# Luxury Everest view trek-10 Days (all-inclusive)

**5 Star Hotel Package**

**3000**USD per person

*Including healthy meals

**Trip Style:** Trekking & Hiking

**Trip Difficulty:** Moderate

### Book our Luxury Short Everest View Trek for an unforgettable adventure! Experience the rich Sherpa culture and witness the majestic Everest, all in a short but spectacular trek through Khumbu.

**Our Luxury Sherpa Everest Trek is one of the most popular trek packages for those who want to experience a short trek in Everest, explore Sherpa villages, and enjoy the best views of Everest. This trek allows you to stay in luxurious lodges along the Everest trail.**

The Luxury **Short Everest Trek** offers a quick yet unforgettable journey into the heart of the Himalayas. This trek takes you through the stunning Khumbu region, where you'll experience Sherpa culture and be mesmerized by panoramic views of Everest (8,848m) and surrounding peaks. Ideal for those seeking comfort without sacrificing breathtaking scenery, it’s a dream trek for adventurers with limited time.

The adventure begins with an exciting flight to Lukla from Kathmandu, followed by a scenic trek through Sherpa villages like Khunde and Khumjung, where you’ll discover local traditions. Guided by our expert Sherpas, you can relax as our porters carry your luggage, allowing you to immerse yourself in the beauty of the landscape. Stay at the world’s highest hotel, **Everest View Hotel, at 13,000 feet,** with stunning views of Everest. After a rewarding day, enjoy cozy accommodations and top-notch service at high-altitude lodges. This luxury trek includes premier hotels in Kathmandu and the finest lodges along the trail, creating an experience to remember. Your Everest adventure awaits!

## Why Book the Luxury Short Everest View Trek?

1. **Unmatched Luxury & Comfort:** Elevate your trekking experience with our exclusive package, offering a stay at Kathmandu’s luxurious Dwarika's Hotel for four nights, followed by five nights in top-tier Everest lodges. You’ll spend a night at the iconic Everest View Hotel, renowned for its world-record 360-degree views of Mount Everest, where luxury meets adventure in the heart of the Himalayas.
2. **Breathtaking Scenic Beauty:** Prepare to be awestruck by panoramic views of Mount Everest and surrounding peaks. With every step, you'll be immersed in the raw beauty of the Himalayas, capturing one-of-a-kind landscapes that most can only dream of witnessing.
3. **Authentic Sherpa Hospitality:** Trek alongside expert Sherpa guides, whose warmth and generosity are legendary. With over 27 years of experience, our guides offer unparalleled cultural immersion, sharing insights into the rich Sherpa heritage and traditions that make this journey truly unforgettable.

Book now for an adventure where luxury, breathtaking views, and authentic culture come together, creating memories you’ll cherish forever. Your extraordinary Everest experience awaits!

DURATION: 10 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 Kathamandu (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- Luxury Lodge**

Dear guest, Please be informed that due to traffic congestion as well as renovation in Kathmandu airport, most of Lukla's 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- Luxury Lodge**

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 Manju Village 2,835 meters/9,301 feet. overnight stay at luxury lodge**

The trek from Everest View Hotel to Manju typically takes around 4 to 5 hours, depending on your pace and weather conditions. Starting from the Everest View Hotel, located at an altitude of approximately 3,880 meters (12,730 feet), the trail gradually descends towards Namche Bazaar.

After reaching Namche Bazaar, located at 3,440 meters (11,286 feet), you'll begin a steeper descent. The trail heads downhill through forested sections, offering scenic views of the Dudh Koshi River and surrounding peaks. You will then pass through Jorsalle before finally reaching Manju, situated at an altitude of approximately 2,835 meters (9,301 feet). Manju is a small village just before the entrance of Sagarmatha National Park, and it provides a great resting point for trekkers.

**Day 07: : Trek to Lukla, 2,804m/9,336ft – 5-6 hours. Luxury Lodge**

The trek from Manju to Lukla takes around 5 to 6 hours, covering a distance of approximately 14 kilometers (8.7 miles). Starting from Manju at an altitude of 2,835 meters (9,301 feet), the trail initially descends gently through forested areas along the Dudh Koshi River. You'll pass through several small villages, including Phakding, as you follow the river downstream.

The route features several suspension bridges, including the famous Hillary Suspension Bridge. After crossing the

bridge, the trail involves several ascents and descents, with more uphill sections as you approach Lukla. The final section includes a steady uphill climb leading into Lukla at an altitude of 2,860 meters (9,383 feet). Upon arrival, most trekkers spend the night in Lukla to rest before their flight back to Kathmandu.

**Day 08:: Fly to Kathmandu & Transfer Hotel dwariks- Deluxe Room**

We start the day with a spectacular morning flight over forests and villages to Kathmandu directly or to return via Ramechap. Upon arrival, you be 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 09:: Full-Day Journey Through the Historic Cities of Patan and Bhaktapur**

After savoring a delicious buffet breakfast at your luxury hotel, our guide will whisk you away on an unforgettable city tour filled with charm and wonder. Begin your journey in Patan Durbar Square, a vibrant masterpiece where centuries-old temples and intricate carvings blend seamlessly with the bustling energy of daily life. As you wander through the lively streets, you'll feel immersed in Nepal's vibrant Newari culture, with its rich history unfolding before your eyes.

Next, venture to Bhaktapur, a captivating medieval city that feels like stepping into a time capsule. Majestic temples and palaces line its grand Durbar Square, while artisans skillfully craft pottery and woodwork, continuing the city's timeless traditions. Every corner holds a story, every detail a glimpse into a bygone era. It's a day brimming with culture, history, and unforgettable beauty.

**Day 10:: Departure to Airport by private car & fly Back to Home. (B)**

After a hearty breakfast, our team will escort you to the airport for your journey home. It has been a pleasure to share this adventure with you, and we at Mountain Sherpa Trekking are grateful for the bond we've formed along the way.

Thank you for choosing us to guide you through the wonders of Nepal. We hope your Luxury Everest View trek and cultural explorations have left you with unforgettable memories.

Farewell for now, and may your future travels be filled with excitement and discovery.

# Cost Includes

## Transports & Accommodations

- Private Transfers upon arrival and departure
- Kathmandu-Lukla-Kathmandu Round-trip flig
- 4 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

## Stay 4 Nights at Kathmandu's Dwarika's Hotel

Experience unparalleled luxury with our Luxury Everest View Trek package, featuring a four-night stay at Kathmandu's premier heritage hotel, Dwarika's Hotel. Nestled in the heart of the city, this family-run gem showcases exquisite Nepali craftsmanship and offers a serene urban retreat. Indulge in world-class amenities including a tranquil pool and rejuvenating spa, providing the perfect complement to your adventurous days in the Himalayas. Book now to elevate your journey with comfort and cultural immersion at Dwarika's Hotel, where luxury meets tradition in every unforgettable moment.

## Experience 5 Nights of Unparalleled Luxury Lodging in Everest:

Step into a world of luxury during your unforgettable Luxury Everest View Trek. Immerse yourself in opulent accommodations that blend seamlessly with the breathtaking Himalayan landscapes. From serene sunsets over majestic peaks to the warmth of Sherpa hospitality, every moment is crafted for indulgence and adventure. Embark on this journey of a lifetime where comfort meets the thrill of discovery.

## Experience One Night at Everest View Hotel:

During your trek, luxuriate in a night at the renowned Everest View Hotel, nestled within Nepal's Everest National Park. Marvel at its breathtaking 360-degree views of majestic Mount Everest and surrounding peaks, an experience that blends luxury with the thrill of adventure. Listed in the Guinness Book of World Records (2004) as the Highest Placed Hotel in the world at 13,000 feet, it promises an unforgettable stay amidst the Himalayan splendor.

## Experience Everest in Style: Luxury and Budget-Friendly Trekking Options

This trek is perfect for those seeking a luxurious and comfortable trekking experience in Nepal. Our trek package prices vary based on the choice of hotels, lodges, and the level of luxury. If you're looking for more affordable options, we can customize this trek package to fit your budget. For more details, you can also visit our Budget Everest View Trek link.

As a local expert Sherpa company, we are pleased to offer a variety of accommodation options and help you select the best one to suit your tastes and budget. Please find below the other hotels and lodges available for this trek.

## The Mountain Sherpa Trekking Difference:

Mountain Sherpa Trekking & Expeditions works closely with and is one of the main supporters of local NGO Mountain Sherpa Foundation. We help them in a number of ways.

## Donation

Mountain Sherpa Trekking donates up to 15% of its annual revenue to Mountain Sherpa Foundation (MSF) Nepal's projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

# Sponsorship

One of the major activities of the Mountain Sherpa Foundation is the children's sponsorship program, which is conducted in full partnership with Mountain Sherpa trekking and its sister organizations.

# Partnership (Volunteering Program/ Charity trips)

The Volunteering Program, planned by Mountain Sherpa Trekking & Expeditions, aims to mobilize teams of experts and interested individuals as an effective and economic measure in providing the human capital for education, health,and community development in the villages of the Lower Everest region of Nepal,

For more details, visit Mountain Sherpa Foundation's website: Mountain Sherpa Foundation

# Ethical and Responsible Treatment of our Porters:

Most people would not be able to handle the challenges of these treks if it wasn't for the porters helping with all the lifting, preparing and cheering. They are the backbone of our company and the reason why Pasang Sherpa created Mountain Sherpa Trekking & Expeditions, to begin with. He began in this industry as a porter and understands their needs better than anyone. We are dedicated and promise a better life to every member of our staff. This involves a better salary, providing all their gear including warm clothes, proper hiking shoes for high altitude treks, and lodging.

And we help their families by helping their village schools, providing school materials for their kids, and medicine to the health clinic of their villages.

# 7 top reasons to Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues.

# 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 –10ºC)*

## 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 duffle 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 with 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 canceled 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, traveler'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 the 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 money available in cash or on a credit card in case you require to book a helicopter in the event your flight is canceled.

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 the 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 Shower are also not included in 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 5,5000m. 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.