hiking time: **8 - 9 hours**
Ascent: **477 m**
Descent: **1281 m**
Max. altitude: **5641 m**
Accommodation: **Teahouse**

DAY 11

TREK TO CHUKHUNG

Today we have an easy walk for about 2 hours, climbing up gradually to the small settlement of Chukhung. Along the way we have great views of Island Peak and the challenge that awaits us.

Hiking time: **3 - 4 hours**
Ascent: **390 m**
Max. altitude: **4750 m**
Accommodation: **Teahouse**

DAY 12

TREK TO ISLAND PEAK BASE CAMP

Another easy day, the trail crosses the river and follows the valley for 3 hours, passing beneath the magnificent south face of Lhotse. Base Camp is by the side of the Imja glacier, below steep grassy slopes which mark the start of the climb on Island Peak.

Hiking time: **4 - 5 hours**
Ascent: **400 m**
Max. altitude: **5150 m**
Accommodation: **Camping**
Meals included: **Lunch / Dinner**

DAY 13

TREK TO HIGH CAMP

We ascend a little further to High Camp, where we will relax and make final preparations for our climb tomorrow.

Hiking time: **2 - 3 hours**
Ascent: **195 m**
Max. altitude: **5345 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 14

ASCENT OF ISLAND PEAK

Crossing the gully above the camp, the trail makes a climb for another hour to a narrow ridge, leading on to the glacier. Here it is time to rope-up and put on our crampons to begin the glacier crossing. This is followed by the steep snow slope that leads onto the summit ridge. On reaching the summit we have stunning close-up views of the south face of Lhotse looming over us, while in the other direction there are more dramatic mountain views. We descend along the same route, down to Base Camp.

Hiking time: **12 - 13 hours**
Ascent: **828 m**
Descent: **1023 m**
Max. altitude: **6173 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 15

CONTINGENCY DAY

A contingency day allocated for poor weather, etc.

Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 16

TREK TO PANGBOCHE

After descending along the trail to Chukhung, we continue on to Dingboche for lunch. It is then another couple of hours to the village of Pangboche where we will stay for the night.

Hiking time: **8 - 9 hours**
Descent: **1200 m**
Max. altitude: **5150 m**
Accommodation: **Teahouse**
Meals included: **Breakfast**

DAY 17

TREK TO NAMCHE

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

Hiking time: **7 - 8 hours**
Descent: **500 m**
Max. altitude: **3950 m**
Accommodation: **Teahouse**

DAY 18

TREK TO LUKLA

Your final day's trekking follows the Dudh Koshi back down to Lukla. To celebrate our final night, we have dinner altogether this evening as a full team, it is customary for guests to buy dinner for the porters and guides on this night as a thank you for the support they have given you throughout the trek. There will also be an opportunity for you to hand out your tips for the support team during this meal.

Hiking time: **7 - 8 hours**
Descent: **650 m**
Max. altitude: **3450 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. 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.

Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 21

DEPARTURE FROM KATHMANDU

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

Meals included: **Breakfast**

PLEASE NOTE

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.

TRIP INFORMATION

DIFFICULTY

Climbing Island Peak is a **very tough challenge**. There is **no technical climbing** but you will need experience **walking in crampons** and with the use of an **ice axe**. If you have already trekked to altitude and want to be pushed that bit further then this is a great next challenge. The first part of the ascent is physically very hard because you are trekking up rough terrain at over 5000m. This part though is definitely non-technical. You then reach the glacier field and you will need to rope-up and wear crampons. During this section there is a risk of falling into snow covered crevasses, so you will be roped to the rest of the team for safety. There will be ladders strapped in place to cross the crevasses. These can be daunting, but you will be on safety lines at all times. You finally then reach the foot of the headwall. This is the toughest part of the climb, as the ascent is very steep and the air at its thinnest. Fixed lines make the climbing route safe, but it is very steep and will take lots of determination to get up to the summit ridge. From the summit ridge to the top is a short relatively easy ascent.

The expedition is ideally suited for trekkers with some experience in high altitude trekking and using fixed ropes and crampons.

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 may have noticed that our prices for Nepal are generally much lower than other companies. This is because we have chosen not to include food and drinks in the teahouses within our trek cost. Our reasoning for doing this is as follows - as the quality of lodges has improved, so has the food. It used to be the case that the only meal available was Dahl Bhat - boiled rice with a very thin lentil dahl. This is what the porters will eat almost exclusively and you will often hear them joke "Dhal bhat - 24 hour power". It might be 24 hour power for a Nepali who has lived on it all his life but for anyone else it is pretty unappetising fair on a regular basis. Fortunately, all but the most remote lodges now offer an extensive menu of food including local delicacies such as Yak Steak with blue cheese sauce and more western alternatives such as calzone and chips as well as the standard Dhal Bhat.

We have found over the years that our guests require different intakes of food to suffice their energy needs and where some are content with Dhal Bhat everyday, others wish to sample the menu. We therefore decided that rather than restrict the options available to our guests with a set menu, we have handed over the choice to you; you can 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 £30-35 ($40-45) per day for meals and drinks. This will ensure that you not only have plenty of food, but that you enjoy your trek a lot more.

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.

Camping

Camping is full service. Your guide will cook food for you on a basic camping stove set up. Meals will consist of dehydrated and tinned foods with high levels of carbohydrates to provide you with energy for your days climb.

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 nights are in comfortable 4* hotel accommodation based in the Thamel District of Kathmandu.

You will be staying at teahouses, situated in villages along the trail. The standard of accommodation still varies hugely but on the most popular routes there is generally plenty of clean, well kept accommodation. 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. Rooms are normally twin shares and consist of two wooden bench beds per room with mattresses and sheets. Most will provide blankets but we would certainly recommend bringing your own good quality 4 season sleeping bag unless you are used to sleeping rough in freezing conditions. Whenever possible we will try to book en-suite rooms, but availability is very limited. Generally bathroom facilities will be shared and it will be a short walk to reach them so footwear to use at the teahouses is essential if you don't want to spend the entire trek in your boots. Showers are not always available and it tends to be just the communal areas that are heated.

Wifi is available in almost all villages and you will be able to access the luxury of hot showers at some teahouses. If you wish to use these sundry items then expect to add an additional $15 per day to your food budget. We do probably over-estimate the food cost, but ATMs are pretty much unheard of in the mountains and we would rather you have too much money with you than not enough.

Dining in the lodges will be in a large open room with tables round the outside and a fire in the centre. Our guides try to make sure we secure you a spot away from the door and nearer to the fire but can't always guarantee this.

The toilet situation is something a lot of our guests want to know about! In Nepal, the hotel we use has western flushing toilets. On the trek itself, the teahouses will have squat toilets or "posh squats". This will most likely be a tiled squat toilet with somewhere to wash your hands. We recommend bringing toilet roll with you as you won't find any in the toilets, however you will find it is available to buy at most teahouses.

Camping

Camps on Island Peak are set up with high-altitude mountain tents, to ensure you stay warm, dry and comfortable on your peak climb. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don’t expect to be able to stand up and walk around inside! In groups of 1-3 the guide will cook your meals which will be basic rehydrated foods. In groups of 4 we will provide a cook; however, meals will still be basic due to the rapidly changing conditions at this altitude. Similarly, meals will be eaten either outside or in your own tents, there will not be a mess tent provided on our peak climbs.

TRANSPORT

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 a strict limit of 10kg for your main bag and 5kg for your day sack. This weight limit is particularly tight for the peak climbs because of the climbing kit. We therefore allow a limit of 15kg for your main equipment bag and 5kg for your day sack, and we will arrange for the extra 5kg to travel as excess baggage. There may be times when the airline is unable to carry the excess baggage on the same flight. If this happens, your climbing kit will be re-packed separately, sent on the next available flight and a porter will catch up with you on the trail. You will be given 2 litres of water on arrival in Lukla to fill your bottles for your first day's trekking, so you do not need to carry water from Kathmandu. 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.

If you are renting equipment in Chukhung, please allow for the additional weight when you leave Kathmandu, so that your bag does not exceed 15kg for the porters to carry once the climbing kit is added later.

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!

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

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.

PRE-TREK BRIEFING

Your pre-trek briefing will be at 4pm the evening before the trek begins, at your hotel. The briefing is an opportunity for your guide to check you are fully prepared and also an opportunity for you to ask any final questions. We will carry out your baseline health check which will be used to spot any early signs of altitude sickness after you start trekking.

BUDGET & CHANGE

The **Nepali Rupee** is a closed currency so you will not be able to buy this before you arrive. If travelling from the UK or the US, it is advisable to travel with your home currency and exchange this in Kathmandu. It is very important that bills be new (less than 10 years old), crisp and untorn. We recommend changing currency in Kathmandu rather than at the airport as you will get a much better exchange rate. There are exchange kiosks less than a 5 minute walk from the hotel and your guide will be happy to assist you in finding these should you need them to. Alternatively all the hotels in Kathmandu will change small amounts of money for you.

We recommend that you take local currency on the actual trek with you, as the teahouses prefer local currency. You will also get a more favourable exchange rate in Kathmandu than in the mountains. 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 - £35 ($40 to $45) 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 realise 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 untorn.

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 $350 per trekker for your tip contribution on this route. The group tip can be given to your porters and guides during your celebratory meal in Lukla on the final night of your trek. You will then say goodbye to your porters the following morning.

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. If you are flying into Kathmandu, your entry point will be Tribhuvan International Airport.

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 or 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. All our routes in Nepal have 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. 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
- Sleeping Mat - $2 per day (closed cell foam mat; inflatable mats cannot be hired)

For Island Peak you will also need additional specialist equipment. This can be hired in Kathmandu but is also available to rent at a lodge close to base camp. Prices below are for Kathmandu rental. Prices in the lodges can be more than twice this cost. It is still cheaper though to rent from these lodges as you only need to pay for 3-4 days hire. You should be aware though that the range of sizes and the quality of rental gear available here is even more limited than in Kathmandu and you may not find something that is perfect for you. In addition, climbing boots may have only just been returned by a previous user and may still be wet.

- High Altitude Climbing Boot - $3 per day
- Crampons - $2 per day
- Ice Axe - $2 per day
- Climbing Accessories Pack - $12 per day (includes helmet, harness, carabiners, prussik loop, tape sling, ascender & descender)

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Buff - Essential to prevent the cold air reaching your lungs and causing "Khumbu cough"
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)
- Climbing helmet

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 – heavyweight, insulated, preferably water resistant
- Over mittens – with safety straps

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

- Climbing boot – insulated, stiff-soled (B3)
- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around the teahouses
- Mid-weight trekking socks (x5 pairs)
- Breathable, high-wicking liner socks (x3 pairs)
- Thermal trekking socks for upper reaches of your trek (x2 pair)

EQUIPMENT TO BRING

TREKKING GEAR

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Sleeping bag (4 season or -20 Deg C) and compression sack
- Sleeping mat
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water

CLIMBING GEAR

- Crampons – to fit your climbing boots
- Ice axe
- Climbing harness
- Ascending (jumar) and descending (belay) devices
- Carabiners – 2 x locking, 2 x non-locking
- Prussik loop and tape sling

OTHER ACCESSORIES

- Sunscreen - high SPF
- Lipbalm – high SPF - ESSENTIAL in Nepal!!
- Toiletries, including wet wipes and hand sanitiser – please carry all rubbish back off the trail
- Toilet paper - you won't find any in the toilets, but it is available to buy at most teahouses
- 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 a good option
- Isotonic drink powder / energy drink powder to mix in with your water
- Microfibre towel for wiping hands and face each day
- Pee bottle, useful for late night toilet needs

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.