

ISLAND PEAK CLIMBING



Island Peak is a trekking Peak in the Everest region in Nepal. It is a great first Himalayan peak. The road to the top has a steep slope and a narrow ridge. Crampons, ice ax and rope are necessary, and it is helpful to have a Sherpa guide who knows the best part of the ridge. **Island Peak Climb** is a spectacular extension for a fabulous adventure in the Everest region. Island Peak 6183 meter (Nepal known to Imja Tse) is not among the giants Himalayas, but nevertheless provides a thrilling experience of mountaineering for novices and experts.

No technical climbing experience is necessary to **climb Island Peak**, just packing a high level of desire to push your limits. Island Peak summit is interesting and attractive with a very glacial climb Lhotse west face of the glacier. The mountain itself is the extension of the south ridge of Lhotse Shar separated by a small col. **Island Peak Climbing** not only provides an enjoyable climb but also offers different spectacular scenery of the Himalayas in the Khumbu region, including Mount. Everest 8848m, Mont. Nuptse 7855 m, 8516 m Lhotse, Lhotse Middle Peak 8410 m and 8383 m Lhotse Shar make a semicircle in the north. The views of Makalu 8475M east, Baruntse 7720M, and Mount. Amadablam 6856M in the south add more charm for **climbing Island Peak**. The normal route for climbing Island Peak Flank South East and South West Ridge. Normally, the base peak of the island camp is set at 5087 m Pareshaya Gyab between Imja Tse and lateral moraine of the Imja glacier. Embark on a wonderful adventure with Island Peak climbing and hiking which takes you to the heart of Khumbu and Everest Base Camp 5,357M. Island Peak 6,183M is one of the main climbing peaks in the Everest region with an impressive face and highly glaciated West who rise from the Lhotse glacier.

An ascent of Kala Pattar 5,545M proves a good acclimatization hike and gives you magnificent views of the highest mountains reconciled the world including Mount. Everest, Lhotse, Nuptse, Makalu and more. The magnificent view from the top, however, is certainly a reward for your efforts.

**Challenging**

Activity Levels:

For any trek at this level, fitness is most important and you may have to improve yours before departure. Most "C" grade treks are equivalent to extended walking in mountainous terrain at home, but usually at significantly higher altitudes; climate and remoteness can also play a part. Walking days are usually between 6 to 8 hours although there may be some longer days for pass-crossing or similar. Previous trekking experience is desirable but not essential if you are confident of your physical condition.

Duration:

21 days

AT A GLANCE

- High mountain atmosphere, discover the whole Sherpa country.
- 2 stunning viewpoints: Kalapathar (5550m) Chukung Ri (5550m).
- The breathtaking view from the summit of Island Peak.

Cost Includes

- Accommodation in Kathmandu on BB
- Mountain lodge and tented camp in Trek
- KTM-LUKLA-KTM flight with Taxes
- 3 times hot and healthy meals
- Necessary Porters (1 Porter for 2)
- experience Sherpa Climbing guide
- Sherpa climbing Guide and porters.
- Island Peak climbing permit
- Climbing equipments, Tents, mattresses
- Welcome and farewell dinner
- Exclusive Medical Kit Bag
- All government and local taxes

Cost Excludes

- International Airfare and Nepal Visa fee
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu
- Any Alcoholic Drinks & Mineral Water
- Tips for Guide & Porter
- Hot Shower, Battery Charges
- Unforeseen Cost such as Flight Cancellation
- Climbing Gears Full Set US\$ 150-Hire/rent
- Sleeping bag & Down Jackets

ITINERARY**Day 01:: Kathmandu- (1,300m /4,264 ft) (Arrival day and Transfer to hotel) - Hotel**

Our self with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Free day for relax or explore around the city yourself.

Approx. Time: 20 minute drive **Accommodation:** 3/5 Star hotel **Meals:** Welcome Dinner

Day 02:: Kathmandu Sightseeing Durbar Square, Swoyambhunath and Boudhanath - Hotel (B/B)

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. After this you will visit Living goddess home and Kathmandu Durbar square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Boudha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant. After Lunch, we will visit Hindus temple Pasupatinath and tour for today is finished. It normally takes 5-6 hours tour to visit all these 4 monuments within Kathmandu city. Afternoon free for packing for trek and getting ready.

Approx. Time: 5-6 hrs **Tour Accommodation:** 3/5 Star Hotel **Meals:** Healthy & hygienic Breakfast included

Day 03:: Fly to Lukla (2,800 m/9,184 ft) & Trek to Phakding (2,652m/8,700ft)-4/5 hrs-Lodge[B,L,D]

Early morning flight by small twin otter to Lukla (2,800m/9,186ft). After final preparations, the trekking starts passing Chaurikharka village, and makes a descent towards the Dudhkosi Ghat (2,530m/8,300ft). The trail follows the precise bank of the Dudhkosi River until camp at Phakding (2,652m/8,700ft) is reached. This first day is short for acclimatization reasons.

Approx. Time: 4-5hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 04:: Trek to Namche (3,440m/11,280 ft) - Approx. 5/6 hrs -Lodge (B, L, D)

The trail cross Dudhkoshi River through a long suspension bridge then trail leads you crossing side by side along the river to Hilary's Suspension Bridge. The trail further climbs from here to Namche Bazaar. Overnight in Namche Bazaar (3,440m/11,286ft).

Approx. Time: 5-6 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 05:: Acclimatization in Namche or Trek up to Khumjung (3753M) - 3 hrs -Lodge (B, L, D)

This is the first Acclimatization day. You can spend the day taking a day walk hike to Thame, by visiting Khunde or by relaxing and exploring Namche Bazaar; the main centre in the Khumbu region and has shops, restaurants, a bakery, hotel with hot showers and electric power. There is a colorful market each Saturday. Or if you are already acclimatized with Altitude, you can trek upto peaceful Sherpa village- Khumjung for overnight from where views of Mt. Everest, Ama dablam are awesome.

Approx. Time: 3-4 hrs Hike **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 06:: Trek to Tengboche (3,870m/12,694ft) - 4 hrs -Lodge (B, L, D)

After having a nice acclimatization day in Namche, we start our trekking towards Tengboche. We will have a nice walking till to riverside where we take a breathe with lunch. And we start walking up gradually through pine forest for 2 more hours to reach Tengboche. Tengboche is a very great place to view a close view of Ama-Dablam. And it has a biggest Buddhist Monastery all over in Khumbu region. Over night stay at lodge.

Approx. Time: 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 07:: Trek to Pheriche (4280 m/14,070 ft) - 5 hrs -Lodge (B, L, D)

We descend for half an hour to river side through nice forest, cross the river and start trekking up towards opposite hill and landscapes starts more dry and desert afterwards. We will cross a traditional and cultural Sherpa village Pangboche where



we can see a close up daily activities of Sherpa people. After this, we make a gradual up towards a small hill afterwards trail goes to wide mountain valley called pheriche. This is a nice wide village located on the riverside. A small helipad is available here for helicopter rescue and daily High altitude Mountain sickness class available here with Mt. Specialist. Overnight stay at lodge.

Approx. Time: 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 08:: Trek to Lobuche (4940 m/16,207 ft) - 4 hrs -Lodge (B, L, D)

After breakfast, we start easy and straight walking towards left corner of the river and make a gradual walk up to reach Dugla. After lunch, the trail goes from Duglha directly up to the Khumbu Glacier for an hour, then left into the memorial area before reaching the village of Lubuche (4,930m/16,170ft). By this stage the effects of the altitude will be kicking in and you can expect colder nights.

Approx. Time: 4-5 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 09:: Gorakshep (5170 m/16,961ft) -Everest base Camp (5364 m/17,594 ft) - 7 hrs -Lodge (B/L/D)

The trail continues climb to Gorak Shep. It takes a couple of hours walking up to Kala Pattar (Black Rock) 5,545m/18,192ft; this small peak offers the best views of Mt. Everest, Pumori and Ama Dablam without climbing. Overnight in Gorak Shep (5,160m/16,929ft).

Approx. Time: 6-7 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 10:: Trek to Kalapattar (5545 m/18,192 ft) - Dingboche- approx 7/8 hrs -Lodge-(B, L, D)

This day leads you to the Base Camp of Everest (5,357m/17,575ft) walking through rocky and glacial trails where climbers gather for summiting Everest. Continue trek return to Gorakshep (4930m/12894ft) and we trek further to Dingboche. This could be quite long day.

Approx. Time: 5-6 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 11:: Trek to Chukung (4743M) - 2-3 hrs (Climbing Training) -Lodge (B, L, D)

From Dingboche, walk to Chukung is just easy and relax day. This is day you can fully train or prepare for island peak summit. You can sort out the Climbing gears and have to be ready for climbing Island peak.

Approx. Time: 3-4 hrs Trek **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 12:: Trek to Island Peak base Camp (5,200m/17,060ft) [Climbing Training] -Tent (B, L, D)

The path from Chukung leads fairly steep way climbing south then turning east to the main line of the valley. It then winds along or below the southern flank of the moraine from the Lhotse Glacier. Continue short pleasant walking along a streamside leads to what we call Big-rock. The route to the Amphu Lapcha lies to the southeast. A crisis cross route through the Imja and Lhotse glacier moraines leads to a wide valley flanking the SW side of Island peak. Over night in Island Peak Base Camp (5,200m/17,060ft).

Approx. Time: 4-5 hrs Trek **Accommodation:** Tented Camp **Meals:** 3 times healthy & hygienic meals

Day 13:: Trek to Island High Camp (5,600m/18,372ft)-Tent (B, L, D)

You will have move to Island Peak high camp, from where you will climb the mountain. The path leads up beyond base camp for several hundred meters before striking off left up the steep hillside. Initially sandy, the path soon turns to grass before



becoming boulder strewn. As you climb the hill, you will see that the slope narrows and the path enter a steep rock channel. Overnight in Island Peak High Camp (5,600m/18,372ft).

Approx. Time: 2-3 hrs Hike **Accommodation:** Tented Camp **Meals:** 3 times healthy & hygienic meals

Day 14:: Island peak Summit (6,189m/20,305ft) and back to Chukung-Lodge (B, L, D)

Island Peak Ascent (6,189m/20,305ft), from early in the morning will have to climb the rock gully. This is not difficult but there are several short rock steps to climb before you emerge on the right side of the gully. The route then follows a ridgeline, which leads to an exhilarating and exposed traverse onto the snout of the summit glacier. You will need to rope up for the glacier as it contains several crevasses but it leads without difficulty, to a 100m(330ft) snow and ice slope (40-45°) on which the guides will fix a rope. From the top of this slope, 3 rope lengths along a sharp summit ridge lead to the top. After enjoying the summit views you will descend all the way to Chhukung for overnight.

Approx. Time: 7-8 hrs **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 15:: Extra Summit day (In case due to bad weather) or Rest after Summit Lodge (B, L, D)

This is a Emergency day or reserve day in case weather become very poor when you get near peak or this Reserve day is possible to use wherever necessary before and after Island peak climbing. You can use this Reserve day any day during trip in case of little sick or altitude problems.

Accommodation: Lodge **Meals:** 3 times healthy & hygienic meals

Day 16:: Trek to Pangboche or Tengboche- 5/6 hrs -Lodge (B, L, D)

The trail makes a gradual descent through scrub junipers and around Mani stones as it follows the hillside. The trail passes many Mani walls in deep rhododendron forests where crossing after the Imja khola, the trail climbs many carved Mani stones to Pangboche. Pangboche Gumpa is the oldest in Khumbu; a visit will be well worth. Walk down to the valley from where the trail is shallower through alpine meadows. Followed by climb gradually up to Tengboche (3,870m/12,697ft) where the biggest monastery lies in the whole of Khumbu.

Approx. Time: 5-6 hrs **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 17:: Trek to Manju -5/6 hrs -Lodge (B, L, D)

Walk down from the rear of monastery and continue down until you reach Phunki Tenga. Climb up gradually through a forest. Once you are out of the forest, you will be walking along a ridge from where you can see down on your left some of the deepest gorges of Nepal. In spring, the rhododendrons will look superb making the valley even more beautiful. Reach Namche Bazaar (3,440m/11,286ft), we trek further to Monjo for Overnight sleep.

Approx. Time: 6-7 hrs **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 18:: Trek to Lukla -5/6 hrs-Lodge (B, L, D)

Trek back to Lukla along the same trail, although it always looks different coming from the opposite direction on arrival in Lukla you will have time to relax and celebrate the completion of your trek. You can have a good time with two local alcoholic beverages 'Chang' or 'Rakshi.' Feel free to dance with your crewmembers in the Sherpa way.

Approx. Time: 5-6 hrs **Accommodation:** Lodge **Meals:** 3 times healthy & hygienic meals

Day 19:: Fly to Kathmandu & Transfer to hotel, relax day after Long Trip- Hotel (B/B)



Early morning fly to Kathmandu .Transfer to your hotel; the day at leisure to rest, perhaps catch up on some last minute shopping or explore any sights you missed during your first day in Kathmandu. Overnight at Hotel Kathmandu.

Approx. Time: 25 Minute flight **Accommodation:** 3/5 Star Hotel **Meals:** Healthy & hygienic Breakfast included

Day 20:: Reserve day (Incase flight cancelled due to Bad weather) - Hotel (B/B)

This is actually an extra night stay at Kathmandu in case flight delayed to Lukla- Kathmandu due to bad mountain weather or any other problems. This extra night in Kathmandu will always safe from any delays or problems. If you have very limited time, you can still customize trek program. This is day; you can make sightseeing of remaining temples/monuments of Kathmandu or just shopping and relax day as your own.

Accommodation: 3/5 Star Hotel **Meals:** Healthy & hygienic Breakfast included

Day 21:: Final Departure, Transfer to Airport. (B)

Morning free for last Minute shopping or time as your own. If you have few more days, please consult with us for other tour extension. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.

Meals: Healthy & hygienic Breakfast included

ACCOMMODATION

- 04 Nights Deluxe accommodations in Kathmandu at 3 Star/ 5 Star Category Hotel as per itinerary
- 14 Nights best Mountain lodge comfortable room with attached bathroom & hot shower where available
- 02 nights in tented Camp [Island Peak Base Camp & island Peak high Camp] with Hot Meals
- All accommodation is on a twin sharing basis [Single rooms can be organized during trek with extra cost]
- For the 4 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

What kind of food I can expect during lodge trek??

Morning Breakfast [6:30-7:30 AM]

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet etc
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread etc
- Porridge with Honey, musli with milk etc

Afternoon Lunch [12:30 - 1:00 PM]

Curry with Rice, Pasta, Noodles item, fried rice and fried Potatoes, Mo.Mo etc

Evening Dinner [6:00-8:30 PM]

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Soup
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry, Lassani, Pizza, Home Made Pasta etc



- Fried potatoes with vegetables, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

***** **Extra special from Mountain Sherpa Trekking** *****

 Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

Safe Drinking Water

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

***** **Climate and Seasonality** *****

Nepal is subject to monsoon which determines the choice of trekking areas depending on the season: Spring Seasons [March to May] is ideal to watch the explosion of vegetation, including rhododendrons, and from around the Annapurna sanctuary trek to Everest, Generally clear skies in the morning, marked cloudiness in the late afternoon. The more we advance towards the month of May (monsoon), the more clouds rise early.

[Mid September to November] This is the main trekking season in Nepal. Day temperatures in Kathmandu are approx. above 20degC. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with temperatures dropping as low as to -5degC at the higher altitudes.

Summer Season Starts from June to September. Dolpo trekking and Mustang trekking of Nepal, and Tibet tour can be done in the monsoon.

Winter, from Mid December to late February, the cold is dry, the clear sky, the sunshine ... Many benefits without the tourist season. For example, short trek like chisopani and nagrkot trek, ghorepani poonhill trekking, Ghandruk Village trek would ideal for Winter Treks.

***** **Travel Insurance** *****

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses.

For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or



carry it with you while you come on the trip.

FAQS

What type of shape do I need to be in, is this trip for me?

You need good stamina for a long day effort while climbing it. You can climb Island Peak without any previous climbing experience and skills of using climbing equipment but knowledge on using equipment and previous experience would be beneficial although not mandatory because a pre-ice climbing training is provided to you in Base Camp to make you skillful on using climbing gears such as ropes, ice pick, harness, crampons.

What sort of accommodation can I expect in Kathmandu and Mountain?

We use standard rooms at quality hotels in Kathmandu with breakfast included. Along the trekking routes up to Khare teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room. During Climbing Period, we provide quality Tent with Matters.

What sort of food can I expect on trail?

Most teahouses (lodges) in trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal bhat(rice and lentils), bread, soup, fresh vegetables (variety depends on the season) and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization - eat some every day. In many larger villages you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to destination.

Do your guides have Mountain guide license and first aid training for high altitude?

Yes, our entire climbing Sherpa guides have all received 45-day training from the Nepal Mountaineering Association. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

What opportunities will I have for shower along the trek?

In major places, we arrange guesthouse with hot shower. And in rest of the places, water in bucket will be provided for shower.

Is Mountain Sherpa trekking staff insured?

Our company insures all our staff members, including guides, cooks, Sherpas and porters. Please browse though Company Information pages to view insurance details.

WHY BOOK WITH US

CUSTOMER SERVICE CHARTER

Mountain Sherpa Trekking & Expeditions are committed to providing excellent service. We will provide all the necessary help and support to ensure an enjoyable trip for you. Where we can, our focus is travelling sustainably to offer you a meaningful and low impact journey through Nepal.

We are committed to remaining honest and transparent to our clients, providing one on one consultation up until departure. We expect our clients to take advantage of this service either face to face or over the telephone/Skype to ensure a well prepared tour, we also provide pre-departure group briefings and look forward to any post-departure feedback. All of our previous clients have been highly satisfied with our service and it is important to us to maintain this in the years to come. Nepal is a land of many surprises and Mountain Sherpa trekking & Expeditions does our best to set the right expectations of the places, people, systems and services you may come across while visiting Nepal.

CARE OF PORTERS

These guys need a separate category - they are the backbone to our company. None of this is possible without them. They work tirelessly for us to make sure that your vacation is perfect. They arrange and carry all. They are always the last to leave a Lodge/campsite and first to arrive. We try to repay their effort with better treatment than any other company provides. We give proper salaries, equipment and insurance to all our porters. In fact most trekking and supply porters come from the lowlands and ascend to work during the trekking seasons. We work with this village to ensure their families have all the tools they need and their children are set for school. We donate books, computers and even a teacher and have brought clients to help whenever interested. We are lucky to have these guys and will always think of special ways to honor them.

GIVING BACK TO COMMUNITY

Mountain Sherpa Trekking & Expeditions was created with the purpose to give back. It is very important for those who can to help those who can't. We don't see this happening enough in Nepal and it was the inspiration for this company. We work closely with one of the main supporters of Mountain Sherpa Foundation, A non-political and non-profit social organization. Our foundation provides much-needed head start scholarships to less fortunate Sherpa children. In Nepal many children grow up in remote mountain villages, deprived of basic education. The Mountain Sherpa Foundation mission is to help the next generation find their way to a brighter future. For every booking of your trip, a small donation is made to this fund to provide full education scholarships to children. So far, we have 7 children in our program, and it grows every year. By doing this, we honor the dreams of our elders to make a better world. Although the Mountain Sherpa foundation is supported by Mountain Sherpa Trekking & Expedition, we always welcome kindness of friends. For more details visit: [Mountain Sherpa Foundation](#)

LOCAL SHERPA OWNED COMPANY

We are 100% local Sherpa owned adventure Travel Company. We have some of the world most experienced and respected Mountain Sherpa guides as well as reliable, well-trained professional outdoor crew. Mountain Sherpa Trekking & Expeditions employee expert local Sherpa guides & staff. So, we assure 100% safety & guaranteed successful trip in Himalaya with us. We utilize as many local resources as possible, including local Sherpa guides and produce. With sustainability a main focus of ours, we do promote the new destinations to tourists which will in turn maximize the benefits for the local people of Nepal. We encourage the Nepali locals to preserve their culture and communities by sharing with them the understanding of the benefits of sustainability.

SAFETY- ALWAYS OUR FIRST PRIORITY

Every Mountain Sherpa Trekking & Expeditions Sherpa guide has received training in first aid from a physician. We conduct mandatory training every year - every single Mountain Sherpa trekking guides attend. When guiding you, they will have with them a first aid kit for basic medical problems (traveler's diarrhea cuts/ scrapes, etc.) and oxygen. They know how to make



you feel better.

In case something unexpected happens and you feel you can no longer complete the trek, they will figure out the safest and quickest way off the course and to a clinic. You will never be left alone, you will have a member of the team escort you every step of the way until safely with a doctor. When you are feeling up to it, we will make sure that you still have the chance to visit Everest base camp and re-connect with your group or you can explore the area on lower part.

✘ NO HIDDEN FEES ✘

We are very clear about what is and is not included in our tour prices. Some of the lower priced trekking companies do not include such basic things as accommodation in city and food during trek. Also our price includes best expert local Sherpa guides & staff. We are only one company in Nepal that employ 100% local Sherpa guides. Many companies use unskilled guides & even do not carry basic first aid kits. If you are comparing prices, be sure you take into account exactly what you are getting. If they are vague about it, chances are you will find yourself with some unexpected expenses! No surprise expenses from Mountain Sherpa Trekking & expeditions!

✘ 100% GUARANTEE DEPARTURE ✘

For all of our treks and tours we only require a minimum of two travelers. The majority of our clients have at least 2 in their group, which means that you can choose virtually any date to start your tour or trek. If you are traveling solo, we are very happy to place you in one of our existing groups, subject to availability. For solo traveler, we also organize special private trek.