

**THE
MOUNTAIN
COMPANY**



EVEREST LUXURY LODGES, NEPAL



Everest lodge at Tashinga



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HIGHLIGHTS

-) This trip is a good introduction to trekking in Nepal along with a Sherpa guide while staying at Everest Summit Lodge (“ESL”) and Yeti Mountain Homes (“YMH”) lodges of the Everest region. These properties provide a high level of service with attractive gardens, comfortable lounges and bedrooms as well as hot showers and western toilets.
-) With our Everest Luxury Lodge itinerary you get the opportunity to walk Ama Dablam Base Camp at 4,576m from Pangboche village.
-) We have designed a trek where, not only do you get the superb mountain views of the high Himalayan peaks of Everest, Nuptse, Lhotse and Ama Dablam, but also visit Sherpa villages and Buddhist monasteries along the way.
-) We have included several sections off the main Everest trail exploring quieter areas of the Khumbu. On the way back from Pangboche you walk on a different trail passing through the less visited Phortse village and up to Mong La pass. From Mende Lodge you walk to the picturesque village of Thame where you can visit this important monastery.
-) There are two days to explore Kathmandu including a day’s sightseeing tour to Patan Durbar Square, Pashupatinath and Boudhanath.

REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR EVEREST LUXURY LODGE

-) We have been operating treks in Nepal and to the Everest region for many years and our itineraries have been carefully planned to provide extra rest and acclimatisation days to ensure you remain fit and healthy and as a reserve against bad weather.
-) Our Everest Luxury lodges trek uses the Everest Summit Lodges (“ESL”) and Yeti Mountain Homes (“YMH”) lodges, they are ecologically sympathetic and

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carefully located for their scenic views. Both ESL and YMH provide accommodation at a standard far better than anything else available in the area.

-) The Mountain Company will receive bespoke weather forecasts for the Everest region from EverestWeather.com throughout the duration of this trek.
-) We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
-) Roland Hunter, owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of Everest region.

TESTIMONIALS

“Your organisation was superb & the trek itself exceeded our expectations by miles!” **John Potter (UK)**

“Everything with the organisation was first class; you really run a well oiled machine!” **Gordon and Lynda Blair (UK)**

“Just a note to let you know everything turned out perfectly on our Nepal Trip. I have travelled with several other well known travel companies such as Abercrombie and Kent, REI, Mt Travel- Sobek and I must say you've topped the high standard in the adventure travel industry. All members of our group were absolutely delighted.

All in all a great trip and you are to be congratulated for running such a smoothly oiled operation. Lakpa, the guide, was very entertaining and was with us at all times in case we had any questions. The Everest Luxury Lodges were really great and the food way beyond our expectations. We ate everything and stayed healthy.” **Robert Weiner (US)**

“I can only say good things about my honeymoon the trek, the guide Lakpa was brilliant - He was so welcoming and helpful towards us and other groups that we met on the trek. His knowledge was also very good which made the trek even more enjoyable. Also Tulsi in Kathmandu &



the porter Ziban were excellent as well so to be honest with you I can't fault a thing!" **Alistair Wright (UK)**

"Our trek was absolutely fantastic. Our guide and porter, Mangal and Sagum, were knowledgeable, attentive, careful, patient and very polite. We felt like we were in safe hands the entire time. We look forward to having them along on our next trip if that can be arranged.

As for the lodges, they were clean, the food was excellent and the crew were very friendly, polite and responsive to any requests we may have had. Tulsi in Kathmandu did a wonderful job in terms of transportation and logistics on the ground and everything was very well organized and hassle free.

As for the trek itself, experiencing the natural beauty of the Solukhumbu region and the sincerity, kindness and strength of the Sherpa people was nothing short of a life changing experience. We are already looking forward to arranging our next trip." **Khaled and Hussain (Kuwait)**

"We had many phone conversations and e mail communications before the trip and we felt we had individual attention planning the trip of a lifetime. We also had individual attention meeting Roland, Tulsi and Prashant whilst we were in Nepal. Purna was our guide and he was excellent. We found him to be sensitive to our needs and likes and dislikes. All the Everest Luxury lodges provided good food, the hygiene was good (we both stayed well) and the menus were varied. We particularly enjoyed the afternoon tea and cake on arrival at each lodge. The best was the chance to get to Ama Dablam base camp. We were delighted to get there with Purnas support but were not put under pressure to get there. We thought the whole trip was extremely well organised and gave us a holiday to remember with photos to go with it." **Tony and Sandy Burghall (UK)**



EVEREST LUXURY LODGES

Total number of days	16 days
Grade & days trekking	Moderate, 11 trekking days
Accommodation	4 nights hotel, 11 nights lodges
2019 price ex Kathmandu	£2,795 (or US\$3,595 or €3,175)
2020 price ex Kathmandu	£2,795 (or US\$3,595 or €3,175)
Minimum group size	2
Maximum group size	8
Dates	March 2 nd to 17 th 2019 March 23 rd to April 7 th 2019 April 6 th to 21 st 2019 (Easter: April 21st) April 20 th to May 5 th 2019 (Easter: April 21st) May 4 th to 19 th 2019 October 5 th to 20 th 2019 October 12 th to 27 th 2019 November 2 nd to 17 th 2019 November 16 th to December 1 st 2019



November 30th to December 15th 2019

December 14th to 29th 2019

February 29th to March 15th 2020

March 21st to April 5th 2020

April 4th to 19th 2020 (**Easter: April 12th**)

April 18th to May 3rd 2020

May 2nd to 17th 2020

October 3rd to 18th 2020

October 10th to 25th 2020

October 31st to November 15th 2020

November 14th to 29th 2020

November 28th to December 13th 2020

December 12th to 27th 2020

THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

-) Internal flight to/from Lukla and Kathmandu including baggage allowance of 15kg for your main bag checked into the hold and 5kg for day pack carried with you inside the aircraft.
-) All transfers including airport collections.



-) One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
-) Twin share room at Hotel Shangri La in Kathmandu.
-) Breakfast only in Kathmandu, all meals included while on trek.
-) While on trek twin share room at Everest Summit Lodge and Yeti Mountain Homes lodges.
-) Complementary drinking water and electricity for charging batteries.
-) All trekking arrangements including permits and fees, trekking guide(s) and porter(s). **We provide one trekking guide for group size of two people and two guides for a group size of three people and three guides for group size of six people plus.**
-) Bespoke weather forecasts for Everest region from EverestWeather.com throughout the duration of this trek.
-) Thuraya satellite phone to ensure our guides have reliable communications with us for logistics, planning and group safety.
-) Everest trekking map given to you on arrival to Kathmandu.
-) Rubberised luggage tags posted to you before departure.
-) Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
-) Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

-) International flight to/from Kathmandu.

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-) Travel & trekking insurance.
-) Nepal visa for 30 days at US\$40 (approx £25).
-) Lunch and evening meals in Kathmandu.
-) Personal clothing & equipment, please see the Appendix for suggested kit list.
-) Tips (guidance on amounts included in our “Nepal Pre Trip Information” notes).
-) If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into Lukla STOL mountain airstrip the cost for your overnight accommodation in Kathmandu is not included so you will have to pay extra for this.
-) If there are cancellations with the airplanes flying into Lukla it may be possible to fly in a helicopter. There would be an extra cost for this service between US\$300 to US\$400 per person depending on which helicopter company is used and the demand at the time.
-) Other items not listed in “What is included”.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement in Kathmandu and on trek £785 (US\$995 or €860)

Please note the single supplement is a compulsory additional cost if we are unable to match you with another trekker in this group of the same sex. This cost is the net cost of having a room to yourself in Kathmandu and in the trek lodges. If you are travelling solo and would like to share a room then if we are able to match you with roommate after you have booked then we will remove the single room supplement cost off your invoice (or refund the difference back to you if already paid the final balance).



PARTICIPANT SELECTION

The Mountain Company carefully selects and screens potential participants applying to join our groups to ensure the trip is an appropriate objective for you. We have a number of pre-trip questions asking information about your outdoor experience, training, experience, medical conditions and fitness. To access the pre-trip questions please send in your application by clicking on the **“Apply now” button** on the trek webpage. After review of your replies we might contact you by telephone or email for further information to aid our selection process.

Please ensure you have done your own research about Everest Luxury Lodge trek by reading our pre trip documents (Trip Dossier, Trip Grading and Trip Reports published on TMC blog) to ensure you have a realistic idea of what to expect. Every trip organised by The Mountain Company has been graded based on four factors: daily walking times, altitude, terrain and remoteness.

INTRODUCTION

This is a trek in the Everest region staying in higher quality lodges with visits to Sherpa villages and Buddhist monasteries. We have included two nights in Pangboche village from where you can walk to Ama Dablam Base Camp.

This itinerary uses the Everest Summit Lodge and Yeti Mountain Homes for accommodation which are at a standard far better than anything else available in the area. The lodges provide a high level of service with attractive gardens, comfortable lounges and bedrooms as well as hot showers and western toilets.

Your holiday begins with a guided sightseeing tour exploring Kathmandu, the vibrant capital of Nepal. On the third day of the trip you fly high into the Himalaya to the mountain airstrip at Lukla on a breathtakingly exciting flight on a Twin Otter plane and begin your trek in the heart of Sherpa Country, the Khumbu.

The Everest region is the most famous area in Nepal and probably the entire Himalaya, as it is the centre for many mountaineering expeditions. Here the Himalayan giants from Everest to Ama Dablam tower above the Khumbu Valley, making this one of the world's most magical and inspiring places to visit and trek.

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We will follow in the footsteps of famous mountaineers and trek the good trail from lodge to lodge through beautiful Nepalese villages with spectacular views of Mount Everest and many other peaks of the Khumbu and also have time to visit the main Sherpa villages and monasteries. You have the opportunity to trek to Ama Dablam Base Camp which is off the beaten track and well worth the walk for its rewarding views.

Sagarmatha (Everest) National Park covers the area known as the Khumbu and is situated in the north-eastern region of Nepal. It is spectacular mountainous country and most of the park is steep and rugged with paths that traverse and wind round the hillsides, the terrain broken by deep gorges and glacial valleys, while the major valleys have some relatively level areas which are used for growing crops and grazing.

The inhabitants of the Khumbu are Sherpas, originally Tibetan migrants, arriving some four to five hundred years ago. Very little had influenced the region until 1950 when the first mountaineering expeditions arrived to conquer the world's highest mountain, in 1953 Everest was first climbed by Edmund Hillary & Sherpa Tenzing Norgay. Nowadays trekkers as well as expedition climbers delight at the wonderful scenery, their personal pilgrimage and challenge and the ever-friendly Sherpa villages.

This really is a remarkable trek which will be remembered, along with the people you meet, long after you return home.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

Day 1. Arrive Kathmandu (1,400m).

Flying into Kathmandu along the northern border of Nepal on a clear day is in itself an unforgettable experience, with the entire Nepalese Himalaya sprawling out below you. After customs, you will pass out of the restricted area and into the



passenger pick-up area outside the building. You will see a Mountain Company signboard and our representative will be waiting to welcome you to Nepal.

After transferring to your hotel, you will be given a chance to catch your breath and then be given a full briefing. The rest of the day will be yours to explore and to shop for any items that you require. Today you will hear the Nepalese word for hello 'Namaste', you will probably never forget that word after this trek. **Overnight at Hotel Shangri La (Meals: none).**

Day 2. Sightseeing in Kathmandu.

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu as well as to pack your bags for the trek starting tomorrow morning. You can leave a bag at the hotel with items not needed on trek.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the streets of Kathmandu there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit as well as products imported from China and India. While the city has expanded dramatically over last 10 years, on the outskirts of the Valley it is still possible to see traditional houses set in landscape sculpted by the contours of the paddy fields. These villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. **Overnight at Hotel Shangri La (Meals: B).**

Day 3. Fly to Lukla (2,840m), trek to Phakding ((2,610m)- 4 hours walking.

Our morning flight by Twin Otter aircraft takes us to Lukla, the most renowned mountain airstrip in the world. Originally conceived by Sir Edmund Hillary's Himalayan Trust, Lukla is now one of the busiest runways in Nepal. On the flight we

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watch the rugged foothills give way to the snowline of the Himalaya; many of the world's highest mountains, including Cho Oyu (8,153m), Lhotse (8,516m), Gauri Shankar (7,145m), Menlungtse (7,181m) and of course Mount Everest may sometimes be seen from the window of the plane.

After an exciting landing at Lukla and a warm welcome you will meet your porters that will carry your luggage every day until you return to Lukla. Make sure you make time to get to know them and to acknowledge them even if it is through smiles and hand signs. After a cup of tea in Lukla giving the porters a chance to load up we depart Lukla on the typically stony path that descends from the forested terraces of Lukla which takes us right into the Dudh Kosi (river of milk) valley. Along the way you will pass large stones carved and painted with prayers, carved mani stones and prayer wheels which are typical of Sherpa Buddhist country. Buddhists hold these sacred and you must as a sign of respect, pass these in a clockwise direction.

After passing through the small hamlets of Chaurikharka, Cheplung and Thado Khosi we continue onto the village of Phakding where we stay our first night at the Yeti Mountain Home (YMH) lodge.

The trail from Lukla to Phakding is moderate walking and follows undulating terrain along a stone path. Memories of the first day will include the sounds of porters, a cacophony of different languages, and strange sounding birds, the sights of porters with loads resting on sticks (known as "dolma" in Nepalese language) outside tea houses, tired trekkers on their way back to Lukla, prayer flags, the gaudy colours of the tea houses and of course the dramatic scenery. **Overnight at Yeti Mountain Home in Phakding (Meals: B,L,D).**

Day 4. Trek to Monjo (2,850m)- 2 to 3 hours walking.

On leaving YMH lodge we follow the trail along the Dudh Kosi valley north and soon there is a good view of Thamserku (6,608m). After a walk uphill and over a ridge there is a traverse high above the river to Benkar, and a little further on you cross over a suspension bridge to the east bank of the Dudh Kosi to reach the small hamlet of Monjo at the entrance to the Sagarmatha (Everest) National Park.

You will arrive to Everest Summit Lodge in Monjo by mid-morning and after lunch you have time to explore the village or walk further afield to the monastery. By having two nights below Namche Bazaar it is very helpful to aid your acclimatisation



to the high altitude and by staying at Monjo shortens tomorrow's walk up to Namche Bazaar (as most Everest Base Camp walk up from Phakding). **Overnight at Everest Summit Lodge in Monjo (Meals: B,L,D).**

Day 5. Trek to Namche Bazaar (3,445m)- 5 to 6 hours walking.

Today we trek into the Sherpa capital and heart of the Khumbu. You will now be becoming familiar with the local protocol for passing chortens, mani stones, yaks and spinning prayer wheels and enjoying the hustle and bustle of trekking and everyday life that exists in the Khumbu.

Getting up to Namche Bazaar will be one of the tougher days but by walking slowly at altitude is the key to acclimatise so this will become the norm for the trek. Five minutes beyond the lodge, you enter into Everest National Park area, where entry formalities have to be completed and the scenery is stunning. We then follow the right bank of the river to where it starts to climb to the Hilary Bridge which is a tremendously impressive suspension bridge spanning a deep chasm. To reach Namche from here there is a long climb on a trail that zig zag and switchbacks up through the forest, but with a slow plod and several stops to catch our breath, we make our way steadily upward. Half way up there is a view point which will give us our first view of Everest.

We then pass through another entry point and as we traverse the hill we get our first views of the capital of the Khumbu, Namche Bazaar, which is built on the steep sides of a sloping mountain bowl. It really is an impressive sight of colourful houses and lodges and prayer flags. Namche is a busy and vibrant place as most treks pass through here. Later in the afternoon you will be free to explore the village and or visit the Sherpa Museum. **Overnight at Yeti Mountain Home in Namche (Meals: B,L,D).**

Day 6. Trek to Tashinga (3,450m)- 4 hours walking.

This morning after a short, steep climb we leave Namche on the classic approach route to Everest which contours the hillside high above the Imja Khosi. Today's walk continues to contour the hillside with short steep sections as it crosses over ridges.

There are spectacular views of Everest, Lhotse and Nuptse and also the beautifully shaped Ama Dablam (6,812m). Ama Dablam means 'Mothers necklace', the long



ridges on each side like the arms of a mother protecting her child, and the hanging glacier thought of as the dablam, the traditional double-pendant containing pictures of gods worn by Sherpa women. There is no doubt that the majestic Ama Dablam is one of the most beautiful mountains in the world. The lodge is located outside the village of Tashinga with views down the valley to Ama Dablam and Everest.

Overnight at Everest Summit Lodge in Tashinga (Meals: B,L,D).

Day 7. Trek to Pangboche (3,875m)- 6 to 7 hours walking.

Looking across the valley, you can see the path sloping diagonally up towards the famous monastery of Tengboche. We begin today's walk by descending down to the small hamlet of Phunki Tenga, which lies beside a tributary of the Dudh Kosi river. Here we cross a suspension bridge before beginning a climb with a steep ascent for about two hours all the way up to the monastery. This part of the trek is forested by rhododendron and pine so it is well shaded and quite cool.

The setting of Tengboche monastery is nothing short of magical. It is a spectacular building and it is incredible to think that the temple was burnt down only a few years ago and re-built largely through the efforts of the Sir Edmund Hillary Trust. We will explore the surrounding area and visit the monastery.

On leaving Tengboche, your path descends through trees to Deboche where the small and atmospheric nunnery is well worth a visit. You pass further houses and 'mani' walls as the path continues along the river valley amongst the trees. After crossing the bridge over a picturesque gorge, the path gradually climbs, with stunning views of Ama Dablam ahead. There are numerous fantastic photo opportunities in both directions, and frequent chortens and mani walls to pass as height is gained to reach the village of Pangboche.

After arriving at the lodge, if you have time in afternoon it is well worth exploring the village. Pangboche is a photogenic with stone walled fields and in upper village there is the oldest monastery in Khumbu set among very old juniper trees.

Overnight at Everest Summit Lodge in Pangboche (Meals: B,L,D).

Day 8. Day walk to Ama Dablam Base Camp (4,576m)- 4 to 5 hours walking.

After breakfast we start the walk towards Ama Dablam Base Camp. This is an opportunity to get off the main Everest Base Camp trail and explore a quieter area in the Khumbu below one of the most beautiful mountains in the world. By walking



up to Ama Dablam Base Camp this will help your acclimatisation by following the golden rule of “climbing high and sleeping low”.

For the walk to Ama Dablam Base Camp you start by crossing the Imja Drangka river on a suspension bridge, followed by a gradual ascent until Lhabarma where you are suddenly standing right in front of the mountain ridge. You can walk to its foothill and absorb the enormity of the mountain.

Ama Dablam Base Camp sits at 4,576m on an open yak pasture beneath the west face, with the summit some 2,300m almost straight up above. The climbing route follows the southwest ridge – the right hand skyline as you look at it – moving onto the face above the hanging glacier three-quarters of the way up. Base Camp affords particularly fine views of Kangtega (6,783m), Thamserku (6,618m) and Taboche (6,542m).

Your trek may coincide with the main climbing season and it is more than likely that you may find climbing groups at Ama Dablam Base Camp either acclimatising or fixing the route. With a pair of binoculars it may well be possible to see climbers descending the 50/60 degree ice-slopes from the summit. After enjoying some time at Ama Dablam Base Camp you return by the same trail back to Pangboche.

Overnight at Everest Summit Lodge in Pangboche (Meals: B,L,D).

Day 9. Trek to Tashinga (3,450m) via Phortse (3,810m)- 6 to 7 hours walking.

Today we walk back down to the lodge at Tashinga via a different route passing through the less visited Phortse village. From Pangboche you take a wonderful high trail above the Imja Drenghka river. This trail undulates along the valley side and you have fabulous views across to the mountains and Tengboche perched on its ridge.

Finally, after about two to three hours, you round a corner and the isolated village of Phortse lies below you, situated in a spectacular spot on a promontory overlooking the Dudh Kosi in one direction and the Imja Drenghka in the other. You continue your trek from Phortse (3,810m) towards Tashinga. Walk down to the valley and climb up towards Mong La. This part of the trek is heavily forested, look out for Danphe pheasant and musk deer. From Mong La the commanding views of the



mountains are breath-taking. We then descend to our lodge in Tashinga for the evening. **Overnight at Everest Summit Lodge in Tashinga (Meals: B,L,D).**

Day 10. Trek to Mende (3,700m) via Sherpa villages of Khumjung and Khumjung- 7 hours walking.

Today you will trek by the Sherpa villages of Khumjung and Khunde, above Namche Bazaar and then up the Nangpo Dzangpo valley to the lodge at Mende. Leaving Tashinga lodge you contour on a small path to reach the main trail leading to Khumjung in approximately one hour. The path leads gently up the shallow valley and Khumjung itself is another village built into a mountain bowl.

These villages have a regular pattern of terraced fields and are overlooked by the Sherpa holy mountain called Khumbui Yul Lha (5,761m). The village of Khunde is a short walk further on and contains the famous medical centre instigated by the Sir Edmund Hillary Trust. Take time also to visit the Edmund Hillary School in Khumjung which was the first one to be built.

The path continues quite easily and, rounding a corner, you look down at the small hamlet of Tshro. You now turn off the main trail and make your way slowly up a closed valley. As you move up to the head of the valley you come to one or two lone houses and small fields and then you will cross the river pass through the small hamlet of Mende and then climb steeply up a hillside to the lodge. This is the sting in the tail at the end of the day! The lodge has a commanding position and very fine views of the surrounding mountains and once reached you will feel the effort has been well worth it. **Overnight at Everest Summit Lodge in Mende (Meals: B,L,D).**

Day 11. Trek to Thame village and monastery (3,820m)- 4 hours walking.

Thame valley is beautiful and is less visited by trekkers than the main trail to Everest Base Camp so we walk up to Thame village where we will also visit the monastery.

Just half an hour walk from the lodge is an old Tibetan trade route where you may well pass some Tibetans who come over the Nangpa La to trade in Namche. This well-formed, wide path makes for a mostly easy walk all the way to the village of Thame. Today you are more than likely to see Griffin vultures and mountain goats.



Before you reach the village of Thame the path descends to a bridge over a narrow fissure with water roaring below. Here there are large wall paintings of Guru Padmasambhava. The path then climbs steeply to the picturesque village of Thame with a backdrop of massive snow covered peaks. Sherpa Tenzing Norgay's house is situated near the top of the village where he lived with his first wife. Apa Sherpa who has climbed to the summit of Mount Everest twenty one times also lives in Thame village.

After lunch we will then walk to the monastery (3,940m) which takes about one hour and is situated above the village. The monastery is over 600 years old and is one of the four oldest in Sherpa country. The trail climbs steeply from Thame to join the ridge on which there are many hand carved mani stones. The views from this ridge are spectacular and well worth taking an opportunity to sit peacefully for a while to reflect on your trip. **Overnight at Yeti Mountain Home in Thame (Meals: B,L,D).**

Day 12. Return to Monjo (2,850m)- 6 hours walking.

Before beginning our descent back down to Monjo, we will first visit the Laudo Monastery, a 15-minute walk above Mende. The main temple is only 40 years old, it has a remarkable meditation room built beneath a huge rock, where people go on retreat for 3 years / 3 months/ 3 days. Until recently it was used as a meditation school for western Buddhist students. The friendly caretaker will be more than happy to serve butter tea and explain a little about the monastery. After our visit we will retrace our route and continue to Phurte, from here we will take the lower trail to Namche. After three hours of easy walking we will arrive at Namche Bazaar for lunch and a short time to do some shopping should you choose before making the return descent to Monjo crossing the Sir Edmund Hillary Bridge and to the Monjo lodge. **Overnight at Everest Summit Lodge in Monjo (Meals: B,L,D).**

Day 13. Return to Lukla- 5 to 6 hours walking.

From Monjo we carry on the descent down the Dudh Khosi valley through the villages of Phakding, Ghat and Cheplung. At Chaurikharka we start ascending the final hill of the trek to reach the busy village of Lukla. On getting to the lodge you can relax, look round Lukla and enjoy your last evening with your Sherpa guides and porters. **Overnight at Everest Summit Lodge in Lukla (Meals: B,L,D).**



Day 14. Fly to Kathmandu. Overnight Hotel Shangri La.

If the weather is fine in Lukla then we will get a morning flight back to Kathmandu which takes 40 minutes. You will be met at the airport and transferred to our hotel in Kathmandu where you can then spend the rest of the day doing what you please.

Overnight at Hotel Shangri La (Meals: B).

Day 15. At leisure in Kathmandu.

Today is a free day to rest and relax in Kathmandu after the trek, go shopping or to do more sightseeing around the city by yourselves. However the main reason for having this extra day is as a buffer in case of any delays or cancellations flying back from Lukla in order to minimise the risk of missing your flight back home. **Overnight**

at Hotel Shangri La (Meals: B).

Day 16. Fly back home.

Transfer to Kathmandu airport for the flight back home. End of trip.

YOUR COMPLETE FINANCIAL PROTECTION

The Mountain Trekking Company Ltd (trading as The Mountain Company) is a fully licensed and bonded tour operator. For flight inclusive packages sold to UK residents these will be covered by our Air Travel Organisers Licence (our ATOL number is 10921). For packages that do not include flights and for packages sold to customers outside of the UK your financial protection is covered by our membership of Association of Bonded Travel Organisers' Trust ("ABTOT"). Our ABTOT membership number is 5365.



Our membership of these organisations means that you can book with us in complete confidence that all monies paid to us for trips are protected.

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THREAT AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Everest Luxury Lodge trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Everest Luxury Lodge we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Everest Luxury Lodge is available on request. For your information we have listed below a summary of the significant risks and hazards identified by us:

-) Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
-) Altitude illness including but not limited to AMS, HACE and HAPE.
-) Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
-) Lightning strike.
-) Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
-) Earthquake.
-) Risk of fire in the hotel or lodge.



-) Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
-) Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
-) Road traffic or flight accident [*see paragraph "Lukla flight" for further information about STOL flights*].
-) Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

THE ASSOCIATION OF INDEPENDENT TOUR OPERATORS ("AITO")

The Mountain Company is a member of the Association of Independent Tour Operators (AITO) and we have agreed to abide by the terms of the AITO Quality Charter.

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating. For more information please take a look at <http://www.aito.com/>





ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience. We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

In 2017 the Association of Independent Tour Operators (AITO) launched Project PROTECT in recognition of the important role that destinations play in the future of the travel industry. The aim of this project is to encourage sustainable tourism and to nurture the destinations for tomorrow's travellers. The PROTECT acronym stands for People / Resources / Outreach / Tourism / Environment / Conservation / Tomorrow.

This project is led by Professor Xavier Font of the University of Surrey and each AITO member has to publish an annual pledge and report back at the end of the year on how they got along. To see The Mountain Company's Project PROTECT pledges for 2018 and 2017, please take a look at our [Sustainable Tourism page on AITO website](#).



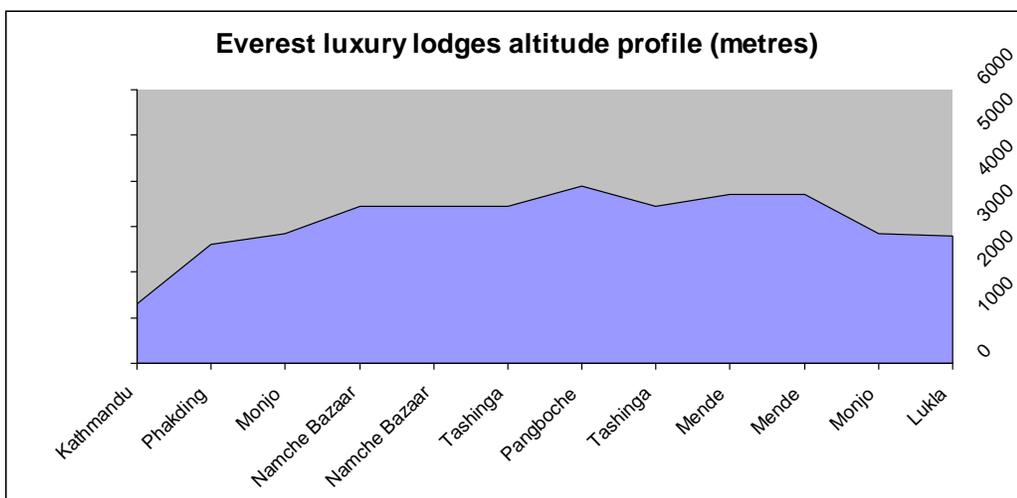
We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at www.ippg.net. We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at www.keepnepal.org



PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

Our Everest Luxury Lodges itinerary has been designed for gradual acclimatisation to take place, take a look at the altitude profile for the itinerary below:



There are ways of helping the acclimatisation process, as described below:

-) Walk slowly: there is plenty of time included in the itinerary so there is no need to rush, go at your own pace and enjoy the incredible views!
-) Drinks lots of water: it is easier for your body to acclimatise when hydrated so drink water and avoid coffee, tea and alcohol.
-) Consider taking diamox (acetazolamide): before using this drug we recommend consulting a doctor and thoroughly researching the pros and cons.

Please remember even the fittest and healthiest person can develop one of the altitude illnesses: AMS (acute mountain sickness), HACE (high altitude cerebral edema) and/ or HAPE (high altitude pulmonary edema). The symptoms of these illnesses are listed below, if any of these occur when you are on trek please immediately tell your guide.

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Symptoms of AMS:

-) Tiredness
-) Dizziness
-) Nausea or if severe, vomiting
-) Poor sleep

Symptoms of HACE:

-) Usually preceded by AMS
-) Like “Severe AMS” also with severe headache unresponsive to painkillers; confusion and physical clumsiness (ataxia).

Symptoms of HAPE:

-) Fluid in the lungs: cough, tiredness, breathlessness out of proportion to exercise especially at rest and worse when lying flat.
-) Often symptoms start later (at night or after 24 to 48 hours at new altitude).
-) Often occurs without AMS (often no headache)
-) But you can have AMS and HACE too.

If you have symptoms of altitude illness (AMS, HACE or HAPE) you must not ascend in altitude. If you have HACE or HAPE you must descend to nearest health post (if available) or seek medical help.

If you have only mild symptoms of AMS you should rest, drink fluids, try to eat, keep warm. If symptoms go away then you can go up. If symptoms get worse you have to descend in altitude escorted by one of our guides (someone with altitude illness must never descend alone).

For further information we suggest you take a look at the following websites:

High Altitude medicine website:

<http://www.high-altitude-medicine.com>



Medex Travel at High Altitude:

<http://www.medex.org.uk/v26%20booklet.pdf>

BMC website:

<http://www.thebmc.co.uk/Feature.aspx?id=1746>

ACCOMMODATION IN KATHMANDU

Shangri La Hotel is also located in Lazimpat and within 15 minute walking distance from the tourist hub of Thamel. Shangri La is our usual hotel for our Luxury trips in Nepal as our clients enjoy staying in this property with well-appointed rooms, lovely garden and swimming pool plus good restaurants and Lost Horizon bar. For more information on this hotel please take a look at their website:

<http://www.hotelshangrila.com/>

There is a store room at the hotel where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

FOOD

In Kathmandu there is a wide range of excellent restaurants, please read our Nepal Pre Trip information document for our recommendations. Breakfast is provided each morning by the hotel.

While on the trek, the lodges provide good quality food in sufficient quantities. Trek meals include breakfast, lunch, afternoon tea and biscuits plus two course dinner (soup and main meal) plus up to two cups of hot drinks per meal.

LUKLA FLIGHT

Please note that flights to and from Nepal's Short Take-Off & Landing ("STOL") mountain airstrips such as Lukla are dependent on the weather. Delays often happen if there is poor visibility or high winds.

If you have to wait in Kathmandu at the beginning of the trip due to delays in flying into a STOL mountain airstrip the cost for your overnight accommodation in

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Kathmandu is not included so you will have to pay extra for this. If there are cancellations with the airplanes flying into Lukla it may be possible to fly in a helicopter. There would be an extra cost for this service between US\$200 to US\$500 per person depending on which helicopter company is used and the demand at the time.

In all of our itineraries visiting areas with STOL mountain airstrips such as Everest region we include one extra day in Kathmandu at the end of the trip in case of delays flying back. If you are delayed longer than this our office in Kathmandu can help reschedule your international flights however there is likely to be a fee charged by the airline for this. You will also have to pay for all of your additional costs incurred in Kathmandu as a result of the delay such as accommodation and meals.

British Foreign & Commonwealth Office (“FCO”) travel advice to Nepal states that “STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft.” For their latest advice please take a look at their Safety & Security section under Air Travel, link at: <https://www.gov.uk/foreign-travel-advice/nepal/safety-and-security>

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal’s air safety profile take a look at Aviation Safety Network, link at: <http://aviation-safety.net/database/country/country.php?id=9N>

CLIMATE

The traditional trekking season in Nepal is late September to May, with October and November generally recognised as having the best weather. Spring is also a popular time of year with warmer weather and the advantage of seeing spring flowers and rhododendrons in bloom.

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool,



normally around 5°C, and during the day temperatures sometimes rise to 25°C. At higher altitudes temperatures range from about 15°C to -10°C.

CLOTHING AND EQUIPMENT

A list of clothing and equipment for the Everest Luxury Lodge trek has been included in Appendix below.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire and Expedition Kit Hire rent out high quality items at competitive prices which would save you the expense of buying. The links to their websites are at <http://www.trekhireuk.com/> and <http://www.expeditionkithire.co.uk>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance is 15kgs.** Please ensure that your bag is marked clearly on the outside for easy identification.

VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport. Please read our Nepal Pre Trip information document for more details about getting your Nepal visa.



VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

INTERNATIONAL FLIGHTS

The Mountain Company does not book international flights for our holidays. Instead all package prices are Land Only with services starting from arrival to the destination country.

If you would like help arranging flights then we suggest you contact our partner travel agent, StudentUniverse (ATOL registered) a specialist division of the Flight Centre Travel Group ---> [Get an online quote](#)

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

Please carefully check your insurers' Terms and Conditions in particular you should make sure the following is covered: 1) Activity (i.e touring, trekking or mountaineering) 2) Maximum altitude reached on trek 3) Helicopter evacuation in an emergency.

It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for



medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.

You should be aware that under certain circumstances, The Mountain Company leader (or our local agent, if no western leader) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

The Mountain Company has arranged travel and trekking insurance for European Union residents with the specialist insurance broker **Campbell Irvine**. Their insurance policy will cover you for most of the trips in our portfolio. However if your trek is classified or graded by The Mountain Company as “**Strenuous**” or “**Challenging**” then you must make sure you select this option when obtaining an online quote for your insurance. Campbell Irvine will not provide insurance cover for any trips classified as “**Mountaineering**”.

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

To apply for an online quote through [Campbell Irvine's Direct Travel Insurance](#) website. Should you have any questions regarding the terms and conditions of cover please contact Campbell Irvine on 0207 938 1734 or email info@campbellirvine.com

We have [listed on TMC website a comprehensive list of specialist adventure travel insurers](#) that our trekkers from UK, EU and Internationally based have used in the past. Please carefully check their Terms & Conditions prior to purchase. These companies are not necessarily recommended by us so it is your responsibility to ensure you have appropriate coverage.



CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

-) The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
-) There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
-) Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
-) Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
-) You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
-) When visiting a monastery or gumpa it is customary to give a donation for its upkeep.



SUGGESTED READING

Everest- 50 years on top of the world by George Band

Above the clouds by Anatoli Boukreev

Eric Shipton- Everest and beyond by Peter Steele

Touching my father's soul by Jamling Tenzing Norgay

Into Thin Air by John Krakauer

The Ascent of Rum Doodle by WE Bowman

MAPS

Nepal Trekking Map Himalayan Maphouse Scale: 1:900,000 **This map will be included in your welcome pack when you arrive in Nepal.**

Mount Everest Schweizerische Stiftung fur Alpine Forschung (Swiss Foundation For Alpine Research) 1:50,000



APPENDIX

CLOTHING AND EQUIPMENT LIST FOR EVEREST LUXURY LODGES

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Everest Luxury Lodge trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. During the first couple of days on Everest Luxury Lodges trek you are likely to experience quite warm conditions and you will experience the coldest temperatures at Pangboche at an altitude of 3,875m where overnight lows can get down to around -10°C

Footwear:

-) Walking boots. Please use and break in before arrival to Nepal.
-) Walking socks.
-) Trainers or trail shoes. Can be used in lodge in the evenings. Please note the ESL lodges provide slippers for use around the lodge.

Clothing:

-) Waterproof jacket and trousers (goretex or similar).
-) Trekking trousers.
-) Long sleeve shirts (not cotton).
-) Micro fleece.
-) Mid to heavyweight fleece.
-) Sleeveless or body warmer type fleece.
-) Thermals or base layer for top & bottom (merino wool or synthetic).
-) Fleece pants (optional- depends on time of year)



) Medium weight down jacket (optional- depends on time of year)

Handwear:

) Fleece gloves.

Headwear:

) Wool or fleece hat.

) Sun hat.

) Bandana or scarf.

) Head torch. Bring extra batteries.

) Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

Personal Equipment:

) Daypack. Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing such as down jacket etc. It is also a good idea to bring a rain cover to keep the contents dry.

) Stuff sacks for keeping your gear dry and organised. Or even better are fold-drybags such as from Exped.

) Two water bottles (Nalgene wide mouth bottles are the best).

) Sunscreen and lipsalve with a high SPF.

) Water purification tablets (Pristine, Biox Acqua or Acqa Mira). **Please note you will be given complementary drinking water at Everest Summit Lodges.**

) Favourite snack food.

) Books, ipod and cards etc.

) Trekking poles (Black Diamond with "Flick Lock" are best).

) Camera with spare batteries and memory cards.

) Insurance certificate.



-) Earplugs (optional).
-) Hand sanitizer (optional).

Travelling:

-) Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
-) Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu. You can leave these at the hotel in Kathmandu while trekking.
-) Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

-) Any personal medications.
-) Blister treatment (Compeed patches are the best).
-) Rehydration powder eg Dioralyte.
-) Analgesics (paracetamol, ibuprofen and aspirin).
-) Plasters and zinc oxide tape.
-) Throat lozenges.
-) Diamox (helps with acclimatisation).
-) Antibiotics. Although we carry antibiotics for the team, it is advisable to bring some of your own. We recommend that you visit your doctor and request one set of antibiotics to treat stomach infection and one for upper respiratory tract infection.