

# Everest & Gokyo Lakes Trek



22 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

The Everest region is blessed with many of the world's highest mountains and is a mecca for trekkers from around the world. Among the many treks, Everest Base Camp is the most popular and this tour extends this classic trek to take in the stunning turquoise lakes of Gokyo. After reaching base camp, you'll cross the Cho La pass to reach the Goyo Lakes and experience some of the most spectacular views of Everest and Lhotse, to be found anywhere in the Everest region.



**Regular small-group departures run throughout the trekking seasons. Call or check the website for dates and prices. Private and tailor-made options are also available on request.**

**FLIGHT BOOKINGS AVAILABLE**  
See below for details

**TOUR HIGHLIGHTS INCLUDE:**  
Kathmandu sightseeing, Trekking in the Everest region, stunning mountain views, Gokyo Lakes.

<b>FLIGHTS INCLUDED:*</b> ✗	<b>LOCAL PAYMENT:</b> ✗	<b>ENTRANCE FEES:</b> ✓	<b>AIRPORT TRANSFERS:</b> ✓
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**To book visit: [www.nepal-uncovered.com](http://www.nepal-uncovered.com), email: [tours@nepal-uncovered.com](mailto:tours@nepal-uncovered.com) or call us on: +44 (0) 845 130 48 49 Please quote Tour Code: TRNPEG when booking**

TOUR FACTS	
<b>Tour Code:</b>	TRNPEG
<b>Group Size &amp; Age:</b>	Min. - 2 Max. - 12 / Min. age - 16
<b>Travel Idea:</b>	Trekking Tour
<b>Activity Level:</b>	Hard (Trekking grade: Strenuous)
<b>Max. Altitude:</b>	5,545m (Kallar Pattar)
<b>Comfort Rating:</b>	Basic
<b>Accommodation:</b>	4 nights in hotels, 17 nights in lodges
<b>Transport:</b>	Bus/minibus/jeep and aeroplane
<b>Meals:</b>	17 Breakfasts (B), 0 Lunches (L) and 0 Dinners (D)

YOUR 22 DAY TOUR ITINERARY	
<b>Day 1:</b>	Arrive in Kathmandu. Transfer from airport to hotel.
<b>Day 2:</b>	Kathmandu - Sightseeing tour.
<b>Day 3:</b>	Kathmandu to Lukla (flight). Trek to Phakding.
<b>Days 4-11:</b>	Trekking to Everest Base Camp.
<b>Day 12:</b>	Morning climb Kallar Pattar and walk to Dzonglha.
<b>Day 13:</b>	Early start to cross the Cho La Pass to Thagnak.
<b>Day 14:</b>	Trek from Thagnak to Gokyo.
<b>Day 15:</b>	Free day for Gokyo Ri and/or high lakes walks.
<b>Day 16:</b>	Gokyo to Dole.
<b>Day 17-19:</b>	Dole to Lukla.
<b>Day 20:</b>	Lukla to Kathmandu (flight).
<b>Day 21:</b>	Kathmandu - Free day (allows for Lukla flight delays).
<b>Day 22:</b>	Kathmandu - Free time. Transfer to airport for flight.

\* SEE WEBSITE FOR FULL PRICE LIST, FLIGHT QUOTES AVAILABLE ON REQUEST. / LAST AMENDED 07/01/2013 /

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## DETAILED ITINERARY

**Note:** This trek is not available from December to February as the Cho La pass may be impassable. Please see our Everest base camp trek for an optional alternative way to visit the Gokyo region as part of an Everest trek

### DAY 1 / ARRIVE IN KATHMANDU

We greet you at the airport and transfer you to your hotel in the centre of Kathmandu, where our Nepal Uncovered rep welcomes you, helps you settle in, and explains the agenda for the rest of your tour.

*Overnight at hotel in Kathmandu.*

### DAY 2 / KATHMANDU, TOUR

The first part of the morning will be dedicated to a pre-trek briefing and introduction to your trekking guide. After this we arrange for you to be taken on a guided tour of the fascinating, sprawling city of Kathmandu. We take you to visit Durbar Square with its splendid array of Hindu Temples and the old Royal Palace. Next, we climb up the many steps leading to the immense Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. You will also have plenty of time to check out the numerous little gift shops that line the maze-like streets. In the evening you have an opportunity to try out the numerous, restaurants and bars, and soak up the unique nightlife that makes Kathmandu a magnet for travellers from all over the world.

*Overnight at hotel in Kathmandu (B).*

### DAY 3 / KATHMANDU FLIGHT TO LUKLA, THEN ONTO PHAKDING

*Trekking time - 2½ hrs*

Today you set off early for Kathmandu airport, and take the short, but spectacular flight to Lukla airport (2800m). You begin your trek with a short day's walking. You start by descending into a

forested valley and then the trail climbs to Dungde (2630m), before descending to Ghat (2530m), with glimpses of spectacular peaks. You then follow the Dudh Kosi (Kosi = river) to Phakding (2652m) where you will stay overnight. With luck you'll see your first yaks of the trip about now.

*Overnight at lodge in Phakding (B).*

### DAY 4 / PHAKDING TO NAMCHE BAZAAR

*Trekking time - 5 hrs*

Leaving Phakding, you follow the Dudh Khosi northwards through Benkar, Chumowa and Jorsale to a fork in the river. You follow the left fork (of the Kyajo Khola) ascending up to Namche Bazaar (3,446m), the administrative centre for Khumbu. The town has a long history as a trading centre, though trade has diminished considerably from its heyday of exchanging salt for grain.

*Overnight at lodge in Namche Bazaar (B).*

### DAY 5 / ACCLIMATISATION DAY IN NAMCHE BAZAAR

You spend today acclimatising, which gives you the opportunity to explore the town and get a feel for the Sherpa culture, which is prevalent here in Khumbu. You also have the chance to take a walk to the scenic valley of Thame, with its precariously built monastery. You can also visit the Sagarmatha 'National Parks Visitor Centre', with a splendid display of Sherpa culture. The views from around Namche Bazaar can be very good, and (subject to weather) you get your first good sightings of Kwangde, Everest, Nuptse, Lotse and Ama Dablam, and others. There are also several interesting and scenic day walks you can do if you wish.

*Overnight at lodge in Namche Bazaar (B).*

### DAY 6 / NAMCHE BAZAAR TO KHUMJUNG

*Trekking time - 2½ hrs*

From Namche Bazaar you follow a small trail high above the Dudh Kosi River, and are rewarded with incredible mountain views. On a small ridge across the valley, the monastery of Thengboche can be seen. You descend to Khumjung, a beautiful small village where it is possible to sample the local Sherpa hospitality.

*Overnight at lodge in Khumjung (B).*

### DAY 7 / KHUMJUNG TO THENGBOCHE

*Trekking time - 2½ hrs*

Today you descend to the village of Shanasa and then Trashinga, where the trail drops steeply to cross the Dudh Kosi at Phukitenga (3,250m). You initially climb steeply before the trail levels out to a more gradual ascent to Thengboche. Thengboche is set in a beautiful meadow; high on a ridge surrounded by towering Himalayan peaks and is famous for the Thengboche Monastery.

*Overnight at lodge in Thengboche (B).*

### DAY 8 / THENGBOCHE TO DINGBOCHE

*Trekking time - 4 hrs*

You descend through a forest of birch, fir, juniper and rhododendron, to the nunnery at Deboche. You then cross the Imja Khola ascending gradually, with Ama Dablam dominating the skyline, following the trail that climbs over glacial moraine to Dingboche.

*Overnight at lodge in Dingboche (B).*

### DAY 9 / ACCLIMATIZATION DAY IN DINGBOCHE

Today you have a full day for acclimatisation and exploring. Dingboche is a beautiful patchwork of small fields enclosed by stonewalls, which protect the crops from the strong winds. Those looking for a pleasant walk can head up the valley towards Chukung, where the views are

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fantastic.

*Overnight at lodge in Dingboche (B).*

## DAY 10 / DINGBOCHE TO LOBUCHU

*Trekking time - 4 hrs*

Now well above the tree line you follow the trail to Dusa where you begin your climb of the Khumbu Glacier. Following the moraine of the glacier, with views of Kalar Pattar and Pumori, you finally reach Lobuche (4,930m).

*Overnight at lodge in Lobuche (B).*

## DAY 11 / LOBUCHU TO EVEREST BASE CAMP THEN BACK TO GORAK SHEP

*Trekking time - 5-8 hrs*

The views today are spectacular, as you are afforded the beautiful panorama of Everest, Nuptse and Ama Dablam. If you are up early enough to catch sunrise, you will see this magnificent view just light up in front of you. Your trek today can prove to be both mentally and physically demanding as you follow the glacier up to Gorak Shep (5,288m) where you will spend the night (if you are really feeling the altitude, you may descend 300m to Lobuche). You have the final trek up to the Everest Base Camp area today. There are a number of base camps here dating back to the 1920's; they stretch out around the Khumbu Icefall (4,930m). You may be lucky and see an expedition that is about to set out to climb Everest.

*Overnight at lodge in Gorak Shep (B).*

## DAY 12 / CLIMB KALLAR PATTAR AND WALK TO DZONGLHA

*Trekking time - 6 hrs*

You have a short walk this morning which takes you to Kallar Pattar (5,545m), from the summit of which you can witness one of the most spectacular views in the world, with an almost complete

view of Everest. After time on Kallar Pattar we continue our walk to Dzonglha where we spend the night.

*Overnight at lodge in Dzonglha (B).*

## DAY 13 / CROSS THE CHO LA PASS TO THAGNAK.

*Trekking time - 7 hrs*

From Gokyo you follow the wide valley up to towards the foot of the pass, crossing rock and, depending on the time of the year, snow, before eventually reaching the base of the pass. From here the ascent becomes much steeper across larger rocks and boulders as you head up a wide ramp towards the start of the snowfield. The glacier gradually ascends through a stunning high valley before reaching the high point of the Cho La pass (5,330m). The descent starts steeply, before gradually flattening slightly as you make your way down towards Thagnak.

*Overnight at lodge in Thagnak (B).*

## DAY 14 / THAGNAK TO GOKYO

*Trekking time - 4 hrs*

We leave Thagnak behind and drop down to river level and follow a fairly flat trail past several lakes to Gokyo (4,750m). The lakes are situated at the western tail end of the Ngozumpa Glacier (reputedly the longest in Nepal). As you progress the views are fantastic, Cho-Oyu dominates the view ahead, by sheer width alone, whilst Everest looking formidably ominous. Behind, you leave splendid views of Kang Tega, magnificently displaying her flanks.

*Overnight at lodge in Gokyo (B).*

## DAY 15 / FREE DAY FOR GOKYO RI OR HIGH LAKES WALKS

Today you have the option of relaxing in Gokyo itself or ascending Gokyo Ri (5,360m), where you have a magnificent Panorama of High Peaks. These include Everest, Lhotse, and Makalu. There is also the opportunity to view a few more lakes further up the trail. You may

on your 2nd night drop down to Na, situated at the base of the Ngozumpa Glacier.

*Overnight at lodge in Gokyo (B).*

## DAY 16 / GOKYO TO DOLE

*Trekking time - 5 hrs*

You have an early start with excellent views of Tamserku ahead. You stay on the eastern side of the Gokyo Valley, as you head back down the valley. The views are incredible as you leave the glacial moraine behind, and walk amongst green vegetation again. Eventually you arrive back at Dole (4,200m).

*Overnight at lodge in Dole (B).*

## DAY 17 / DOLE TO KHUMJUNG

*Trekking time - 6 hrs*

From Dole, you descend the Gokyo Valley along the Dudh Khosi. As you travel, you are rewarded with spectacular views of Khumbila and Taboche Peak. From Photse Tenga ascend the valley to Khumjung where you spend the night.

*Overnight at lodge in Khumjung (B).*

## DAY 18 / KHUMJUNG TO PHAKDING

*Trekking time - 5 hrs*

This morning we head back over the ridge and down in to Namche Bazaar, before the trail here drops down through pine forest to the river. Following the river, we retrace our steps back to Phakding.

*Overnight at lodge in Phakding (B).*

## DAY 19 / PHAKDING TO LUKLA

*Trekking time - 4 hrs*

The day starts with a gentle trek along

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the Dhud Kosi River, enjoying the forest, river and Sherpa villages along the way. There should be plenty of chances for wildlife viewing before the trail ascends back into Lukla where we spend our final night before flying back to Kathmandu.

*Overnight at lodge in Lukla (B).*

## DAY 20 / LUKLA TO KATHMANDU (FLIGHT)

With the trekking finished now you collect up all your kit and fly back to Kathmandu. The spectacular 40-minute flight takes you back to Kathmandu where you can spend the remainder of the day relaxing.

*Overnight at hotel in Kathmandu (B).*

## DAY 21 / FREE DAY IN KATHMANDU

Today is a free day to spend relaxing and recovering from your exertions. We also leave it free in case there have been any delays on your trek, or to the flight back from Lukla.

You may want to spend more time exploring Kathmandu and its surroundings; there are plenty of things to see and do. Perhaps some last minute shopping for presents will fill your last day in Kathmandu.

We offer several options today, including a mountain flight up to Everest, a tour to the nearby ancient areas of Patan and Bhaktapur, or an extension to the tour to visit Chitwan National Park, or to try some exciting rafting on the Bhote Khosi river.

*Overnight at hotel in Kathmandu (B).*

## DAY 17 EXTRA OPTIONS

**Patan & Bhaktapur tour option**

**Everest mountain flight option**

**Bhote Kosi rafting option**

**Chitwan safari option**

## DAY 22 / TOUR ENDS

Your tour ends after breakfast and, if required, we transfer you to the airport for your flight home.

(B).



**The views in the Everest-Himalaya area are indescribable. My guide was fantastic and had an abundance of local & historical knowledge. Nepal Uncovered were fantastic to me.**



ROBERT MOONEY

## SMALL GROUP, PRIVATE AND TAILOR-MADE TOURS

### SMALL GROUP DEPARTURES:

We have regular small group departures on this tour throughout the available seasons. Departure dates are given on our website, and on request.

### PRIVATE DEPARTURES:

You can also choose to do the tour privately, following the itinerary above, but on another date. We add a small supplement for these departures. Please contact us first to check availability.

### TAILOR-MADE TOURS:

Finally, this tour can also be used as a base for a private tailor-made

itinerary, to be run on any dates. You can make adjustments as per your own requirements (for example, adding extra days, slightly shortening the tour, adding some rafting etc.).

## ADDITIONAL INFORMATION

### OPTIONS:

#### Booking and paying for options:

Options may be booked by selecting them on our online reservation form, or after you have made your booking. Some options that are not accommodation based may also be added while you are in Nepal, subject to availability at the time. Prices are given on our website and on request. Credit Cards (add 3%), traveller's cheques or cash are accepted in Kathmandu for these payments. A receipt will be provided.

#### Single room supplement

If you want to guarantee yourself a single room throughout the tour, then we need to add a single supplement charge.

If you are a single traveller joining one of our Standard level group tours, then if you are happy to, you may share a twin room with another single traveller on the tour of the same sex. If there are no other single travellers available for you to pair up with at the time of your booking, then we will need to add the single supplement to your tour price, but will refund this or deduct it from your balance payment if we are able to pair you up later on.

**Note:** We cannot guarantee single rooms in the trekking lodges.

**Note:** Couples will always be given a private double room, and triple/family rooms are available on request.

*Book in advance. Pay in advance.*

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## Extra days - Price: subject to party make-up

These are available on request in Kathmandu before and after the tour starts and finishes. If you'd like to add extra days into the time elsewhere, then please request a tailor-made tour.

The price includes a night in the hotel, breakfast, all taxes and transfers. Single room supplements apply.

*Book in advance. Pay in advance.*

## Accommodation upgrades - Price: on request

If you are booking this tour privately (i.e. not joining one of our group departures), then we are happy to arrange to upgrade the accommodation in Kathmandu and/or Chitwan National Park if required. Upgrades would normally be to the following hotels (subject to availability):

### Kathmandu:

• *Yak & Yeti hotel or Dwarikas hotel.*

### Chitwan:

• *Rhino Residency, Temple Tiger Lodge or Tiger Tops Lodge.*

Please contact us for rates if required.

*Book in advance. Pay in advance.*

## Patan and Bhaktapur tour

This tour starts by crossing the Bagmati River to nearby Patan, often referred to as Lalitpur 'city of beauty'. Here you will spend plenty of time exploring Durbar Square, which has a fabulous concentration of Buddhist temples. After lunch we drive you out to the ancient city of Bhaktapur, for a tour of the many squares and temples, seeing stunning wooden architecture as well as exploring the narrow winding lanes which bustle with life. The tour lasts for a full day, and includes private transport and the services of a professional local tour guide. Single person supplements apply.

*Book & Pay in advance or in Kathmandu.*

## Everest mountain flight option

This flight leaves from Kathmandu early in the morning, and lasts for around an hour, taking you up towards Everest and the surrounding high peaks. You can even get glimpses of the high Tibetan plateau.

The planes have good-sized clear windows, and window seats are guaranteed.

*Book & Pay in advance or in Kathmandu.*

## Bhote Kosi rafting option - Price: Min 2 people (adds 2 days to the tour)

For those wishing to take the rafting to a higher level, this short option takes you to one of Nepal's wildest white water rivers, and one of the best two-day rafting trips in the world. This Grade 4 river (Class -IV to IV+ rapids) is just 3 hours from Kathmandu and makes an excellent adrenaline filled extension to your tour (other easier rivers are available on request).

The minimum age for this option is 16, and you need to be relatively fit and a confident swimmer, and be prepared for continuous, technical, and demanding rapids.

You will be joining a group operated by one of Nepal's premier rafting operators - please contact us to check availability.

*Book in advance. Pay in advance.*

## Chitwan safari extension option

We offer an extension to the end of the tour to take a 3-day, 3-night wildlife safari to Chitwan National Park. You'll enjoy jungle walks, canoe trips, elephant rides and cultural shows in this wonderfully idyllic setting. All park activities and entrance fees are included. Single room and single traveller supplements apply.

Your itinerary would run as follows:

## Day 21 / Drive to Chitwan

This morning, we drive from Kathmandu to the Royal Chitwan National Park (approx. 7 hours). You will be at the park for three nights and during this time you have an exciting itinerary with two full days in and around the park. Once settled into your lodge, you can eat, drink and relax and take in some of the spectacular settings that surround you.

*Overnight at safari lodge in Chitwan (B D).*

## Day 22-23 / Chitwan National Park

Over the next two days you will enjoy a number of exciting activities in and around the park, including:

- An elephant back ride into the park in search of the rare, Indian one horned rhino.
- A canoe ride down the Rapti River to observe the many bird species native to Nepal. You should also see many of the 160 species of migratory birds, which visit Chitwan seasonally. You may also see Gharial crocodiles sunning themselves on the riverbanks.
- A half-day jungle walk where you should see spotted deer and antelope and hopefully spot some more rhino.
- Another excursion takes you further into the park, this time travelling by jeep. The greater distances you are able to cover with the jeeps allow you to see more different habitats and visit the crocodile-breeding centre, located deep inside the park (Note: Jeep safaris are not always available, and will be replaced by another activity if they are not running).
- You will also make a tour of a local village where you can gain insights into the daily life of the people of this Terai region.
- Your lodge will also arrange an evening cultural program for you to attend, and, perhaps, participate in.

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*Overnight at safari lodge in Chitwan (2xB 2xL 2xD).*

## Day 24 / Drive to Kathmandu

Today you leave early for the drive back to Kathmandu. The 7-hour drive (a flight upgrade can be arranged if required) gives you one final chance to take in the beautiful scenery, which makes Nepal such a popular country to visit.

*Overnight at hotel in Kathmandu (B).*

## Day 25 / Tour ends

Your tour ends after breakfast and your time is free for some final sightseeing and shopping before we transfer you to the airport for your flight home. (B).

*Book in advance. Pay in advance.*

## Trekking pack option

This optional trekking pack provides a selection of equipment that you may want to use during your trek but not buy in advance or carry with you to Nepal. The trekking pack includes:

- **3 or 4-season sleeping bag** - You need to have a sleeping bag on all our trekking tours. We provide a 3 or 4-season bag (depending on your date of travel) which is washed between every use. We suggest you bring a sleeping bag liner for extra comfort.
- **trekking poles** - These provide extra support and assistance when walking up and down the many hills you'll be crossing during your trek and will take a lot of the strain off tired knees and legs.
- **down jacket** - These thick warm jackets are particularly welcome during cooler seasons and in the evenings at higher altitudes after you have finished walking for the day.

## INCLUDED IN THE PRICE OF THE TOUR:

- Meals as indicated on the itinerary
- All accommodation
- Sightseeing tours as indicated on the itinerary
- Entrance fees in Kathmandu
- Registered trekking guides & porters
- All transport & transfers
- Internal Flights
- Everest Conservation Area entry permits
- Trekking permit

## NOT INCLUDED IN THE PRICE OF THE TOUR:

- International airfares
- Visa costs
- Meals not indicated on the itinerary
- Drinks, snacks, tips, and other personal expenses
- Travel insurance - please see the policies available on our website
- Any other items not mentioned above
- Departure taxes

## ACCOMMODATION:

### 1. Hotels in Kathmandu

We use comfortable tourist class hotels in Kathmandu for this trek, based in or close to the main Thamel tourist area of the city. (approx. 3-star).

### 2. Trekking with lodges

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

understand this before embarking on this trek.

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

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples will be able to share). Some sheets & blankets are provided but we would strongly recommend bringing a sleeping bag and liner. We can provide sleeping bag, down jacket and trekking pole hire if required. Warm showers are available for a small fee at most lodges, though these may be bucket showers higher up.

### 3. Safari lodges in Chitwan National Park (for extension option)

At Chitwan National Park, we use safari lodges with comfortable clean rooms and en-suite bathrooms. We normally use lodges in and around the village of Sauraha on the edge of the park, which increases the number of activities you can do while at the park (normally Riverview or Rhino Lodge).

For further details on the hotels and accommodation used on this tour, please check out the information on our website.

Upgrades to Superior level hotels are available on request on private departures - see the Options section above or contact us for details and prices.

## TRANSPORT & TRANSFERS:

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

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Upgrades to internal flights are available on request.

Both your airport arrival and departure airport transfers are included (24-hour service).

## INTERNATIONAL FLIGHTS:

In order to keep our tours flexible, and to make them accessible to as many people as possible, we do not include your international flights in the set tour itinerary or price.

However, we do hold an ATOL (UK flight sales license) and are happy to book your flights for you. If you let us know your ideal dates and departure airport, then we will be happy to provide you with some flight options that we can arrange for you. You can then choose whether to book the flights through us, or make your own arrangements. Either way, your airport arrival & departure transfers are included.

## TOUR GUIDES & ENTRANCE FEES:

All your entry fees and permits are included (to cover entry into the trekking conservation areas, and sites on the city tour).

On the Chitwan Extension, all National Park activity costs are included, to cover one of each of the following: Elephant Ride, Jeep Safari, Jungle Walk, Village Walk, River canoe trip.

Fully trained English-speaking Nepalese trekking guides are provided throughout the trek, and many of our travellers consider them a highlight of their tour. We also provide a fully trained English-speaking guide for any sightseeing tours.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group)

To help support the local people and economy, and because we know it works best, our policy at Nepal Uncovered is to use only local guides and tour leaders on this tour. Please check our website for further details.

## TREKKING TIMES:

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

Acclimatisation days are added into all our itineraries where required, and these cannot be missed out. You can however, slightly adjust the itinerary as you go along if you are struggling on a particular day, or you want to forge ahead. If travelling with a group, you should be prepared to walk at the speed of the slowest member.

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

*"A serious trek, where we would expect you to have had previous trekking experience. You should be very confident of your trekking ability and be prepared to walk some long days perhaps on a steep climb (or descent). You may also have to walk difficult terrain for a number of days. This is definitely the kind of trek where you are more likely to experience extremes of altitude and/or weather. You may also be required to use an ice axe and crampons for part of this trek."*

For more information on trekking with us in Nepal, please check the Trekking Activity Guide page on our website.

## MEALS:

### Kathmandu:

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

## Lodge trek:

Breakfasts are included on the trek, based on breakfast items from the menu plus one drink. You may add to these if you wish, but a substantial & healthy breakfast is always provided. You will need to buy your own lunches and dinners and any of the lodges along the route offer an excellent variety of food. In places the menu might be limited but the food is always nourishing and wholesome. To protect the limited resources available in trekking areas, we politely suggest that you either eat the same meals as the guides and lodge staff, or try not to order too many different items from the menu. We suggest you budget approx. US\$310 to cover all your meals whilst on your trek.

## WHEN TO GO:

### Monsoon season:

*June to mid-September*

Trekking is possible in the Everest region throughout the year, including during the monsoon season. However, visibility may not be great lower down, with a good chance of rain, or snow higher up, and the trails can be slippery. Wear gaiters to protect from leeches lower down!

### Winter season:

*December to February*

You can trek in the Everest region during the winter season. However, the Cho La Pass is often blocked by snow, so we do not run this trek during this season. The latest start date we will allow is around the 20th November. Your guide's decision is final on whether it is safe or appropriate to attempt crossing the pass.

### Good trekking:

*Mid-September to end of November,  
March to May:*

**To book visit: [www.nepal-uncovered.com](http://www.nepal-uncovered.com), email: [tours@nepal-uncovered.com](mailto:tours@nepal-uncovered.com), or call us on: +44 (0) 845 130 48 49**

**Please quote Tour Code: TRNPEG when booking**

\* SEE WEBSITE FOR FULL PRICE LIST, FLIGHT QUOTES AVAILABLE ON REQUEST.

# Everest & Gokyo Lakes continued...



22 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

These seasons are the best time for trekking, with good visibility and fine weather. Mid-September, October and November are the most popular, with the busiest trails and lodges, with March-April also good but a little quieter.

## TIPPING:

While an accepted part of the culture and customs in Nepal, tipping is always optional, and any amounts paid should reflect excellent service. It is normal and accepted for people to tip differently, and you should not feel under any pressure to tip any particular amount. We are often asked for advice on common amounts however, and suggest that approx. 5% of the tour price would be a suitable budget.

## COUNTRY GUIDE:

For an in-depth overview of Nepal, including up-to-date regional security advice and information, please checkout the country guide pages on our website.

## DATES & PRICES:

We run several small-group departures during the main trekking seasons. These departure dates and prices are listed on our website and on a separate dates & prices sheet available on request. We can also run the set tour itinerary privately for you on other dates, or customise it to make a tailor-made tour to fit your personal requirements.

## HEALTH:

Recommended vaccinations and other health protection measures vary according to the country you are visiting, and where you are travelling from. You must obtain professional advice from your medical practitioner or a travel clinic on current vaccinations needed for your destination (1st Contact travel clinic gives free

advice tel. 0800 0393073). In general, most recommendations for Nepal include: Tetanus, Typhoid, Hepatitis A, Polio, Meningitis, Rabies and Malaria prophylactics.

## VISAS:

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, European & US citizens). The cost is US\$40 (UK Pounds also accepted) and the visa is obtained in the immigration area at the point where your passport is stamped (i.e. you don't need to join an extra queue). For further information, please check out the visa pages on our website, or contact us directly.

## RESPONSIBLE TOURISM:

We take responsible travel seriously, and as well as taking this into consideration when we design our itineraries, and select the people and agents we work with, we also donate £2 for every person travelling on of our Nepalese tours. This is split between two projects:

- Shree Nalang primary school, which is situated 80km NW of Kathmandu and caters for 5-11 year old children. Our donations are helping with renovations and building of new classrooms.
- Bardia eco lodge. We are helping to build a carbon neutral wildlife lodge with the aim of providing an environmentally sympathetic and sustainable destination for tourists, which will also benefit the local community.

If you would like to visit or support either of these projects while you are in Nepal, please let your guide or our Kathmandu representative know. Full details of our responsible travel policy are given on our website.

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# Everest Base Camp continued...



18 DAYS / SMALL GROUP OR PRIVATE TOUR / ECONOMY TOUR / PRICES FROM ONLY £535PP\* /

## PRE-DEPARTURE INFORMATION:

After booking, we will provide you with detailed information to help you prepare for the tour. This will include helpful advice on money, health, insurance, tipping, climate, clothing etc.

Further information is also available in the County & Travel guides on our website.

## FACEBOOK / TWITTER / BLOG

Uncover the World recently joined the Facebook community; it would be great if you joined us and shared some of your travel photos and stories. It's also a great way to stay in touch with your fellow travellers, share photos, and also keep updated with special offers and news about new tours and destinations from us - click on [www.facebook.com/UncoverTheWorld](http://www.facebook.com/UncoverTheWorld) and 'Like' us.

You can also follow us on Twitter - [www.twitter.com/utworld](http://www.twitter.com/utworld) If you'd like to post a blog about your trip you can also visit our blog page - <http://www.uncovertheworld.com/blog/>



**We really enjoyed our trek to Everest base camp and would like to thank you for a well organised tour. We certainly would not hesitate to recommend your tours to our friends.**



ALASTAIR & ASHLEY SMITH

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**Please quote Tour Code: TRNPEB when booking**

\* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.