

Everest Base Camp Trek

MT EVEREST ● KATHMANDU

The Offer

Embark on a 17-day adventure package to fulfil your bucket list dream of reaching the base camp of the incredible Mount Everest. Explore some of the world's most scenic landscapes, immerse yourself in the Sherpa culture in mountain villages and marvel at the stunning beauty of the world's highest mountain.

The adventure begins with a full-day tour of Kathmandu, where you will visit famous landmarks such as Durbar Square, the Monkey Temple and the Boudhanath Stupa. Next, take an early morning scenic flight to Lukla, a small mountain airport, to commence your trek. Stop at various villages along the way, including Namche Bazaar, Tengboche, Dingboche and Lobuche, before reaching the base camp at Everest. After admiring the breathtaking views, descend and fly back to Kathmandu for a full day at leisure.

Although this active trek requires travellers to be fit and healthy, professional English-speaking mountain guides and porters will assist with carrying your luggage. The package includes return international and internal flights, 15 nights accommodation, 37 meals and more. Don't miss this opportunity to experience a once-in-a-lifetime adventure.



The Itinerary

Itinerary 1 - Standard Itinerary

Day 1 Australia (or New Zealand) - Kathmandu, Nepal

Today depart Australia (or New Zealand) for Kathmandu!

Upon arrival at Kathmandu airport (1345m above sea level), where you'll be met by a tour representative and transferred to the hotel.

Please note: Due to flight scheduling some flights may depart on day 0. Affected customers must be at the airport the night before. Flight times will be indicated on your final documentation which you will receive around 6 weeks prior to departure.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: In-Flight

Day 2 Full Day Sightseeing Tour Kathmandu Valley

Following breakfast this morning, you will set out for a sightseeing tour of the Kathmandu Valley (entrance fees not included- payable to guide – Approx- US .00), which takes in Kathmandu Durbar Square and Swayambhunath (also known as the 'monkey temple') in the morning, followed by sightseeing in Pashupatinath Temple and Boudhanath Stupa in the afternoon.

Kathmandu is home to a wonderful mix of the ancient and the new and includes Western influences that make visiting the capital an interesting experience. Some of the sites you visit are declared as UNESCO World Heritage Sites, and you will truly enjoy visiting these ancient monuments and learning about their fascinating history.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 3 Kathmandu - Lukla, Trek to Phakding

After an early breakfast at the hotel in Kathmandu, transfer to Kathmandu Airport (or Manthali Airport) for an early morning scenic flight (approx. 35 minutes) to the small mountain airport of Lukla.

After arriving in Lukla (2886m), your trekking guide will introduce you to the porters who will assist with carrying your luggage throughout the trek. Afterwards, the trekking will begin, following the mountainside on the left bank of the Dudh Koshi river. Today's trekking is easy and takes about 3-4 hours to reach Phakding (2610m) where you will spend the night.

Please note: Due to dramatic increases in traffic congestion at TIA (Tribhuvan International Airport, Kathmandu) and the increasing number of Lukla flights from TIA, an arrangement has been made to operate most Lukla flights from Manthali Airport in Ramechhap instead of TIA during the 2023 peak hiking season. This is an ongoing agreement between the Civil Aviation Association of Nepal (CAAN) and the airlines operating flights to Lukla.

If your flight is affected, you will be required to rise early this morning (approx. 2-3am) to travel to Manthali Airport to catch an early morning flight to Lukla in time to start the trek. Breakfast will still be provided along the trip. The travel time to Manthali Airport from Kathmandu is about 4-5 hours depending on traffic, this is why an early start is required.



The Itinerary

Itinerary 1 - Standard Itinerary

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 4 Trek from Phakding to Namche Bazaar

After having breakfast at the lodge, start trekking toward Namche Bazaar. The trek follows the Dudh Koshi River which you will cross a few times before stopping in Jorsale for lunch.

After lunch, continue through the pines for a few hours before the spectacular views of Namche Bazaar appear ahead. Namche Bazaar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Dudh Koshi.

The village is a central hub of the area. Food, drinks and even mountain climbing equipment may be purchased here.

The approx. hiking time today is 6 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 5 Rest day - Namche Bazaar

The Namche Bazaar (3440m) is tucked away between two ridges, amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops - not to mention a magnificent outlook.

It is an ideal place to spend a rest day for acclimating to the high altitude before heading towards Everest Base Camp. Today to assist in the acclimatization, you will walk up to Khumjung Village through Everest View Hotel in Syangboche to see a stunning view of the Himalayas including Mount Everest.

The Khumjung is densely populated by the Sherpa community and there is an old monastery, which you will visit before returning to the lodge in Namche Bazaar.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 6 Trek from Namche Bazaar to Tengboche

This morning's trekking offers excellent panoramic views of Thamserku, Kantega, and Kusum Kangrib.

After walking a few hours along relatively flat zigzagging paths, we descend to the river and arrive at Phunki Tenga. Afterwards, climb through Rhododendron Forest to the Tengboche Monastery. Situated at 3,867m, the monastery is the largest gompa in the Khumbu region of Nepal.

Check into the lodge and spend the afternoon looking around the Monastery and surrounding area at leisure.

The approx hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 7 Trek from Tengboche to Dingboche

Begin today's trekking by descending through Rhododendron Forest to the Imja Khola River where you will cross an exciting suspension bridge. Pass by a long Mani stone wall to enter the village of Pangboche before continuing through summer pastures to Dingboche village (4260m).

Check into the lodge and enjoy your evening at leisure.



The Itinerary

Itinerary 1 - Standard Itinerary

The approx. hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 8 Rest day at Dingboche for acclimatisation

An important acclimatisation/rest day today with a casual walk where you will witness the breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak.

The walk is short with a good chance to relax in the afternoon.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 9 Trek from Dingboche to Lobuche

From Dingboche, ascend the small ridge above the Pheriche valley. From the stupa at the top, Taweche and Cholatse (6440m) make for a pretty striking scene; they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La are the kings of the skyline. The walking will now be fairly flat on wide-open fields. Late in the morning you will cross the Khumbu Khola at Dughla and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest.

In the afternoon, there will be a solid and quite steep climb on a rocky trail to the top of the moraines. On the crest of the ridge, you'll pass a line of memorial cairns (stacks of stones), built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last fifty or so years.

From here the view is downright spectacular once again, with Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m) surrounding you. Then follow the valley stream to the lodge at Lobuche (4930m), arriving early afternoon.

The approx. hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 10 Trek from Lobuche to Everest Base Camp via Gorak Shep

The day you've been waiting for – the legendary Everest Base Camp.

From Lobuche, follow the broad valley that runs parallel to Khumbu Glacier. When you reach the moraines of Changri Nup Glacier, you will make a series of small ascents and descents over a rocky trail lined with cairns that eventually leads to the surprising glacial sands of Gorak Shep (5160m) – reached after about three hours of walking. Here you have lunch and leave all your belongings at the lodge where you'll stay tonight.

Now's the time to head to Everest Base Camp! The trek to base camp takes around three hours. From base camp you won't get views of Mount Everest, however, you will be able to see glaciers, caves, lakes and what's regarded as technically the most dangerous and hardest section to climb Everest, the Everest Ice Fall that flows from the Western Cwm.

Trek back to the lodge in Gorak Shep for an early night - tomorrow morning is one to remember.



The Itinerary

Itinerary 1 - Standard Itinerary

The approx hiking time today is 6-7 hours

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 11 Trek from Gorak Shep to Kala Patthar to Pheriche

Rise early this morning to avoid the morning clouds as we climb to Kala Patthar peak (5545m.) to witness the best views of Everest. These panoramic views of Mount Everest at sunrise are truly incredible. You will also be able to see a number of iconic Himalayan mountain peaks like Mount Pumori, Mount Lingtren, Mount Khumbetse, Mount Nuptse, Mount Lhotse, Mount Ama Dablam, Mount Thamserku and many more.

The ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It's a tough walk because of the altitude, but the view from the top will surpass your wildest imagination.

Hike back around one hour to Gorak Shep to enjoy breakfast, pack your bags and set off to Lobuche and Thugla, where you will stop for lunch.

Then you'll cross the Khumbu Khola and head down the valley below Cholatse to Pheriche (4243m), where you will stop for the night. Today is a tough walking day however it's all downhill from here.

The approx. hiking time today is 7 hours

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 12 Trek from Pheriche to Namche Bazaar

After having breakfast at the lodge, start trekking back towards Namche Bazaar (3441m).

Today's trekking is at an easier descent passing through Rhododendron Forest before reaching Tengboche for lunch.

Tengboche is a small village with a famous monastery offering you the splendid view of Ama Dablam, green hills and river views.

After lunch trek back to Namche to spend the night at the lodge.

The approx hiking time today is 7 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 13 Trek from Namche Bazaar to Lukla

Leaving Namche, descend through the forest towards the Dudh Kosi for our last day of the trek, and continue the return journey re-crossing the river a number of times.

Retracing your steps along the valley, pass through a variety of settlements and forests before a gentle 45-minute climb to Lukla (2886m). Savour the final mountain sunset of the trek as you complete this exhilarating journey of the highest mountain range in the world.

Tonight is a great chance to enjoy a few celebratory drinks with the rest of the crew before flying back to Kathmandu in the morning.

The approx. hiking time today is 6 hours.



The Itinerary

Itinerary 1 - Standard Itinerary

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 14 Lukla - Kathmandu

Have an early breakfast before walking to Lukla Airport to board the flight back to Kathmandu. Transfer to the hotel and spend the rest of the day at leisure.

Please note: If your flight on Day 3 was from Manthali Airport, your return flight will be to the same destination. Upon arrival, you will be transferred back to Kathmandu by bus.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 15 Leisure day in Kathmandu

Today is yours to spend at leisure in the beautiful city of Kathmandu.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 16 Kathmandu, Nepal - Australia (or New Zealand)

Today transfer to the airport for your flight back to Australia (or New Zealand) after ticking off a truly spectacular bucket-list experience.

Meals included: Breakfast; In-Flight

Day 17 Arrive in Australia (or New Zealand)

Please note: Some flights may arrive back in Australia (or New Zealand) + 1 days.



The Itinerary

Itinerary 2 - Chitwan National Park Extension Package

Day 1 Australia (or New Zealand) - Kathmandu, Nepal

Today depart Australia (or New Zealand) for Kathmandu!

Upon arrival at Kathmandu airport (1345m above sea level), where you'll be met by a tour representative and transferred to the hotel.

Please note: Due to flight scheduling some flights may depart on day 0. Affected customers must be at the airport the night before. Flight times will be indicated on your final documentation which you will receive around 6 weeks prior to departure.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: In-Flight

Day 2 Full Day Sightseeing Tour Kathmandu Valley

Following breakfast this morning, you will set out for a sightseeing tour of the Kathmandu Valley (entrance fees not included- payable to guide – Approx- US .00), which takes in Kathmandu Durbar Square and Swayambhunath (also known as the 'monkey temple') in the morning, followed by sightseeing in Pashupatinath Temple and Boudhanath Stupa in the afternoon.

Kathmandu is home to a wonderful mix of the ancient and the new and includes Western influences that make visiting the capital an interesting experience. Some of the sites you visit are declared as UNESCO World Heritage Sites, and you will truly enjoy visiting these ancient monuments and learning about their fascinating history.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 3 Kathmandu - Lukla, Trek to Phakding

After an early breakfast at the hotel in Kathmandu, transfer to Kathmandu Airport (or Manthali Airport) for an early morning scenic flight (approx. 35 minutes) to the small mountain airport of Lukla.

After arriving in Lukla (2886m), your trekking guide will introduce you to the porters who will assist with carrying your luggage throughout the trek. Afterwards, the trekking will begin, following the mountainside on the left bank of the Dudh Koshi river. Today's trekking is easy and takes about 3-4 hours to reach Phakding (2610m) where you will spend the night.

Please note: Due to dramatic increases in traffic congestion at TIA (Tribhuvan International Airport, Kathmandu) and the increasing number of Lukla flights from TIA, an arrangement has been made to operate most Lukla flights from Manthali Airport in Ramechhap instead of TIA during the 2023 peak hiking season. This is an ongoing agreement between the Civil Aviation Association of Nepal (CAAN) and the airlines operating flights to Lukla.

If your flight is affected, you will be required to rise early this morning (approx. 2-3am) to travel to Manthali Airport to catch an early morning flight to Lukla in time to start the trek. Breakfast will still be provided along the trip. The travel time to Manthali Airport from Kathmandu is about 4-5 hours depending on traffic, this is why an early start is required.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner



The Itinerary

Itinerary 2 - Chitwan National Park Extension Package

Day 4 Trek from Phakding to Namche Bazaar

After having breakfast at the lodge, start trekking toward Namche Bazaar. The trek follows the Dudh Koshi River which you will cross a few times before stopping in Jorsale for lunch.

After lunch, continue through the pines for a few hours before the spectacular views of Namche Bazaar appear ahead. Namche Bazaar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Dudh Koshi.

The village is a central hub of the area. Food, drinks and even mountain climbing equipment may be purchased here.

The approx. hiking time today is 6 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 5 Rest day - Namche Bazaar

The Namche Bazaar (3440m) is tucked away between two ridges, amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops - not to mention a magnificent outlook.

It is an ideal place to spend a rest day for acclimating to the high altitude before heading towards Everest Base Camp. Today to assist in the acclimatization, you will walk up to Khumjung Village through Everest View Hotel in Syangboche to see a stunning view of the Himalayas including Mount Everest.

The Khumjung is densely populated by the Sherpa community and there is an old monastery, which you will visit before returning to the lodge in Namche Bazaar.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 6 Trek from Namche Bazaar to Tengboche

This morning's trekking offers excellent panoramic views of Thamserku, Kantega, and Kusum Kangrib.

After walking a few hours along relatively flat zigzagging paths, we descend to the river and arrive at Phunki Tenga. Afterwards, climb through Rhododendron Forest to the Tengboche Monastery. Situated at 3,867m, the monastery is the largest gompa in the Khumbu region of Nepal.

Check into the lodge and spend the afternoon looking around the Monastery and surrounding area at leisure.

The approx hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 7 Trek from Tengboche to Dingboche

Begin today's trekking by descending through Rhododendron Forest to the Imja Khola River where you will cross an exciting suspension bridge. Pass by a long Mani stone wall to enter the village of Pangboche before continuing through summer pastures to Dingboche village (4260m).

Check into the lodge and enjoy your evening at leisure.

The approx. hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner



The Itinerary

Itinerary 2 - Chitwan National Park Extension Package

Day 8 Rest day at Dingboche for acclimatisation

An important acclimatisation/rest day today with a casual walk where you will witness the breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak.

The walk is short with a good chance to relax in the afternoon.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 9 Trek from Dingboche to Lobuche

From Dingboche, ascend the small ridge above the Pheriche valley. From the stupa at the top, Taweche and Cholatse (6440m) make for a pretty striking scene; they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La are the kings of the skyline. The walking will now be fairly flat on wide-open fields. Late in the morning you will cross the Khumbu Khola at Dughla and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest.

In the afternoon, there will be a solid and quite steep climb on a rocky trail to the top of the moraines. On the crest of the ridge, you'll pass a line of memorial cairns (stacks of stones), built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last fifty or so years.

From here the view is downright spectacular once again, with Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m) surrounding you. Then follow the valley stream to the lodge at Lobuche (4930m), arriving early afternoon.

The approx. hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 10 Trek from Lobuche to Everest Base Camp via Gorak Shep

The day you've been waiting for – the legendary Everest Base Camp.

From Lobuche, follow the broad valley that runs parallel to Khumbu Glacier. When you reach the moraines of Changri Nup Glacier, you will make a series of small ascents and descents over a rocky trail lined with cairns that eventually leads to the surprising glacial sands of Gorak Shep (5160m) – reached after about three hours of walking. Here you have lunch and leave all your belongings at the lodge where you'll stay tonight.

Now's the time to head to Everest Base Camp! The trek to base camp takes around three hours. From base camp you won't get views of Mount Everest, however, you will be able to see glaciers, caves, lakes and what's regarded as technically the most dangerous and hardest section to climb Everest, the Everest Ice Fall that flows from the Western Cwm. Trek back to the lodge in Gorak Shep for an early night - tomorrow morning is one to remember.



The Itinerary

Itinerary 2 - Chitwan National Park Extension Package

The approx hiking time today is 6-7 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 11 Trek from Gorak Shep to Kala Patthar to Pheriche

Rise early this morning to avoid the morning clouds as we climb to Kala Patthar peak (5545m.) to witness the best views of Everest. These panoramic views of Mount Everest at sunrise are truly incredible. You will also be able to see a number of iconic Himalayan mountain peaks like Mount Pumori, Mount Lingtren, Mount Khumbetse, Mount Nuptse, Mount Lhotse, Mount Ama Dablam, Mount Thamserku and many more.

The ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It's a tough walk because of the altitude, but the view from the top will surpass your wildest imagination. Hike back around one hour to Gorak Shep to enjoy breakfast, pack your bags and set off to Lobuche and Thugla, where you will stop for lunch.

Then you'll cross the Khumbu Khola and head down the valley below Cholatse to Pheriche (4243m), where you will stop for the night. Today is a tough walking day however it's all downhill from here.

The approx. hiking time today is 7 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 12 Trek from Pheriche to Namche Bazaar

After having breakfast at the lodge, start trekking back towards Namche Bazaar (3441m).

Today's trekking is at an easier descent passing through Rhododendron Forest before reaching Tengboche for lunch. Tengboche is a small village with a famous monastery offering you the splendid view of Ama Dablam, green hills and river views.

After lunch trek back to Namche to spend the night at the lodge.

The approx hiking time today is 7 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 13 Trek from Namche Bazaar to Lukla

Leaving Namche, descend through the forest towards the Dudh Kosi for our last day of the trek, and continue the return journey re-crossing the river a number of times.

Retracing your steps along the valley, pass through a variety of settlements and forests before a gentle 45-minute climb to Lukla (2886m). Savour the final mountain sunset of the trek as you complete this exhilarating journey of the highest mountain range in the world.

Tonight is a great chance to enjoy a few celebratory drinks with the rest of the crew before flying back to Kathmandu in the morning.

The approx. hiking time today is 6 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner



The Itinerary

Itinerary 2 - Chitwan National Park Extension Package

Day 14 Lukla - Kathmandu

Have an early breakfast before walking to Lukla Airport to board the flight back to Kathmandu. Transfer to the hotel and spend the rest of the day at leisure.

Please note: If your flight on Day 3 was from Manthali Airport, your return flight will be to the same destination. Upon arrival, you will be transferred back to Kathmandu by bus.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 15 Leisure day in Kathmandu

Today is yours to spend at leisure in the beautiful city of Kathmandu.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 16 Kathmandu - Chitwan

After an early morning breakfast, you will drive to Chitwan via the public tourist bus (approx. 180 kms). Check-in to your jungle lodge and embark on wildlife Tharu village tour. The tour gives you the opportunity for a close and personal observation of the Tharu culture. Witness the daily lifestyle and activities of the Tharu community. The Tharu are indigenous to Chitwan and popular for their traditional culture.

Overnight: Rhino Land jungle lodge or similar
Meals included: Breakfast; Lunch; Dinner

Day 17 Chitwan Jungle Activities

After breakfast set out for a full day of jungle activities. You will also enjoy an opportunity to watch elephants bathing and visit an elephant breeding centre. At dinner this evening enjoy a brilliant Tharu cultural stick dance.

Overnight: Rhino Land jungle lodge or similar
Meals included: Breakfast; Lunch; Dinner

Day 18 Chitwan - Kathmandu

After breakfast, enjoy an interesting bird watching tour in the morning, and then return to Kathmandu by tourist bus (approx. 180 kms) where you will check into your hotel and enjoy a final night at leisure.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 19 Depart Kathmandu, Nepal - Australia (or New Zealand)

After breakfast, you will be transferred to the airport for your flight back to Australia (or New Zealand).

Meals included: Breakfast

Day 20 Arrive in Australia (or New Zealand)

Please note: Some flights may arrive back in Australia (or New Zealand) + 1 days.



The Itinerary

Itinerary 3 - Pokhara Extension Tour

Day 1 Australia (or New Zealand) - Kathmandu, Nepal

Today depart Australia (or New Zealand) for Kathmandu!

Upon arrival at Kathmandu airport (1345m above sea level), where you'll be met by a tour representative and transferred to the hotel.

Please note: Due to flight scheduling some flights may depart on day 0. Affected customers must be at the airport the night before. Flight times will be indicated on your final documentation which you will receive around 6 weeks prior to departure.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: In-Flight

Day 2 Full Day Sightseeing Tour Kathmandu Valley

Following breakfast this morning, you will set out for a sightseeing tour of the Kathmandu Valley (entrance fees not included- payable to guide – Approx- US .00), which takes in Kathmandu Durbar Square and Swayambhunath (also known as the 'monkey temple') in the morning, followed by sightseeing in Pashupatinath Temple and Boudhanath Stupa in the afternoon.

Kathmandu is home to a wonderful mix of the ancient and the new and includes Western influences that make visiting the capital an interesting experience. Some of the sites you visit are declared as UNESCO World Heritage Sites, and you will truly enjoy visiting these ancient monuments and learning about their fascinating history.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 3 Kathmandu - Lukla, Trek to Phakding

After an early breakfast at the hotel in Kathmandu, transfer to Kathmandu Airport (or Manthali Airport) for an early morning scenic flight (approx. 35 minutes) to the small mountain airport of Lukla. After arriving in Lukla (2886m), your trekking guide will introduce you to the porters who will assist with carrying your luggage throughout the trek.

Afterwards, the trekking will begin, following the mountainside on the left bank of the Dudh Koshi river. Today's trekking is easy and takes about 3-4 hours to reach Phakding (2610m) where you will spend the night.

Please note: Due to dramatic increases in traffic congestion at TIA (Tribhuvan International Airport, Kathmandu) and the increasing number of Lukla flights from TIA, an arrangement has been made to operate most Lukla flights from Manthali Airport in Ramechhap instead of TIA during the 2023 peak hiking season. This is an ongoing agreement between the Civil Aviation Association of Nepal (CAAN) and the airlines operating flights to Lukla.

If your flight is affected, you will be required to rise early this morning (approx. 2-3am) to travel to Manthali Airport to catch an early morning flight to Lukla in time to start the trek. Breakfast will still be provided along the trip. The travel time to Manthali Airport from Kathmandu is about 4-5 hours depending on traffic, this is why an early start is required.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner



The Itinerary

Itinerary 3 - Pokhara Extension Tour

Day 4 Trek from Phakding to Namche Bazaar

After having breakfast at the lodge, start trekking toward Namche Bazaar. The trek follows the Dudh Koshi River which you will cross a few times before stopping in Jorsale for lunch.

After lunch, continue through the pines for a few hours before the spectacular views of Namche Bazaar appear ahead. Namche Bazaar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Dudh Koshi. The village is a central hub of the area. Food, drinks and even mountain climbing equipment may be purchased here.

The approx. hiking time today is 6 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 5 Rest day - Namche Bazaar

The Namche Bazaar (3440m) is tucked away between two ridges, amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops - not to mention a magnificent outlook.

It is an ideal place to spend a rest day for acclimating to the high altitude before heading towards Everest Base Camp. Today to assist in the acclimatization, you will walk up to Khumjung Village through Everest View Hotel in Syangboche to see a stunning view of the Himalayas including Mount Everest.

The Khumjung is densely populated by the Sherpa community and there is an old monastery, which you will visit before returning to the lodge in Namche Bazaar.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 6 Trek from Namche Bazaar to Tengboche

This morning's trekking offers excellent panoramic views of Thamserku, Kantega, and Kusum Kangrib. After walking a few hours along relatively flat zigzagging paths, we descend to the river and arrive at Phunki Tenga.

Afterwards, climb through Rhododendron Forest to the Tengboche Monastery. Situated at 3,867m, the monastery is the largest gompa in the Khumbu region of Nepal.

Check into the lodge and spend the afternoon looking around the Monastery and surrounding area at leisure.

The approx hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 7 Trek from Tengboche to Dingboche

Begin today's trekking by descending through Rhododendron Forest to the Imja Khola River where you will cross an exciting suspension bridge. Pass by a long Mani stone wall to enter the village of Pangboche before continuing through summer pastures to Dingboche village (4260m).

Check into the lodge and enjoy your evening at leisure.

The approx. hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner



The Itinerary

Itinerary 3 - Pokhara Extension Tour

Day 8 Rest day at Dingboche for acclimatisation

An important acclimatisation/rest day today with a casual walk where you will witness the breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak.

The walk is short with a good chance to relax in the afternoon.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 9 Trek from Dingboche to Lobuche

From Dingboche, ascend the small ridge above the Pheriche valley. From the stupa at the top, Taweche and Cholatse (6440m) make for a pretty striking scene; they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La are the kings of the skyline.

The walking will now be fairly flat on wide-open fields. Late in the morning you will cross the Khumbu Khola at Dughla and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest.

In the afternoon, there will be a solid and quite steep climb on a rocky trail to the top of the moraines. On the crest of the ridge, you'll pass a line of memorial cairns (stacks of stones), built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last fifty or so years.

From here the view is downright spectacular once again, with Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m) surrounding you. Then follow the valley stream to the lodge at Lobuche (4930m), arriving early afternoon.

The approx. hiking time today is 5 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 10 Trek from Lobuche to Everest Base Camp via Gorak Shep

The day you've been waiting for – the legendary Everest Base Camp.

From Lobuche, follow the broad valley that runs parallel to Khumbu Glacier. When you reach the moraines of Changri Nup Glacier, you will make a series of small ascents and descents over a rocky trail lined with cairns that eventually leads to the surprising glacial sands of Gorak Shep (5160m) – reached after about three hours of walking. Here you have lunch and leave all your belongings at the lodge where you'll stay tonight.

Now's the time to head to Everest Base Camp! The trek to base camp takes around three hours. From base camp you won't get views of Mount Everest, however, you will be able to see glaciers, caves, lakes and what's regarded as technically the most dangerous and hardest section to climb Everest, the Everest Ice Fall that flows from the Western Cwm.

Trek back to the lodge in Gorak Shep for an early night - tomorrow morning is one to remember.



The Itinerary

Itinerary 3 - Pokhara Extension Tour

The approx hiking time today is 6-7 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 11 Trek from Gorak Shep to Kala Patthar to Pheriche

Rise early this morning to avoid the morning clouds as we climb to Kala Patthar peak (5545m.) to witness the best views of Everest. These panoramic views of Mount Everest at sunrise are truly incredible. You will also be able to see a number of iconic Himalayan mountain peaks like Mount Pumori, Mount Lingtren, Mount Khumbetse, Mount Nuptse, Mount Lhotse, Mount Ama Dablam, Mount Thamserku and many more.

The ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It's a tough walk because of the altitude, but the view from the top will surpass your wildest imagination.

Hike back around one hour to Gorak Shep to enjoy breakfast, pack your bags and set off to Lobuche and Thugla, where you will stop for lunch.

Then you'll cross the Khumbu Khola and head down the valley below Cholatse to Pheriche (4243m), where you will stop for the night. Today is a tough walking day however it's all downhill from here.

The approx. hiking time today is 7 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 12 Trek from Pheriche to Namche Bazaar

After having breakfast at the lodge, start trekking back towards Namche Bazaar (3441m).

Today's trekking is at an easier descent passing through Rhododendron Forest before reaching Tengboche for lunch.

Tengboche is a small village with a famous monastery offering you the splendid view of Ama Dablam, green hills and river views.

After lunch trek back to Namche to spend the night at the lodge.

The approx hiking time today is 7 hours.

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 13 Trek from Namche Bazaar to Lukla

Leaving Namche, descend through the forest towards the Dudh Kosi for our last day of the trek, and continue the return journey re-crossing the river a number of times.

Retracing your steps along the valley, pass through a variety of settlements and forests before a gentle 45-minute climb to Lukla (2886m). Savour the final mountain sunset of the trek as you complete this exhilarating journey of the highest mountain range in the world.

Tonight is a great chance to enjoy a few celebratory drinks with the rest of the crew before flying back to Kathmandu in the morning.

The approx. hiking time today is 6 hours.



The Itinerary

Itinerary 3 - Pokhara Extension Tour

Overnight: Mountain Lodge
Meals included: Breakfast; Lunch; Dinner

Day 14 Lukla - Kathmandu

Have an early breakfast before walking to Lukla Airport to board the flight back to Kathmandu. Transfer to the hotel and spend the rest of the day at leisure.

Please note: If your flight on Day 3 was from Manthali Airport, your return flight will be to the same destination. Upon arrival, you will be transferred back to Kathmandu by bus.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 15 Kathmandu Free Day

Today is yours to spend at leisure in the beautiful city of Kathmandu.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 16 Kathmandu - Pokhara

After breakfast, depart Kathmandu for Pokhara (approx. 210 km). The drive along the Trisuli and Marsyangdi Rivers is incredibly scenic as the road winds out of Kathmandu Valley. Look out for the Ganesh Himal and Manaslu peaks. After around six hours you will arrive in Pokhara, on the foreshore of beautiful Lake Phewa. Both a bustling regional hub and a tourist paradise, Pokhara has Buddhist and Hindu cultural heritage sites, lakes, caves and temples, all overlooked by the immense Annapurna Range. After check-in, enjoy the evening at leisure.

For those who would prefer to skip the drive, an optional flight to Pokhara (approx. 30 mins) can be booked through the tour operator on tour (not included).

Overnight: Hotel Splendid or similar, Pokhara
Meals included: Breakfast

Day 17 Pokhara - Naudanda - Pokhara

It's an early morning start today, with a drive to Sarangkot (approx. 11km) - a beautiful hill famous for its sunrise over the Himalayas. Enjoy stunning views of Annapurna, Fishtail and many other peaks as the sun starts to shine on the day (weather permitting). Have breakfast at the hotel in Sarangkot before walking to Naudada. The hike takes about three hours on a level path, revealing stunning views of both the Annapurna Ranges above and Lake Phewa and Pokhara below. Later, be driven from Naudada back to Pokhara, with free time to explore the town on your own in the evening.

For those who do not wish to participate in the walk, there will be the option to stay with the vehicle.

Overnight: Hotel Splendid or similar, Pokhara
Meals included: Breakfast



The Itinerary

Itinerary 3 - Pokhara Extension Tour

Day 18 Pokhara - Peace Stupa Pokhara

After breakfast at the hotel in Pokhara, experience a boat ride across Phewa Lake. Next, enjoy a hike (approx. one hour and 30 minutes and it's quite steep so you should have a good level of fitness) to the World Peace Stupa, where you can experience fantastic views of the Lake, Himalayas and Pokhara valley. Afterwards, enjoy a walk down to Davis Falls and Gupteshwar Mahadev Cave. Finally, be driven back to Pokhara. The afternoon is free to relax or wander the lakeside streets and markets.

For those who do not wish to walk, there will be the option to stay with the vehicle, though the lake crossing by boat will not be available.

Overnight: Hotel Splendid or similar, Pokhara
Meals included: Breakfast

Day 19 Pokhara - Kathmandu

This morning enjoy an early breakfast and drive to Kathmandu. The drive will be a fantastic experience passing through many satellite towns, rural settlements, gushing rivers & green rural landscapes. The drive takes around 6 hours. Upon arrival check into your hotel and enjoy a final night at leisure.

Overnight: Hotel Moon Light or similar, Kathmandu
Meals included: Breakfast

Day 20 Kathmandu, Nepal - Australia (or New Zealand)

Today transfer to the airport for your flight back to Australia (or New Zealand) after ticking off a truly spectacular bucket-list experience.

Meals included: Breakfast

Day 21 Arrive in Australia (or New Zealand)

Please note: Some flights may arrive back in Australia (or New Zealand)+ 1 days.



17-DAY TOUR PACKAGE | EVEREST BASE CAMP TREK

Tour Inclusions

HIGHLIGHTS

- Witness the wild beauty of Mount Everest in person
- Trek through some of earth's most scenic landscapes
- View the sunrise over Mount Everest and other impressive peaks at Kala Patthar
- Experience the Sherpa culture in several mountain villages
- Discover the highlights of Kathmandu on a city tour
- Enjoy a full day at leisure in Kathmandu
- Witness the Khumbu Glacier that flows off Mount Everest
- See ancient carvings on Mani stone walls throughout the trek
- Enjoy a chance to spot wildlife such as deer, leopards, jackals and mountain Tahr
- See the Tengboche Monastery, the largest gompa in the Khumbu region of Nepal
- Enjoy a rest day in Namche Bazaar, gateway to Everest
- Visit the Everest View Hotel, the highest altitude hotel in the world

FLIGHTS

- Return international flights (economy class), departure city surcharges may apply. (Excludes Trip Only option)
- Return domestic flights: Kathmandu (or Manthali) to Lukla

ACCOMMODATION

- 4 nights quality hotel accommodation
- 11 nights in mountain lodges on the trek

DINING

- Enjoy 37 meals including full board during the trek

TOUR ESSENTIALS

- Professionally trained English speaking mountain guide and porter
- Assistance with carrying of luggage throughout the trek
- All ground transportation as per itinerary
- All national park entry fees and TIMS permit
- Sleeping bag and down jacket for the trek

TRANSPORT

- Transport by air-conditioned vehicles

TRANSFERS

- Return airport transfers (Excludes Trip Only option)

20-DAY EXTENSION WITH CHITWAN NATIONAL PARK

All of the above, plus the following:

- 2 additional nights hotel in Chitwan accommodation
- 1 additional night accommodation in Kathmandu
- 7 additional meals
- Enjoy a day of jungle activities in the Chitwan National Park
- See elephants bathing and visit an elephant breeding centre
- Discover the Tharu culture on a Tharu Village Tour
- Return transport on the public tourist bus



Tour Inclusions

21-DAY EXTENSION PACKAGE WITH POKHARA

All of the above plus the following:

3 additional nights accommodation in Pokhara
1 additional night accommodation in Kathmandu
4 additional meals
Explore Pokhara on the foreshore of beautiful Lake Phewa
Discover the Buddhist and Hindu cultural heritage of the area
Enjoy stunning views of Annapurna, Fishtail and more from Sarangkot
Hike to the World Peace Stupa, and admire the views of the Himalayas and Pokhara Valley
Experience a boat ride across Lake Phewa
Explore Davis Falls and the Gupteshwar Mahadev Cave

Important Information

**Please note: All information provided in this brochure is subject to both change and availability. Prior to purchase please check the current deal for up-to-date information. If you have already purchased this deal, the terms and conditions on your Purchase Confirmation apply and take precedence over the information in this brochure.*

Booking Information

After purchase, you will receive a receipt and a Purchase Confirmation, directing you to an online Passenger Information Form. You must complete the Passenger Information Form within 72 hours of purchase.
Any special requests, preferences and optional extras MUST be clearly stated in your Passenger Information Form. Any change requested after submitting your Passenger Information Form cannot be guaranteed, is strictly subject to availability and will incur surcharges as outlined in the Schedule of Fees below.
On purchasing this Travel Offer, you are bound by the General Terms and Conditions and the specific terms and conditions outlined in this Important Information.

Please note: All countries and territories have different entry requirements in relation to vaccinations, quarantine/isolation periods and travel restrictions. Due to the evolving nature, we would ask all of our customers to monitor, meet and adhere to the specific requirements of their intended destination(s) in the lead-up to and immediately before travel, as well as any requirements post-travel upon their return.

Our Policies

Cancellation & Refund Policy

By placing a booking with us, you acknowledge the following important information:

- **we act as your booking agent:** TripADeal is a booking services provider, and curates the Travel Offers available on our website. We act as your booking agent, and we receive payment for the Booking Services as part of the booking price, however, we do not provide any of the Travel Services (flights, accommodation, tours or other products or services) included in your booking – the Travel Services are provided by a number of third party Travel Suppliers.
- **each booking is unique:** our Travel Offers are made up of a variety of different components and are, during the booking process, uniquely tailored to suit your requirements, for example, departure dates and ports, flight and room upgrades, tour inclusions, etc.
- **changes/modifications to your booking may not be possible:** once your booking has been made, changes or modifications may not be possible, and where possible, may incur a fee. It is important to ensure that the information you provide during the booking process is accurate and up to date, and that you read the Travel Offer carefully before placing your order.
- **Travel Offers are a package:** our Travel Offers have been curated into package offerings and must be used as a package – individual components cannot be used independently of the full package offering.
- **our Travel Offers are generally non-refundable:** in order to provide great value Travel Offers, we work with a variety of Travel Suppliers to find the best deals – this often means the Travel Suppliers' offerings are non-refundable to ensure the best price. We recommend that you obtain travel insurance as soon as you make a booking with us.

To read more about our Cancellation and Refund Policy, please click here.

General Terms & Conditions

By placing your booking with us, you acknowledge and agree to our Terms & Conditions, Privacy Policy and Cancellation Policy.

Offer Essentials

This travel offer is valid for travel on selected dates until the 20th of December 2027.
This travel offer is priced per person based on a twin share.

Single Traveller Supplement

For solo travellers, a mandatory single supplement applies.

- Standard Package: $700
- Chitwan Extension: $800
- Pokhara Extension: $800

Please note: This single supplement guarantees you will have a single room in the city of Kathmandu, however due to the remoteness and limited availability of mountain lodges, you may be required to share a room with a fellow trekker of the same gender in certain lodges throughout the trek.

Departure Dates & Surcharges

See checkout for live dates and availability.

Departure Cities

Sydney, Melbourne, *Brisbane, *Adelaide, Perth or *Auckland

Departure City Surcharges

- Brisbane: $250 per person
- Adelaide: $350 per person
- Auckland: $750 per person

Flights

(Flight information for options excluding Trip Only)

Full-Service Airline(s)

- Cabin Class: Economy Class

Please note: TripADeal cannot accommodate one-way flights. Travellers must take all included flights within the package, and any flights intentionally forfeited will result in later flights being subject to cancellation.

Please note: From Sydney or Melbourne, the flying journey to your destination may take up to 20 hours, with up to 1 stop.

From Brisbane or Adelaide, the flying journey to your destination may take up to 27 hours, with up to 2 stops.
From Perth, the flying journey to your destination may take up to 17 hours, with up to 1 stop.
From Auckland, the flying journey to your destination may take up to 28 hours, with

Important Information

up to 2 stops.
This is provided as a guide only - actual flight duration can vary depending on availability and airline schedules. Your booking's final details will be confirmed to you via email once available.

Preferred Airline Surcharge

- Cabin Class: Economy Class
- Singapore Airlines: $500 per person

Please note:

- *Preferred airlines are subject to availability. If we are unable to fulfil your request, the above extra cost will be refunded.*
- *On any upgrade purchase, short-haul flights and domestic flight sectors are not guaranteed, subject to aircraft configuration.*
- *Preferred airline refers to the marketing carrier and could include codeshare partners.*

Arrive Early and Stay Behind Options

Fly out and return home up to 60 days pre and post your tour dates.

Arrive Early

Kathmandu, Nepal - From $300 per person, subject to availability.

Stay Behind

Kathmandu, Nepal- From $300 per person, subject to availability.

Please note:

- ***Exclusions:***

  This fee does not include extra nights' accommodation, meals or airport transfers.

- ***Internal Flights:***

  If you select to Arrive Early or Stay Behind in a city other than the one where the tour starts or ends, the package will include an internal flight to your destination. If you wish to forfeit this flight, please advise our friendly team at the time of purchase. Please note that the cost does not change when you choose to forfeit your connecting flight.

- ***Cancellations & Changes:***

  Flight booking changes or cancellations after air tickets have been issued are not guaranteed and may incur additional fees and fare difference, subject to the airline cancellation and change policies. Flight changes are subject to availability at the time of booking.

- ***High-Season:***

  A high-season Arrive Early or Stay Behind can be purchased for an additional charge, subject to availability. For pricing, please refer to the cart.

- ***+ 60 days:***

  You can fly out up to 60 days before your package's start date, and/or return home 60 days after your package's end date. Should you wish to fly out or return home for more than 60 days from the tour, please contact us to request availability. Additional costs may apply.

- ***Estimated dates:***

  Your estimated departure, return, and arrival dates are all subject to availability and may vary. The confirmed schedule for all flights will be provided when you receive your flight tickets.

- *High season surcharges apply to flights departing between the below date ranges:*

6 December 2024 - 31 January 2025
28 March 2025 - 27 April 2025
16 June 2025 - 20 July 2025
15 September 2025 - 12 October 2025
1 December 2025 - 31 January 2026
3 April 2026 - 20 April 2026
26 June 2026 - 17 July 2026
18 September 2026 - 9 October 2026
12 December 2026 - 26 January 2027

Stopover Packages

- Singapore
- Kuala Lumpur

Includes:

- 2, 3 or 5 nights in 4-star accommodation
- Daily breakfast
- Return airport transfers

For pricing, please refer to the payment cart at checkout.

Please note:

- *When a pre and post-tour stopover is chosen, the same stopover location must be chosen each way, due to the airline used.*
- *When selecting to Arrive Early for your tour in conjunction with a Stopover Package, your fly out date from home will take place before the stopover.*
- *When selecting to Stay Behind after your tour in conjunction with a Stopover Package, your stopover will take place before your final flight home.*
- *Stopover packages are subject to availability.*
- *In the event that a purchased stopover package and a purchased preferred airline upgrade are not compatible, you will have the option to receive a refund for the preferred airline upgrade or be offered an alternative stopover city option, e.g if you choose to fly with Singapore Airlines you cannot stopover in Dubai.*
- *Blackout dates apply to flights departing between the below date ranges:*

Christmas and New Years Eve - 23 December 2024 to 3 January 2025
Singapore Grand Prix: September 2025
Christmas and New Years Eve - 22 December 2025 to 2 January 2026

Flight Class Upgrades

Business Class or Premium Economy: For pricing, please refer to the payment cart at checkout.

Please note:

- *Flight upgrades are subject to availability (if we cannot fulfil your request, the upgrade cost will be refunded).*
- *On any upgrade purchase, short-haul flights and domestic flight sectors are not guaranteed; subject to aircraft configuration.*

Trip Only Option

If you choose to remove international flights from your package, your holiday may be shorter, as travel days for flights are not included in the Trip Only package. You will receive an email confirmation when minimum numbers have been met and the departure is guaranteed.

Important Information

We recommend making further travel arrangements, such as flights, after you have received confirmation of a guaranteed departure.
TripADeal assumes no liability for financial losses incurred due to travel arrangements made prior to confirmation of guaranteed departure.
Note: The Trip Only Package does not include return international airfares or airport transfers. At the conclusion of the tour, you will be responsible for booking your own onward travel.
Click here for full Trip Only terms and conditions (see section 4.1)

Accommodation

Accommodation Used

3-Star Properties (Self-Rated)

- Kathmandu: Hotel Moon Light or similar
- Chitwan (Chitwan extension only): Rhino Land Jungle lodge or similar
- Pokhara (Pokhara extension only): Hotel Splendid in Pokhara or similar

No Star Ratings

- Trek: Mountain Lodges – All lodges have beds with linen and indoor bathrooms. Hot water is available on request. A hot shower is an additional cost of approx $2.50 - $5AUD at the Mountain Lodges. Please note some lodges do not provide towels so packing a towel is necessary.

Please note:

- *Rooms offered are based on a lead-in room type. In the unlikely event that a hotel is fully booked a similar hotel of the same standard will be used.*
- *3-star hotels will be used in cities and on the trek locally owned comfortable lodges with an indoor bathroom. As the lodges are locally owned the money goes back into the local community - giving back to the people of Nepal.*

Extra Nights

Not available at check-out.

Please note: If you are interested in booking additional nights of accommodation pre or post-tour, please wait until you receive your travel documentation approximately 4-6 weeks before departure for the confirmed list of hotels. If booking your own additional accommodation directly with the hotel, please be aware that you may be required to change rooms at the start/end of your tour.

Maximum Room Capacity

2 people.

Child Policy

This offer is only available for adults over 18 years old

Triple Share

Not available

Bedding Configuration

Twin or double bedding (subject to availability).

General Information

Minimum group size 2, maximum group size 12 per vehicle.

Exclusions

- Visa fees and requirements
- Domestic transfers and flights not stated in the deal offer
- Meals/beverages not stated in the deal offer
- Optional gratuities/tipping
- Optional activities/tours
- Personal expenses
- Travel insurance

Please note: Return international flights and transfers to and from the tour are not included in the Trip Only option.

Other Important Information

TOUR GUIDE VS. TOUR LEADER

Tour Guide

Often locals with intimate knowledge of an area, its culture, and history. Their role entails providing commentary, routing the tour, and seeing that people have a good time. They are a licensed, qualified expert who supplies specific information on the history, art, architecture and culture of the city/village/attraction where they are guiding the tour. The guide meets the group at the required place and leaves it at the end of the tour; they do not travel with the group.

Tour Leader

An experienced person tasked with ensuring the smooth operation of tours, as well as providing practical support to passengers throughout the whole trip. Their role primarily includes assisting with accommodation, transportation between locations, and communication with tour guides at each stop. A tour leader may provide general guidance around a city or village and offer information on the place visited on the bus. However, they are not required to have specific art, architecture, or historical knowledge. They are not allowed to provide a guided tour or commentary of a city/village/attraction once there and, if caught doing so, can be fined.

Please note: Tour leaders/guides are not a standard inclusion in all travel offers. Tour leaders/guides will only be made available when required to enhance the experience of the destination featured.

CLIMATE & AVERAGE TEMPERATURES

Nepal

The best time to visit Nepal is during Spring and Autumn, however, Nepal can be visited the whole year round. There is no seasonal constraint on traveling in and through Nepal. Even in December and January, when winter is at its severest, there are compensating bright sun and brilliant views.

High Altitude Sickness

Altitude sickness can occur at high elevations when the body receives less oxygen. It can affect anyone, regardless of age or fitness, with symptoms such as headache, nausea, dizziness, fatigue, and shortness of breath.
Tips to help prevent altitude sickness:

- Stay well hydrated and eat light, high-carbohydrate meals
- Avoid overexertion during the first 24–48 hours at high altitudes

Important Information

- Limit alcohol and avoid smoking
- Consult your healthcare professional about preventive medications or your suitability for travel to high-altitude areas

FLIGHTS

Seat Selection & Frequent Flyer Points

At TripADeal, we do not arrange seat selection. It is essential to highlight that some airlines do not allow pre-selected seats. We strongly suggest you contact the airline directly with seating allocation requirements and/or arrive at the airport earlier to arrange your seating. While we do not add frequent flyer member details to bookings, you can do this directly with the airline once you have your flight information.

Passport Validity

Customers must provide valid passport details either at the time of purchase or no later than 45 days before the departure date. Failure to do so may result in the cancellation of the booking. Customers will be responsible for any costs and fees incurred in this instance.

COACH TOUR

Meals

37 meals in total are included in the package. For meals not included, the tour leader (when available) will offer assistance with reservations, suggestions and directions to local restaurants. It is your responsibility to notify TripADeal of any dietary requests/requirements. Please note: We will do our best to meet your requests/requirements; however, we cannot guarantee that we will always be able to.

Luggage

You will be responsible for all your personal belongings whilst on tour. You must carry your own luggage from the vehicle to the hotel room and back to the vehicle. The driver will assist with the uploading and unloading of bags from the vehicle.

Luggage/Backpack on Everest Base Camp Trek

Your main luggage will be carried by porters on trek and you simply carry a daypack with a water bottle, camera, sun-screen, spare jacket etc. during the trek, as small loads allows for full enjoyment of the trek. A trek bag is ideal for your main luggage, plus a small lockable bag for travel clothes or anything that you do not need during the trek which you can leave at hotel's locker room/safe deposit box in Kathmandu free of charge. Weight allowance for Nepal's domestic airlines is 15kg including your hand bag; excess weight is chargeable at USD$1 or more which is payable on our tour. A porter is provided for each 2 trekkers and a porter can carry about 20kg (10kg from each trekker).

Electricity & Battery Charging On Trek

Electricity is available in some of the villages on the Everest base camp trek where you can re-charge your camera batteries, and there is solar power in some villages that you will trek through. We suggest you bring spare batteries, and be prepared to pay a small fee to charge electronic items.

Flight Delay in Kathmandu & Lukla

The Twin Otter Plane is the only form of transport to and from Lukla for this tour. Occasionally, flights to and from Lukla may be cancelled due to unpredictable mountain weather conditions. We have kept one extra free day at the end of the tour to use in the case of a flight delay or cancellation. If the flights are cancelled for 2 or more days, a charter helicopter will be organised to ensure you are on scheduled flight to your home or other destination. The cost of this extra service is payable directly to the office in Kathmandu in US cash, or credit cards (Visa and Mastercard only). A receipt of payment will be provided from which you can claim from your insurance. The minimum cost will be USD$500 and maximum USD$3500 depending on the number of people.

Insurance/Rescue/Evacuation

In case of a serious sickness or injury while you are on Everest base camp trek, we will do everything to transfer you to the nearest hospital. You will be entirely liable for all the expenses incurred in the evacuation/rescue, so, please make sure that these expenses are covered by your insurance policy before departure.

Suggested Packing List

- Four seasons sleeping bag (Optional; one can be provided if required, collected in Kathmandu, free of charge, to be returned after the trek)
- Duffel or rucksack bag to keep all of your gear; this will be carried by the porters
- Daypack for yourself
- A down Jacket (alternatively these can be hired and returned at the end of the trek free of charge)
- Shade hat
- Warm wool hat to cover your ears
- A pair of light-weight warm gloves
- 2-3 tee-shirts
- Light weight thermal tops
- Fleece jacket
- Windstopper jacket (optional)
- A pair of quick-drying nylon hiking shorts
- Two pairs of trekking pants (preferably that zip on/off at the knees to double as shorts)
- Four pairs of liner warm socks
- A pair of light to medium weight waterproof hiking/trekking boots
- A pair of light trekking shoes for camp/lodges
- A pair of sandals (optional)
- A water bottle
- Head lamp or torch light
- A medium size towel
- Walking poles (optional)

Medicines & First Aid Kits

We recommend consulting your local GP regarding any medication suggestions to take for these regions.

Miscellaneous (Important)

- Passport and extra passport photos (4 copies) - these extra passport photos are necessary to obtain the trekking permits.
- Durable wallet/pouch for travel documents, money and passport.

Important Information

- 2 x SPF 20+ lip balm.
- Sun cream with SPF 40 is recommended.
- Pocket knife.
- Water purification Iodine tablets
- Toiletry kit, including toilet paper stored in a plastic bag, hand wipes, liquid hand sanitiser, towel, soap, etc.

OTHER

Mobility

If you would love to travel with TripADeal and require wheelchair access please contact our friendly sales and service team to inquire on your behalf.

Fitness Level Required

A demanding level of fitness will be required. A high fitness level is required to undertake these activities, which may include high-altitude trekking for anywhere between four to seven hours per day for an extended number of days. Recommended for active travellers with some previous trekking experience.

Please note: If you have any concerns please consult your healthcare provider prior to purchase/travel.

Gratuities/Tipping

Land

Gratuities (tips) are not included in the tour price for services of the tour/trek leader (when available), driver and porters throughout the tour. The recommended tip is $15 per person for the guided city tour which is split between the guide and driver. The recommended tip for the trek is $15 per person per day for each day on the trek. This will amount to a total of AUD$180 per person for the trek which will cover your guides and porters.

Please note: Tipping for services provided is always a matter of personal discretion; however, please be aware that many locals consider tipping part of their normal remuneration, and they may approach you for payment; there's no need to be intimidated by the request.

Sightseeing

Please note: If the entrance to a site is affected by changes in operating hours or public holiday closures, your itinerary, where possible, may be adjusted, or a similar activity will be offered in its place (subject to availability).

Wildlife

TripADeal cannot guarantee animal sightings. Wildlife are unpredictable and factors such as weather conditions, predatory fear and animal movements can impact sightings.

Shopping

Shopping overseas can be a daunting and confusing experience, especially when there is a language barrier. Please be very cautious when foreign currencies and prices are involved. If paying by credit card, please pay close attention to the amount you are being charged and keep all your receipts. Do not make any purchases you are not comfortable with or feel pressured into. If you are uncertain or need assistance with the language barrier, please seek assistance from your Tour Guide/Leader. Please refer to our Terms and Conditions regarding shopping for further information.

Visas

A Tourist visa for Nepal is required if travelling on an Australian Passport. This can be arranged on arrival for approximately USD$50, valid for 30 days. Visas must be arranged in USD currency at the border with 2 passport sized photos.

Important:

- *Please start arranging your visa three weeks before departure to account for any delays due to consulate operating hours.*
- *Visa rules may have changed since Covid-19. Some countries and airlines may require you to obtain an additional visa before arrival. Please check with the nearest embassy, consulate or immigration department of the destination you're entering.*

Please note:

- *Passengers who are not Australian citizens must also check with the respective consulate or visa agency to determine what their visa requirements are and what personal identification is required.*
- *It is also important to note that some areas of employment, such as journalism, government authorities and charity organisations, may have additional restrictions in applying for Visas. This may, in turn, affect the type of application required.*

Travel Insurance

Embarking on your next trip is exciting, and while you hope the unexpected does not happen, it is best to be prepared. We strongly recommend you take out travel insurance when making your booking. Whether it's a potential medical emergency, a flight cancellation, a delayed suitcase, or an unforeseen event, it's important to ensure you're adequately protected. For more information or advice visit https://www.tripadeal.com.au/travel-insurance

Schedule Of Fees

Voluntary Changes

Includes booking changes requested by you, including but not limited to those changes requiring an airline ticket or a Purchase Confirmation reissue.
• Changes - $100.00 per booking + additional charges from the airline/cruise company/accommodation/other travel providers.

Name Changes Due To Passenger Error

If the incorrect name has been advised to TripADeal, charges of $100.00 per booking + any additional charges applied by the airline/cruise company/accommodation/ other travel providers.

Supplier Fees

In the event the Travel Offer you have purchased is unable to proceed, and/or a travel Supplier is unable to fulfil the Travel Offer due to external circumstances (Limitation of Liability e.g. a Force Majeure

Important Information

event), there may be a fee or amount of money that is withheld by our Suppliers and is unrecoverable. This may be due to non-refundable airline tickets, cancellation penalties with cruise cabins or unrecoverable payments with our land/ accommodation partners. TripADeal has committed to these costs as your Agent and will endeavour to recover all funds committed and/or paid for your Travel Offer, but this may not be possible in all circumstances. If refunds are unavailable from Suppliers, we will endeavour to obtain a travel credit on the best terms available and communicate these outcomes to you. If TripADeal cannot obtain a refund or travel service credit, or part thereof, this cost is passed on to the customer as a Supplier Fee. This fee is not revenue-raising and is paid to or withheld by our suppliers when recovering payments.