

Everest Base Camp

Country(ies): Nepal

Tour type: Small Group

Transport: A/C minibus & flight

Group size: Min: 2 | Max: 12

Days: 16 days

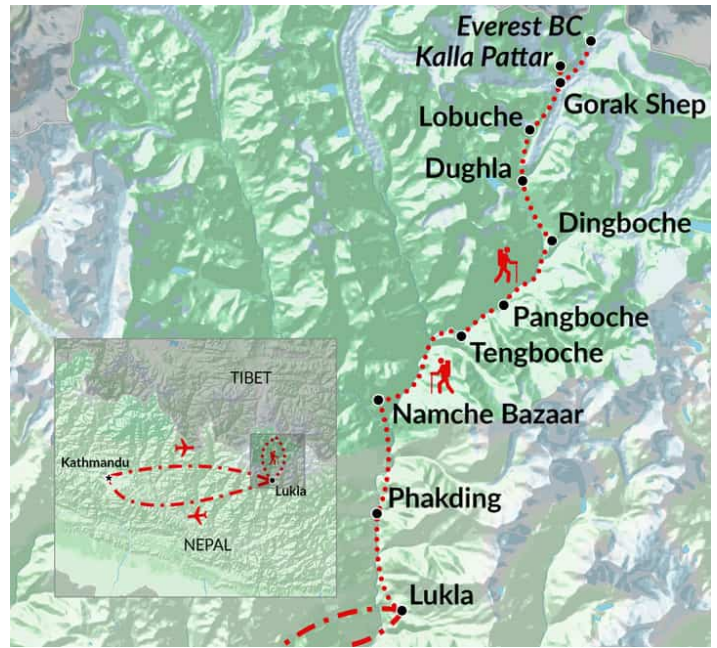
Start Location: Kathmandu, Nepal

End Location: Kathmandu, Nepal

Meals: Breakfasts - 15, Lunches - 0, Dinners - 0

Highlights:

Kathmandu valley tours, Everest Base Camp trek, views from Kallar Patar, Bhaktapur ancient centre



Itinerary

Day 1: Arrive in Kathmandu, transfer to hotel

We greet you on your arrival in Kathmandu airport today and transfer you to your hotel in the Thamel tourist district of the city. Our rep will help you settle in and familiarise you with the local area.

OVERNIGHT: Kathmandu hotel

MEALS: None

EXTRAS: Trekking Pack Single room supplement (NPSGEB) Extra day in Kathmandu - pre-tour

Day 2: Fly to Lukla and start trekking to Phakding

Today we catch the short early morning flight from Kathmandu to Lukla (2,800m) and start trekking to Phakding (2,652m). Descending out of Lukla the trail gently winds its way along the river and serves as an easy introduction to the harder days ahead. We overnight at Phakding at one of the many comfortable trekking lodges.

OVERNIGHT: Phakding trekking lodge

MEALS: Breakfast

EXTRAS: Trekking Pack

Day 3: Trek from Phakding to Namche Bazaar

The day starts gently as we make our way along the river to the entrance of the Sagarmatha National Park, where we will obtain our trekking permits and register with the park authorities. Soon the trail starts to rise for a long climb up to Namche Bazaar (3,446m), where we stop for the night.

OVERNIGHT: Namche Bazaar trekking lodge

MEALS: Breakfast

EXTRAS:

Day 4: Namche Bazaar, acclimatisation day

Today is a free day in Namche Bazaar for acclimatisation. This colourful Sherpa town is a great place to spend time exploring. There are numerous shops and stalls selling everything from cut price trekking gear to Buddhist prayer flags. Its internet cafes, bakeries and cafes are also popular with the many visitors. Of course, if you're not too tired, there are plenty of interesting and scenic day walks you can do if wish. We overnight at a lodge in Namche Bazaar.

OVERNIGHT: Namche Bazaar trekking lodge

MEALS: Breakfast

EXTRAS:

Day 5: Trek from Namche Bazaar to Thengboche

Leaving Namche Bazaar behind our goal today is the village of Thengboche, which lies on top of the next ridge. This means we start the day with a long descent through Rhododendron forests down to the suspension bridge at Phunki Tenga (3,250m). Then we start the climb and it really is a strenuous climb, as now we have to fight against the altitude as well as the steepness of the trail. Eventually we crest the ridge and arrive at Thengboche (3,870m), from where, on a clear day, the views of Everest and Lhotse are magnificent. Thengboche is also the site of a large Buddhist monastery, which is certainly worth a visit. We overnight at a lodge in Thengboche.

OVERNIGHT: Thengboche trekking lodge

MEALS: Breakfast

EXTRAS:

Day 6: Trek from Tengboche to Dingboche

Today's trekking takes us through beautiful Rhododendron forests as we follow the river up the Imja valley towards Dingboche. Along this stretch of the trail there is a good possibility of spotting the elusive musk deer, an endangered species indigenous to the area. Leaving the forests behind, we end the day with a steep climb up to Dingboche (4,410m). We overnight at a lodge in Dingboche.

OVERNIGHT: Dingboche trekking lodge

MEALS: Breakfast

EXTRAS:

Day 7: Dingboche, acclimatisation day

We spend the day in Dingboche acclimatising to the high altitude. This beautiful Sherpa village is a patchwork of small fields enclosed by stone walls and offers wonderful views of the surrounding mountains. If you don't feel like resting you can head up the valley towards Chukung for even better views. We overnight at a lodge in Dingboche.

OVERNIGHT: Dingboche trekking lodge

MEALS: Breakfast

EXTRAS:

Day 8: Trek from Dingboche to Lobuche

Climbing up from Dingboche we follow the valley high up on one side until we reach Dughla (4,620m) and the entrance to the Khumbu valley. Heading up the Khumbu valley, a steep climb takes us over the Thokla Pass (4,830m) then we follow the edge of the glacial moraine onto Lobuche (4,910m). We overnight at a lodge in Lobuche.

OVERNIGHT: Lobuche trekking lodge

MEALS: Breakfast

EXTRAS:

Day 9: Trek from Lobuche to Gorak Shep and Kalar Pattar (flexible day)

As we continue along the Khumbu valley the unfolding mountain panoramas are quite simply breathtaking. Reaching the Lobuche Pass (5,110m) we continue onto Gorak Shep (5,140m), where we take a welcome break from the altitude before making our short but steep ascent of Kalar Pattar (5,550m). This view point is the perfect place to take in the full majesty of the surrounding mountains. We overnight at a lodge in Gorak Shep. We keep our itinerary for today and tomorrow flexible, depending on the weather and how people are handling the altitude.

OVERNIGHT: Gorak Shep trekking lodge

MEALS: Breakfast

EXTRAS:

Day 10: Trek from Gorak Shep to Everest Base Camp (flexible day)

Today we continue up the edge of the Khumbu glacier until we finally reach Everest Base Camp (5,364m). If you're lucky and the timing is right you may see expeditions preparing to climb Mount Everest. After spending some time to enjoy the surroundings and the completion of our goal, we make our way back down to Lobuche. We overnight at a lodge in Lobuche.

OVERNIGHT: Lobuche trekking lodge

MEALS: Breakfast

EXTRAS:

Day 11: Start descent back to Lukla

Having acclimatised well to the altitude and gained some extra fitness on the way up, the trekking feels much easier now as you descend back down the trail towards Lukla. The next three days are flexible and we'll stop at lodges en-route based on how far we feel comfortable walking each day. You'll make regular stops to look back at the high peaks you've come so close to, and the views in front of you and up the side valleys also look and feel very different in this direction.

OVERNIGHT: Pheriche / Pangboche trekking lodge

MEALS: Breakfast

EXTRAS:

Day 12: Continue descending to Namche Bazaar

We continue our descent today, arriving back into Namche Bazaar with its welcome shops, hot water and services. You can even access the internet again here and send messages to update friends and family back home on your progress.

OVERNIGHT: Namche Bazaar trekking lodge

MEALS: Breakfast

EXTRAS:

Day 13: Finish trek in Lukla

Our trek finishes today with the walk back down from Namche Bazaar to Lukla. As a final treat, there's a steep climb up to Lukla to finish.

OVERNIGHT: Lukla trekking lodge

MEALS: Breakfast

EXTRAS:

Day 14: Fly back to Kathmandu, free time

This morning we catch the flight from Lukla back to Kathmandu, where we transfer you to your city centre hotel. The rest of the day is free. You can also arrange some tours with your local guide today for your free day tomorrow.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS:

Day 15: Kathmandu, free day

Today is kept as a free day, leaving you to enjoy Kathmandu at your leisure. There are many options available including visits to the nearby towns of Patan and Bhaktapur as well as the chance to go rafting on the Bhote Khosi River.

Note: This day is built into the itinerary in case of delays to the flight back from Lukla to Kathmandu, which do occur fairly frequently when the weather is cloudy or there are high winds.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS:

Day 16: Kathmandu, free time, transfer to airport

Your last day in Kathmandu is free for you to catch up on some last minute souvenir shopping and exploring before we transfer you to the airport for your flight home.

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS: Everest Mountain Flight Bardia National Park Extension Trisuli white water rafting Extra day in Kathmandu - post-tour

Included:

- All accommodation (3 nights in approx. 3-star hotel, 12 nights in trekking lodges)
- 24-hour airport arrival & departure transfer service

- Domestic return flights between Kathmandu and Lukla
- Services of a trekking guide and porters throughout the trek
- Trekking area permissions/permits
- Meals as indicated in the itinerary
- Tips for drivers

Excluded:

- International flights (available on request)
- Visa fees (available on arrival for most nationalities)
- Airline fuel supplement (subject to fuel situation in Nepal - budget US\$100)
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary (budget approx. US\$250 for lunches & dinners on the trek)
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for guides and porters
- Any other items not mentioned above

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

No Options

1. Accommodation

1. Hotels in Kathmandu

We use comfortable tourist class hotels in Kathmandu (approx. 3 star).

2. Trekking with lodges

For this lodge-based trek, we will use a variety of Lodges and Teahouses. In recent years many new lodges have sprung up and many offer quite good facilities and amenities. However, in some areas the lodges can be run on a very simple basis where toilets and washing facilities are outside the building. We can't promise that you will always have full amenities all the time, so you should understand this before embarking on this trek.

Staying in lodges gives you more comfort overnight than camping, and also allows you to meet up with and talk with other trekkers and guides at the end of the day. It also allows us to put more back into the local economies than if we were bringing everything with us.

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples will be able to share). Some sheets & blankets are provided but a sleeping bag is still required. We provide the option to hire a sleeping bag in our trekking pack option, though you may still wish to bring your own inner sleeping bag liner or sleep sheet if you wish. Warm showers are available for a small fee at most lodges, though these may be bucket showers higher up.

2. Meals

Hotels in Kathmandu

Breakfasts only are provided in the Kathmandu hotel. Kathmandu has a wealth of restaurants serving excellent food from all over the world, so you will never be short of ideas or places to eat within a short walk of the hotel.

Trekking with lodges

Breakfasts are included on the trek, based on breakfast items from the menu plus one drink. You may add to these if you wish, but a substantial and hearty breakfast is always provided. You will need to buy your own lunches and dinners and you'll find that the lodges along the route provide a surprisingly good selection of food and drink. In places the menu may be limited but the food is always nourishing and wholesome. To protect the limited resources available in trekking areas (particularly with regard to fuel) we politely suggest that you either eat the same items as the guide / porters, or as the rest of your group, and that groups do not order too many different items from the menu. We suggest that you budget around US\$250 to cover the cost of all the meals not included while on your trek.

3. Transport

We use private cars or minibuses for all the main transfers & journeys on this tour. An internal flight is used for the journeys between Kathmandu and Lukla. A variety of transport including jeeps, elephants & canoes is used if you visit Chitwan.

Note: The Kathmandu-Lukla flight is subject to delays due to bad weather. On the rare occasion that the flight from Kathmandu to Lukla be delayed by more than a day or two, an alternative trekking route will be offered, normally in the Annapurna region. We build a free day in Kathmandu into all our treks that fly back from Lukla to allow for possible delays or cancelled flights and strongly recommend that you aim for your international flights to leave in the afternoon/evening of the final day of the tour or to book flexible/changeable flights to protect against more extended delays.

4. Transfers

This tour include a 24-hour airport arrival and departure transfer service at Kathmandu airport and all other transfers. There will be a collection of people waiting on the far side of an airport service road immediately in front of you. Please look out for an Encounters Travel signboard to find our representative. You will be pestered for tips by porters who try to carry your luggage. We suggest you either be firm and insist on carrying your own luggage, or if you want assistance, wait until you have met our representative and then let him arrange the porter for you. You will need to have some money ready for a small tip (eg. up to NRs 50 or a single US Dollar bill).

Your airport transfers are only included on the first and last day of the set tour itinerary, plus on any additional days if you book your hotel room with us. If you make your own arrangements for additional accommodation at either the beginning or the end of the tour then you will need to arrange your own airport transfers on these days.

5. Group Size/Tour Leaders/Guides

Group size

We are committed to being a small group operator, as we feel this gives everyone in the group the best chance to get to know their fellow travellers and to hear and make the most of their guide. There's no point in us providing great guides if you've got to peer over 30-40 shoulders to see them! We also don't want you to feel like you're walking up the mountains in a great long line of people. So, we set our Nepal trekking group departures to have a maximum of 12 travellers. On some dates we may run several groups alongside each other, but they will be kept independent with their own guides and porters. In these cases we may adjust the group make-up en-route based on the speed of different people's walking. You should always be prepared to walk at the pace of the slowest member of the group. Fitness does not relate to the chance of getting altitude sickness and fast walkers may find they are among the slowest in the group at high altitude (and vice versa).

Guides

Fully trained English-speaking Nepalese trekking guides are provided on this tour and many of our travellers consider them a highlight of their tour. We also provide a fully trained English-speaking guide for any sightseeing tours. A tour leader (often your trekking guide) will accompany you throughout the trip.

Porters

This is a supported trek, and we provide porters to carry your main bag. All you will need to carry is a small day-pack containing a water bottle/camera/snacks/clothes you may take on and off during the day. You can leave a bag with some of your luggage locked securely in the hotel in Kathmandu. We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group). Generally we use one porter per 2 trekkers though this will vary slightly on occasion depending on the make up of the group.

At Encounters Travel we only use local Nepali guides and reps. We feel this gives you the best experience of the country and the sites you are seeing.

6. Fees and Permits

All your entry fees and permits are included in the price of the tour to cover entry into the trekking conservation areas, and sites on any optional city tours added.

7. Trekking

The trekking times given above are approximate, and will vary depending on your fitness, and also importantly, on the speed you want to walk. We will normally set off early in the morning, and have plenty of breaks during the day, before finishing trekking in mid-late afternoon. Some days will be longer than others, and your guide will let you know when there is a long day ahead.

Acclimatisation days are added into all our itineraries where required, and these cannot be missed out. You can however, slightly adjust the itinerary as you go along if you are struggling on a particular day, or you want to forge

ahead. If travelling with a group, you should be prepared to walk at the speed of the slowest member.

We have graded this trek as: **DIFFICULT**:

“A serious trek, where we would expect you to have had previous trekking experience. You should be very confident of your trekking ability and be prepared to walk some long days perhaps on a steep climb (or descent). You may also have to walk difficult terrain for a number of days. This is definitely the kind of trek where you are more likely to experience extremes of altitude and/or weather. You may also occasionally be required to use an ice axe and crampons for part of this trek but this is unusual and no previous experience is necessary.”

You will need to prepare in advance for this trek and we will provide you with a simple training guide. We will also ask you to complete a simple questionnaire about your fitness which will help us to advise you on how best to prepare.

Due to the nature of the trek we set a minimum age of 15 on our group departures on this tour. If you have a family with younger children then please contact us and we will be able to offer options to do the trek privately.

8. Dates & Prices

We run regular small-group departures on this tour starting on a Sunday throughout the year. All departures are guaranteed to run with a minimum of 2 travellers. Departure dates and prices are listed on our website and in our brochures. Please check the website for the most up-to-date prices and any special offers available.

9. International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. Most of our Nepal tours start and finish at Kathmandu airport (KTM).

On tours that combine Nepal with Tibet, and/or Bhutan, the connecting flight(s) are generally not included in the price of your tour and will need to be purchased separately. Full details will be provided at the time of booking. If we arrange the flights then e-tickets will be sent to you in advance but will also be available in Kathmandu before you travel to the airport for the flight.

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision.

Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

10. Money

The local currency in Nepal is the Nepalese Rupee (NRs). There are a banks and several ATMs in Kathmandu where you can use a debit/credit card to withdraw cash (Visa, Mastercard), but these are not generally available out of Kathmandu or Pokhara. There are numerous money change shops in the main towns. Travellers cheques can be changed in some banks in Kathmandu and Pokhara, but not elsewhere.

You should ensure you have all the Nepalese rupees you think you will need before you leave for any trekking or visiting any more remote areas (including Bardia National Park). Try to obtain as many small denomination notes as possible, as higher value notes can be very hard to change in remote areas. You can pay with US Dollars cash in some places but should not rely on this.

11. Internal Flights

Please note that all Nepalese airlines operating domestic routes in the country are currently on the European Commission's list of airlines banned in the EU. This includes those running Everest viewing flights and flights to Lukla for the start of the Everest Base Camp trek.

Along with these Everest flights we may offer some other domestic flights on some of our tours, either as part of the itinerary or as an upgrade in place of a land transfer. Where this is the case we are careful to select airlines that have a good current reputation in Nepal.

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12. Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

13. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance

policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

14. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

15. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

<https://x.com/encounterstravl> (yes, without the 'e')

16. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

17. Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's ['Travel Aware' campaign](#) which provides further useful and invaluable information.



18. Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

19. Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

20. Tipping - Nepal

While an accepted part of the culture and customs in Nepal, tipping is always optional, and any amounts paid should reflect excellent service. Tipping in Tibet and Bhutan is less prevalent though it is still normal practice to tip your guide and driver at the end of the tour.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group). We therefore pay all our porters a higher than average wage, but an additional tip is still normal practice at the end of your trek.

It is normal and accepted for people to tip differently, and you should not feel under any pressure to tip any particular amount. We are often asked for advice on common amounts however, and suggest that you consider around US\$ 5-10 per person per day for guides, US\$ 3-7 p/p/day for assistant guides or tour leaders, and US\$ 2-5 p/p/day for porters and drivers.

Haggling or bargaining is also prevalent throughout Nepal and Tibet, particularly in Kathmandu, and is still done in markets in Bhutan though to a lesser extent in other shops. More often than not the start price is at least double the actual price the vendor will be happy to accept. Do not take offence, but be prepared to bargain if you want to, consider your budget (and what you'd be happy to pay for things at home), pay fairly and enjoy this as part of the experience. Note: if you do offer a price, then you are expected to purchase – do not start bargaining unless you really want to buy.

While you are out in rural/hill areas, we recommend that you should stick to published price lists and pay fair prices for local food, accommodation and services, as this aids local economies (bear in mind that when you are trekking, nearly everything you eat or buy will have been carried there by porters or donkeys).

21. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

Nepal: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Bhutan: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

India: Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Yellow fever rules for India are quite complicated and lengthy. Please read the [WHO guidance](#).

Tibet: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting. In general the lowland regions Bhutan are considered malarial zones, while higher altitudes including central Bhutan including Paro, Thimphu, Punakha and Bumthang are not. Nepal is considered mainly low risk with prophylactics not normally required.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vaccination may be required as a condition of entry depending on which country you are arriving from, or that

you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and to hand if necessary. Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

22. Passports and Visas - Nepal

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities. Full details of current visa on arrival procedures are given on the [Nepal immigration department website](#).

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, EU, US, CA, AU, NZ, SA citizens). The costs for a multi entry visa are currently:

- up to 15 days - US\$ 30
- 16 to 30 days - US\$ 50
- 31 to 90 days - US\$ 125

The visa is obtained in the immigration area at the point where your passport is stamped. Forms to fill in are available at kiosks in the immigration hall and may also be given out on your flight (if so, do fill them in before you land as it will reduce your queuing time). You may also need to fill in an arrivals card. Once your paperwork is completed, head to the payment/bank desks to pay and get a receipt, and then to the immigration desk and hand over your forms, your payment receipt and passport. The visa fees are set in US Dollars, but you can also pay in other currencies, but don't rely on getting given change.

To reduce queuing time you can also complete most of this process online in advance. First fill in the [Visa on arrival form](#) on the government website, and take a photo or print out your completed application form. You can only do this within 15 days of arrival, or you will need to repeat the process. You can then either pay online or pay on arrival at the airport. When you get to the airport, show your printed/photographed form, and the payment receipt if you have paid, and your visa will be issued and stamped into your passport.

Passport Photos: If you are doing any trekking, rafting or visiting a National Park you may be asked for passport photos, as some of the permits we may need to get require these. So please bring at least 2 standard passport photos with you just in case - they will always come in useful later if you don't need them.

23. Voltage

In Nepal, India and Sri Lanka, sockets are mainly two round pronged and 230 volts (Type C,D,M). In Bhutan a range of different sockets can be found, including two and three round pronged and three flat pronged (Type D,F,G).

Universal adaptors are available in most airport shops if you don't have one already. Standard UK-European adaptors will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are sometimes available on request from the hotel reception if not in your room already but cannot be guaranteed.

If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

24. Time

The time in India and Sri Lanka is GMT plus 5 1/2 hours.

The time in Nepal is GMT plus 5 3/4 hours.

The time in Bhutan is GMT plus 6 hours.

The time in Tibet is GMT plus 8 hours.

Daylight saving adjustments are not applied.

25. What to take

Luggage: Whatever you're doing in Nepal, Tibet or Bhutan, you'll find that large rigid wheeled suitcases are cumbersome - you may be able to wheel them inside the airport and your hotel, but due to the condition of roads and pavements that's often about it. As many of our tours involve a degree of adventurous activity, we strongly advise you to bring a more practical bag for these i.e. a rucksack or holdall. These are easier for both your porters, and yourself to carry around. Suitcases are OK for our cultural tours in Nepal, Tibet and Bhutan though, but please aim to bring small or medium sized ones rather than very large. If you are trekking or rafting, or doing a lot of travel throughout the country, then as little as possible is the basic message. A rucksack or holdall (50-70 liter approx.) for your main luggage, and a daypack for you to use during the day should be plenty. While rafting we only take essential kit on board the rafts, and your main luggage will travel by bus to the take-out point. While trekking your porters (Nepal) or ponies (Bhutan) will carry your main luggage, leaving you with just a daypack with things you'll need during the day. You can also leave some luggage locked safely in the pre-trek hotel if you wish. We recommend that couples plan to leave one main bag behind, and pool their remaining luggage in their other bag for the porter to carry.

Luggage limits: Most international airlines allow 20-23kg per person of hold luggage. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

If you are trekking with us, we ask that you keep the weight of your main bag that the porter will carry to a maximum of 12.5kg. This then allows the porter to carry up to 2 bags, and a maximum of 25kg (the International Porter Protection group's advised limit for Nepal is 30kg, which then leaves a little more weight for their own kit). This weight allowance includes your sleeping bag if you are hiring it from us and not carrying it with you to Nepal. If you are doing an Everest trek and flying from Kathmandu to Lukla, then flight luggage limits are 10kg for your main bag and 5kg for hand luggage - total 15kg. You can re-arrange that after you arrive in Lukla. Please keep to these limits as while you can pay for extra weight, it may be held back until the next flight which may then be delayed or cancelled.

Treks in Bhutan follow the same weight limits for your ponies.

You may leave other luggage securely locked in your hotel during the trek. If you are travelling as a couple then we suggest you leave one main bag in Kathmandu and share the other main bag that the porter will then carry.

Clothing & Climate: Nepal and Bhutan have a climate that ranges widely depending on when you visit, and where you are visiting.

- Autumn - late Sep-Nov: The weather is good and very warm, with lots of sunshine, getting quite hot during the day in lowland regions. It will still be cold at night at higher altitudes if you are trekking. Shorts & T-shirts are fine while you are walking, but you should still bring warmer clothes for the evenings. There is a good chance of rain in September and early October, so bring a waterproof.

- Winter - Dec-Feb: It will be pleasant in lowland regions with very little rain, but will be cooler at night. Long trousers and shirts are advised during the day, and you will need warm clothes in the evenings. If you are trekking, then it will be cold during the day, and extremely cold at night, particularly at higher altitudes. Several warm layers are recommended so you can regulate your comfort as you walk, including a waterproof, even if only to protect from cold winds. We include thick down jackets in our optional trekking packs for comfort in the evenings at higher altitudes.

- Spring - Mar-May: The weather is very pleasant during the spring, and again shorts & t-shirts are fine while you are walking. There is a higher chance of rain as the season progresses, so a thin waterproof is recommended in case. It gets very hot and humid in the lowlands from May onwards.

- Monsoon - Jun-mid Sep: It will be hot and sticky during these months, with lots of rain, so come prepared accordingly if you are visiting during these months - gaiters are highly recommended if you are trekking to keep

out leeches.

A huge variety of cheap trekking gear is available in Kathmandu (fleeces, waterproofs etc.) and buying some here can save you carrying it with you, and support the local economy. However, you should definitely bring your own walking boots.

Modesty rates highly in Nepal and Bhutan especially for women, so please ensure all clothes are loose fitting and not too revealing. You'll find the Bhutanese dress fairly smartly or in national dress, so you will stand out even more if you look scruffy.

Whilst rafting:

On the raft: Shorts, Tevas (sandals) or trainers, baseball style cap to keep the sun off your face, sunglasses with a strap to keep them on your head, swimwear, sarong for women, sun-cream, lip balm, water bottle, several t-shirts.

Note: All footwear on a raft should be rubber soled, and of the type that will not come off easily.

Off the raft: Long trousers, warm sleeping bag (provided, but you may want to bring a sheet sleeping bag as well), petzel type head torch, warm jacket/fleece, dry shoes, boots, warm socks, towel, warm long sleeved shirt, toiletries.

Cameras: You can take cameras on the raft, and we endeavour to keep that sort of kit dry in waterproof bags. But there is always an element of risk of getting the camera wet.

What you shouldn't take on the raft: All the rest of your kit and you're your valuables. We will make arrangements for their transport to your take-out point.

Whilst trekking:

Suggested Clothing and equipment: Strong hiking boots or walking shoes that you have broken in; Good sized rucksack or holdall; 3 to 4-season sleeping bag (only if you want to use your own rather than the one provided in our optional trekking pack); silk or cotton sleeping bag liner; lightweight waterproof and windproof jacket; (waterproof gaiters, waterproof over trousers - these are only necessary on some treks in some seasons - contact us for further info if required); 3 or 4 t-shirts; small day pack; several pairs of light socks; 2 pairs of heavier woollen socks; underwear including thermals; warm hat and gloves; swimwear; pair of lightweight trousers; pair of shorts; 1 fleece or warm jumper and 1 sweatshirt. Also, sunglasses, torch and batteries, toiletries (include a lighter to burn toilet paper), bring biodegradable shampoo & soap, towel, blister kit, money belt and any personal medication you might require. Remember, Lots of layers are the key to staying warm and comfortable. Also, keeping your feet comfortable and healthy makes a huge difference to how you enjoy your trek. So, bring waterproof boots/walking shoes and plenty of pairs of socks so you can change them regularly.

Day Packs and Main luggage: You will want a sturdy and comfortable daypack to carry your day-to-day items with you while you are walking (clothes you may change in and out of regularly, drinks, snacks, camera). You will also need a sturdy holdall or backpack for your main luggage. Your porters or ponies will carry this for you, so suitcases are not appropriate. They may leave earlier than you, and may not walk with you throughout the entire day, so bear in mind that you won't have access to this luggage all the time - you need to ensure you are carrying everything you require during the days walk in your daypack. You can leave luggage behind in storage at your hotel so you don't need to take everything with you on the trek.

Whilst in the game parks:

You should bring long trousers and long-sleeved shirts for jungle walks and travel within the park. Please ensure these are of drab colours to avoid drawing attention. Sunglasses and sun-hats are advisable for hot and bright days. Mosquito repellent is highly recommended. Binoculars are extremely useful at any of Nepal's National Parks, and are not generally available for hire locally. Don't forget fast film for those jungle shots and moving animals/birds. A good cleaning kit is essential as these items are unavailable once at the park. It is also better to take quality film, either from home or Kathmandu into the parks, and to ensure you have a spare fully charged battery and memory card.

All tours: We recommend that you bring a sun hat, sunscreen, sunglasses, a basic first aid kit, toiletries, money belt, small torch, camera & charger.

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Note: Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.
