

Luxury Everest view trek

5 Star Hotel Package

3000^{USD} per person

*Including healthy meals

Trip Style: Trekking & Hiking

Trip Difficulty: Moderate



The Luxury Everest View trek is one of the shortest yet picturesque treks in the Khumbu area. This trekking is idyllic for those trekkers who want to go for a short and comfortable trek in Nepal and get mesmerized by the panoramic Everest (8,848m) as well as other gigantic peaks views. No doubt, the Everest region is renowned as **Sherpa's land**. Visitors can discover around the very eye-catching Sherpa settlement like- Khunde as well as Khumjung and know about their traditions and culture. We begin our trip for the Luxury Everest View Trek with an amazing flight to Lukla from Kathmandu after experiencing a sightseeing tour in Kathmandu city. We trek from the deluxe lodge to lodge, with expert Local Sherpa guides and porters handling your luggage and leaving you free to soak up the scenery. This trek is specially designed for breathtaking views of the dramatic snow-covered Himalayas.

Stay at the **Highest Placed Hotel in the world at 13,000 ft.** and observe a stunning view of Mt. Everest & the surrounding peak. Relax in style after a great day of hiking at comfortable high-altitude lodges. This trek package includes **Premiere Hotels in Kathmandu city** and comfort lodge during trek including one night in Hotel Everest view. All lodges are most standard one in the area that provides the high-quality service. And, we are flexible enough to make changes in the itinerary. **We would be delighted to organize your tailor-made trek to suit your time, interests, and budget.**

DURATION: 12 days

Trip Facts

Arrival City

- Kathmandu, Nepal

Departure City

- Kathmandu, Nepal

Trek Region

- Everest Region, Nepal

Trip Style

- Cultural Tour & Luxury Hiking

Maximum Altitude

- 3,790 m (12,430 ft)
- Khumjung village

Trip Durations

- 10 Nights/11 days
- Kathmandu to Kathmandu

Suitable For

- Couple, Families, Friends or solo

Accommodations

- Luxury 5 Star Hotel In City
- Comfort Lodge During Trek

Meals

- Daily Breakfasts In City
- 3 Times daily meals on Trek

Service Quality

- Authentic Sherpa Guide
- Reliable & Friendly

Fitness Level

- Physical & Mentally Fit
- Per Day Walk: 5-6 Hours

Best Time to Travel

- Mid September- December
- Spring : February-May

ITINERARY

Day 01: : Arrive Kathmandu (1,300m/ 4,264ft)-Transfer to Hotel Dwarika

On a clear day, you will fly into Kathmandu. During the flight, from the windows, you will witness glimmering snow-topped peaks extended down giving us the first joy of our trip which is an unforgettable experience. As soon as you will land at Tribhuvan International Airport, Mountain Sherpa Trekking and Expeditions office representative will receive at the airport and accompany you to your hotel. The representative will aid you to check into your selected hotel, and after you move to your rooms and refresh yourselves we will be shortly briefed about our everyday activities. The remaining time is open to move around and get familiar with your setting. In the evening, we will meet up with our senior trek guide who will brief the group about facts related to our trek.

Day 02:: Full day city Tour of Kathmandu city (1,300m/ 4,264ft)- Hotel Dwarika's

On this day you will have a full day sightseeing program. You will explore around Kathmandu valley and visit around historical as well as spiritual attractions. You will visit the places enlisted in the UNESCO World Heritage list including Durbar Square which will captivate you with the places like Hanuman Dhoka Palace, Kumari Ghar, where Living Goddess- Kumari lives. Also, you will get to go around a number of temples in Kathmandu Durbar Square. Likewise, you will go around Boudhanath; one of the largest stupas; Swayambhunath which is set at the top of the hill of the city also referred to as the Monkey Temple; Pashupatinath which is Hindus holiest place.

Day 03:: Fly to Lukla & Trek to Phakding / Manjo (2835M / 9298F)-Approx.4/5 hrs-Yeti Mountain

Dear guest, Please be informed that due to traffic congestion as well as renovation in Kathmandu airport, most of Lukla flight has been operating from Manthali airport since **July 2019**. For your information, it takes roughly 4 hours drive to get to Manthali airport from Kathmandu by Arniko Highway. This means you need to wake up early in the morning **around 2:30 AM - 3:00 AM** to go for a drive and catch your early morning Lukla flight from Manthali

Another best option is you can go Ramechhap one day earlier by private Vehicle or you can fly to Lukla directly by Helicopter. For a Helicopter flight, it cost approximately USD 300-500 Per Person. If you are looking more comfortable & hassle-free journey then flying by helicopter to Lukla would be the best option.

If you want to drive Ramechhap as per the original itinerary then, we will drive to Manthali Airport by our comfortable Private vehicle early in the morning. it takes about 4 hours to reach Manthali by road from Kathmandu. We take an early morning adventurous flight from Manthali Airport to Lukla. This air route is one of the most beautiful routes in the entire world filled with the highest peaks and incredible green forests. It takes around 20 minutes to reach Lukla by flight from Manthali Airport.

Arguably, this is one of the most beautiful sky routes in the world, which concludes in a remarkable landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, you meet the other trekking members, and after some sorting and packing and arrangements, you will start your trek through the pretty wealthy village of Lukla until you reach Phakding.

To assist in acclimatization, we only have a short hike today. However, if you are interested in additional activities, we can take a side trip to a nearby monastery. This is our first Overnight in Phakding. Best Lodge accommodation

Day 04:: Trek to Namche Bazaar (3440M / 11283F) - Approx.5/6 hrs- Yeti Mountain Home

After having breakfast, our walk takes us through a beautiful pine forest, next to Dudh Koshi River traversing a lot of suspension bridges passing through Sherpa settlements like Benkar, Manjo as well as Jorsole. Besides, you will reach the serene viewpoint to witness Mt. Thamserku (6618 m) after crossing the check post. The path moves to the Dudh Koshi riverbed to the meeting spot of the Bhote Koshi and Dudh Koshi rivers. On the way exciting sight of Mt. Everest, Nuptse- Lhotse ridge will completely capture you. About 3 hours ascend through the breathtaking pine forest, as a final point, we will reach a well-off trading and administrative settlement Namche Bazaar.

Day 05:: Hike to Khumjung village 3,790 m (12,430 ft) & trek to Everest View Hotel. 4-5 hrs.

Today we'll take a moderate hike to gain a little height and explore the little delightful Sherpa villages of **Khumjung & Kunde**. While here, we visit the Edmund Hillary School and Khumjung Monastery (a monastery famous for housing the head of the Yeti!).

Your guide will take you to a couple of wonderful viewpoints to see the 'rockstars' of the mountain world spread out before you: Lhotse, Nuptse, Everest, Ama Dablam... they ring the deep valley sides in a magnificent arena. You should also be able to see the trails to Everest.

We hike from Khumjung to **Hotel Everest View (3,880m)** will take around 1 hour. Once you have reached Hotel Everest View, you will be served a refreshing glass of hot lemon with honey, which you can enjoy with the spectacular view of the Everest range. Opened in 1971, Hotel Everest View has been listed on the Guinness Book of World Records (2004) as the Highest Placed Hotel in the world at 13000ft.

day 06:: Trek to Thame Village 3,750 m/12,303 feet. overnight stay at comfort lodge

After breakfast at Everest View Hotel, begin your walk to **Thame**, which should take approximately 5 hours walk. You will pass through a beautiful pine forest and typically **Sherpa homes**. This trail forms part of the entry route to Tibet, which passes at Nanga La, near the 8, meter peak of Cho Oyu, first climbed in 1954. It is also the historical route that the Sherpa's migrated from eastern Tibet 800 years ago. A lunch stop is made at Thamo. It's also the home of Ang Rita Sherpa, who holds the record for scaling Mt. Everest ten times without oxygen.

After lunch, you hike slowly up passing a monastery where nuns live and finally you come to the village of Samden. From here you descend down to the bridge and cross Bhote Koshi River and a half an hour ascent up to reach Thame Village, where you stay at Yeti Mountain Home.

Day 07: : Explore Thame Village and Trek to Namche Bazaar (3440M / 11283F), 5-6 hrs.

After breakfast at the lodge, take a half-hour walk up to Thame Monastery. The walk up to the monastery, 3,940m/12,927ft, which is over 600 years old is one of the four oldest in Sherpa country, takes about one hour. The main temple has a fantastic atmosphere, and, not surprisingly, the monks smile permanently. Incidentally, **Sherpa Tenzing Norgay's** house where he lived with his first wife is situated near the top of the village.

This monastery is located in the Khumbu region, 200 meters above the village. It is set on the southern slope of Sumdur Mountain under a very high rocky cliff, noted for its rock formations, which are mentioned in five books on the history of the region. The monastery was built in the 14th century. From the monastery you trek back to the lodge, arriving in time for lunch.

After lunch, you can also visit the home of two famous Sherpa's **One Tenzing Norgay and Appa Sherpa** who has now climbed Mount Everest 21 times. Thame is one of the prettiest Sherpa villages you will visit on this trek. The hike back to Namche in fact now only takes approximately 3 hours

Day 08: : Trek to Lukla, 2,804m/9,336ft – 5-6 hours. Yeti Mountain Home

This is the final day of our **Everest view luxury trek experience**, as we descend, steeply at first, to the trail beside the Dudh Kosi. We cross the river a couple of times on bridges and after 2 hours reach the village of Monjo. Continuing our trek and descending more slowly, the valley becomes more enclosed as we pass Phakding. After a stop for lunch, we continue on the river's true left bank to Chopting (2660m) where we begin the final climb of the trip (the sting in the tail) with a 45-minute steady ascent up to the airstrip at Lukla

Arriving at this bustling airstrip settlement, we check in at our **luxury lodge** and have some free time. In the evening, we savor our final mountain sunsets of the trek as we complete this exhilarating trip. Our last evening of the trek is a perfect time to celebrate a successful journey and a good time to give your gratitude to your porter and trekking crew for their wonderful support and to bid them farewell. Dinner at the hotel is included.

Day 09:: Fly to Kathmandu & Transfer Hotel Dwarika- Deluxe Room

We start the day with a spectacular morning flight over forests and villages to Kathmandu directly or to return via Ramechhap. Upon arrival, you will be transferred back to the Hotel Dwarika and have the remainder of the afternoon free. There will be plenty of time to relax or do some last-minute shopping/sightseeing. We find that most people want to simply unwind and enjoy the hotel facilities, whatever you choose, and we'll help!

Day 10:: Free day in Kathmandu for shopping or relaxing at Dwarika's

This is an important contingency day in case of delays to the flights from Lukla. If we have experienced no delays this is an opportunity to explore the fascinating city of Kathmandu. The afternoon is free for independent sightseeing or shopping in the colorful bazaars. This evening we will have a celebratory meal and reflect on our Everest adventure.

Day 11:: Departure to Airport by private car & fly Back to Home. (B)

This is your last day in Nepal. Our representative will drive you to the airport. And, you will return back to your home country.

Cost Includes

Transports & Accommodations

- Private Transfers upon arrival and departure
- Kathmandu-Lukla-Kathmandu Round-trip flight
- 3 Night luxury hotels in city as specified in Itinerary
- Comfort Sherpa lodge accommodations during trek
- Airport Transfers for domestic flight from Hotel

Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Black Tea, lemon tea, milk tea or Coffee as per choice
- Welcome dinner at best local restaurant with cultural show
- Energy bars or local cookies for Brunch

Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates
- Hot water bag to warm your feet inside the sleeping bag

Trekking Permit Fees & Entrance Fees

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Half day Cultural tour in city including guide and driver

- Entrance fees to historic sites, temples and monuments
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

ACCOMMODATIONS

THIS TREK PACKAGE INCLUDES FOUR NIGHTS IN NEPAL'S PREMIER HOTEL (DWARIKA'S HOTEL)

The Dwarika's Hotel in Kathmandu is a heritage hotel that contains some of the best Nepali craftsmanship and captures the beauty and spirit of Kathmandu. For decades this family-run hotel has offered comfortable accommodations in an urban retreat-like setting, while also actively leading local heritage conservation efforts. (Pool, spa).

Five Nights Yeti Mountain Home:

Yeti Mountain Home is a group of luxury lodges located on a world well-known hiking route in the Khumbu/Everest region of Nepal.

One Night Everest View Hotel:

Hotel Everest View is situated within the Everest National Park in Nepal and offers a fascinating view of Mount

Everest and offers 360-degree view of the awe-inspiring peaks. Hotel Everest View has been listed on the Guinness Book of World Records (2004) as the **Highest Placed Hotel in the world at 13000ft.**

Optional Accommodation for cheaper Trek Package:

This trek is perfect for those who are looking for more comfort and luxury trekking experience in Nepal. As you know, our trek package Prices vary based on hotel, lodges, and the level of luxury. Therefore, If you are looking for cheaper options, we can customize this trek package as per your budget.

As a local expert Sherpa Company, We would like to suggest you variety of **Accommodation options** and help you to select the best option that suited to your tastes and budget. Please find below other hotels and lodges options for this trek.

LUXURY 5 STAR HOTEL ACCOMMODATION:

- **Marriott Kathmandu** - Located at Naxal, Kathmandu. Combine the modern design with local creativity
- **Yak and Yeti Hotel** - Centrally located Luxury 5 star hotel in Kathmandu

Standard Sherpa Lodge Options:

1. **Lukla:** Hikers Inn, Everest Alpine Lodge, or Similar
2. **Phakding:** Sherpa guide Lodge or Similar
3. **Namche:** Hotel Khangri, Namche Hill Top Lodge, or Similar
4. **Thame Village:** Everest Summiteer Lodge or Similar

LUXURY 4 STAR HOTEL ACCOMMODATION:

- Hotel Mulberry = Set at the heart of Kathmandu, **Hotel Mulberry** offers spacious and elegant rooms with a complete range of services and facilities

NEPAL VISA

A tourist visa can be obtained on arrival at Tribhuvan International Airport, Kathmandu. The current fee for a multiple-entry visa valid for **15 days is USD \$30**. A multiple-entry visa valid for **30 days is USD \$50**. All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

'On Arrival' visa procedure is very quick and simple. You can expect some queues during peak Tourist season. If you wish to skip those queues, you can also consider getting Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. The choice is yours.

Once you arrive at the airport, please follow these simple procedures for Tourist Visa on Arrival.

1st Step

Fill in ' Arrival Card '

Fill in the Online [Tourist Visa form](#) (you can fill it out prior to your arrival by visiting the official website of the Department of Immigration / fill it up using Kiosk machines upon your arrival at the airport). If you fill it in from the website, you will get a submission Receipt with a barcode, please print it out and bring it along for acquiring a visa. It works for fifteen days and becomes invalid then after. If so, you will have to fill it up again.

2nd Step

Make payment at the bank according to your visa requirement (15/30/90 Days) Get the receipt

While you can use different modes of payments (at the visa fees collection counter), we advise you to carry some cash to be on the safe side.

3rd Step

Proceed to the Immigration Desk with your online form, payment receipts, and your passport. Hand in your documents to the immigration officer for visa processing. He/she issues a visa to you upon his/her satisfaction.

On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

CASH & CREDIT CARDS:

Nepal: Cash transactions can generally be made in either U.S. dollars or local currency. U.S.dollars should be recently issued bills in smaller denominations. Major credit cards are accepted mainly in the larger shops, hotels, and tourist category restaurants. Access to ATM machines is available in bigger cities like Kathmandu & Pokhara but is limited in rural areas.

PACKING LIST

Packing List Everest view luxury Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

Hand

1. Fleece/Wool Gloves

Core Body

1. Base layer shirts

2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Underwear (3-4 pairs)
7. Sleeping bag (comfort rated -10°C)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Rain Pants (Lightweight, Waterproof, Breathable)- optional
3. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 2-3 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)

7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary during trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for Everest view luxury Trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffel bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 20-25 kg of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg/26.5 lbs.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the Nepal trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone) etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.

LUKLA FLIGHT

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, **Mountain Sherpa Trekking & Expeditions** will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilized. US cash, traveller's cheque, or credit cards (Visa, MasterCard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance.

The minimum cost will be US\$350 and maximum US\$650 depending on the number of group Members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx. 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

EXTRA COSTS:

Our Everest base camp trek packages are all inclusive but we advise that you budget between \$400 and \$500 for additional expenses on your trek including tips. We also suggest you plan on having extra moneys available in cash or on a credit card in case you require to book a helicopter in the event your flight is cancelled.

Unforeseen cost due to flight cancellation, weather conditions etc. You are responsible for extra hotel nights and meals in Kathmandu or Lukla that are a result of flight delays.

Nepal entry visa (\$40 USD).

Meals: All the meals are included on the trek however we only include breakfast while you are in city. you can budget \$10-15 per day for lunch and dinner in Kathmandu.

Gratuities: Tipping is always appreciated and should be based totally on your satisfaction. Although it may not

be customary to you, it is of considerable significance to the people who will take care of you during your trips.

Wifi , Batteries Charging and hot Showers also not including on the trek package. Wifi is available in some teahouses for \$3 to \$5 an hour. Hot Showers are also available in a few of the teahouses for between \$4 and \$6. You can also charge your electronic devices in the lodges and charging costs between \$1 and \$3 an hour.

TRAVEL INSURANCE

The importance of Everest View luxury Trek Insurance

Travel insurance is necessary for any trip, but is mainly important when undertaking activities such as high altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur. This can be anything from lost or stolen luggage to a full helicopter rescue off a mountain.

For Everest base camp trek you need to confirm that your travel insurance covers Helicopter Rescue with a height limit of no less than 5,500m. Most standard policies provide cover for walking up to a maximum of 2,500 meters.

The Nepal Trekking Activity Pack add-on extends cover to include trekking between 4,600m and up to 7,000m within Nepal and also includes all activities in the Extreme Activity and Activity packs.

Mountain Sickness

When we hike above 3500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have designed our treks itinerary so that you walk gradually, allowing acclimatization to occur. However, during the acclimatization process, You may experience some of the following symptoms.

1. Tiredness
2. Minor Headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation
8. Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we urge you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend. Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.