

## Everest High Route

Ref # NEEH

### Asia, Nepal

A one of a kind mountaineering experience in the Nepalese Sherpa country, hiking over three 16,000 feet Himalayan passes from which you can enjoy exceptional panoramas of the most beautiful mountains on Earth.



## TRIP SUMMARY

### About Nepal

Trekking!

In Nepal, this word takes on a meaning of its own. Imagine a small mountainous kingdom, where the population moves exclusively on foot... Staged landscapes of a great diversity open before your eyes: rice plantations, canyons, villages, beautiful forests, glacial loneliness and prestigious summits.

You are in the middle of the great Himalayan landscapes!

### About the Adventure

A great traverse, not so frequented, to discover the Sherpa country by crossing all of the Khumbu valleys. Passes of altitude, lakes nestling against the moraine (accumulation of sand and rocks left by a glacier) of an immense glacier, exceptional panoramas on these myth-like Himalayan peaks: Cho Oyu, Ama Dablam, Everest, Nuptse, Lhotse and Island Peak... A trek accessible to any person in excellent physical condition, accustomed to climbing in altitude.

### Itinerary

- **Day 1/** Arrival in Kathmandu
- **Day 2/** Flight to Lukla (9,350 feet) - Phakding (8,530 feet)
- **Day 3/** Phakding - Namche Bazaar (11,286 feet)
- **Day 4/** Namche Bazaar - Thame (12,533 feet)
- **Day 5/** Thame - Marulung (13,615 feet)
- **Day 6/** Marulung - approaching Nangpa La (14,140 feet), Khusum/Arye (13,750 feet)
- **Day 7/** Chhulung Marsnak valley, Langden (14,436 feet)

### Highlights:

- A mountain dweller's traverse, with three large scale passes culminating at more than 16,000 feet.
- An unfrequented route which threads between all of Khumbu's great summits.
- The approach of Cho Oyu (26,906 feet), sixth highest summit in the world.
- 17 days of an original trek for discovering the entire Sherpa country.



### Trekking

Level: 1 2 3 4 5 6 

**Duration:** 21 days

**Group size:** 4 to 12 persons

### Available Dates and Costs:

03/08/2009 - 03/28/2009	\$2650
10/24/2009 - 11/13/2009	\$2650
03/06/2010 - 03/26/2010	\$2750
10/23/2010 - 11/12/2010	\$2750

### Services + :

Arrive Sooner - Stay Longer  
Everest Sightseeing Flight  
Single Supplement

### What's included:

- Meeting assisting at airport
- Experienced Mountain World Travel professional guide
- Local team: local guide, Sirdar, porters, cook, city guide (Kathmandu valley)
- Lodging in mentioned hotels and lodges, based on double occupancy
- Full board during the entire trip (from dinner Day 1 to breakfast Day 21), including mineral water (and coffee tea during trekking)
- Flight Kathmandu - Lukla round trip
- All mentioned visits and activities, entrances, park fees.



## MOUNTAIN WORLD TRAVEL

- **Day 8/** Renjo pass (17,602 feet) - Gokyo (15,715 feet)
- **Day 9/** Gokyo - Dragnag (15,420 feet)
- **Day 10/** Dragnag - Cho La (17,782 feet) - Dzongla (15,879 feet)
- **Day 11/** Dzongla - Lobuche (16,109 feet)
- **Day 12/** Kala Pattar (18,209 feet), Gorak Shep (16,929 feet)
- **Day 13/** Everest base camp (15,717 feet), Lobuche
- **Day 14/** Lobuche - Kongma La (18,159 feet) - valley of Chukung (15,518 feet)
- **Day 15/** Chukung Ri (18,209 feet)
- **Day 16/** Chukung - Dingpoche - Pangboche (13,058 feet) - Tengboche (12,664 feet)
- **Day 17/** Tengboche - Namche Bazar (11,286 feet)
- **Day 18/** Namche - Phakding - Lukla
- **Day 19/** Flight to Kathmandu
- **Day 20/** Reserve day Kathmandu
- **Day 21/** Depart from Kathmandu.

## DETAILED ITINERARY

### About Nepal The Adventure

This original program will make you discover the entire Sherpa country, by traversing all of the Khumbu valleys. From the capital Namche Bazaar, we leave Everest's traditional trekking route to take a pathway leading to Tibet, in direction of the very high Nangpa La, at the foot of Cho Oyu. A first pass, Renjo pass (17,519 feet), allows us to join a second important valley, the Gokyo, with its lakes nestling against the moraine of an immense glacier. We continue by the glacial pass of Cho La (17,782 feet) to go down, facing Ama Dablam, in the heart of the high summits of the Everest valley. We will contemplate the giant of the world from Kala Pattar (18,209 feet), before climbing the third pass, Kongma La (18,159 feet), very close to the immense southern faces of Nuptse and Lhotse. We arrive in the last valley that of Chukung, the famous trekking summit of Island Peak.

A circuit which allows us to approach the diversity of these very famous mountain regions, all while distancing ourselves from the crowds, as we use paths that are not so frequented.



### Itinerary

#### Day 1/ Arrival Kathmandu

Arrival in Kathmandu. Settle in at the Yak and Yeti 5 stars. Hotel for two nights. Some time available for a short visit of the city.

#### Day 2/ Kathmandu - Lukla (9,350 feet) - Phakding (8,530 feet)

Beginning of the morning, take off from Kathmandu for Lukla, splendid view on the Himalayas (this flight can be carried out only in good weather conditions). Organization of the loads with the carriers and the Sherpas. Beginning of the trek, in descent! Short and easy stage. Lodge.  
3 H walk.

#### Day 3/ Phakding - Namche Bazar (11,286 feet)

Right and left bank of Dudh Kosi, the pathway is cut out in the rock, bordered by different cultures, it goes up abruptly to Namche Bazar, capital of the Sherpa country. Many small shops, Tibetan souvenirs, Saturday markets. Lodge.  
6 H walk.

### Lodging

#### Top level Nepalese lodging in Kathmandu!

- Kathmandu: Yak and Yeti, 5 star deluxe Hotel, based on double room occupancy.

- Throughout the trek: accommodation in lodges. Often comfortable lodging meeting strict standards of construction, established by a charter: double rooms, separate beds, toilets outside. Some lodges are equipped with showers (water is often tepid) and with electricity, thanks to solar panels. However, the higher in altitude the lodges are, the more basic their comfort becomes.

#### To note

because of the lack of insulation and lack of fuel, the rooms of the lodges are generally not heated. For your comfort, it is essential to have a good, warm sleeping bag.

The names of accommodations (hotels, lodges, etc...) when they are indicated, are only indicative. Depending on availability, accommodations (hotels/Lodges, etc...) may be replaced by another equivalent type.

It is possible that accommodations may change without prior notice due to a number of factors.

### Food and Beverages

#### Meals

Downtown and during the transfers: restaurant.

During the trekking:

on the paths from one village to another, lunch in restaurant along the way, a energy food complement is provided, lunches and dinners are served in the lodges.

#### Drinks

- during trek, mineral water, tea and coffee included



**Day 4/ Namche Bazar - Thame (12,533 feet)**

Leaving Namche, the path crosses some pine and rhododendron forests and passes many small villages. Fauna, deer, pheasant... Lunch at Thamo, dominated by a convent. After crossing the Bhote Koshi torrent, deep and gushing, the path consistently climbs up to Thame village. Lodge.

4 H walk - Ascent = 1,500 feet - Descent = 260 feet.

**Day 5/ Thame - Marulung (13,615 feet)**

A consistent ascent on the left bank of Bhote Khosi, in mountain pastures punctuated by small villages occupied during spring and summer. Taranga village is legendarily known to be the village of the Yeti! Lodge at Marulung.

3 H walk - Ascent = 1150 feet - Descent = 65 feet.

**Day 6/ Marulung - Approching Nangpa La (14,140 feet) - Khusum/Arye (13,750 feet)**

Above Marulung the vegetation and the housing become rarities. We leave in the direction of Nangpa La (18,753 feet), too far to be reached in the course of the day. The pass is open to the caravans of yaks led by Tibetan merchants coming to trade in Khumbu. Prestigious panorama on Cho Oyu (26,906 feet), and of many summits between 19,500 and 23,000 feet. Lodge at Khusum/Arye.

6 H walk.

**Day 7/ Chhulung Marsnak valley, Langden (14,436 feet)**

Discovery and acclimatization day in the Chhulung Marsnak valley, very remote and wild area!. Lodge in the Renjo high valley, Langden, last settlement below the pass.

5 to 7 H walk

**Day 8/ Renjo pass (17,602 feet) - Gokyo (15,715 feet)**

Well acclimatized to the altitude, we can start this long and beautiful day.

From the pass, the fantastic view takes on, in alignment, the highest tops of the world which extend towards the East (the Everest, Makalu, Pumori...) is fantastic.

The southern wall of Cho Oyu is very close. Descent on the Gokyo glacier which is necessary to cross before joining the banks of the lake of the same name. Night in lodge.

4 H walk - Ascent = 1,591 feet - Descent = 1,968 feet.

**Day 9/ Gokyo - Dragnag (15,420 feet)**

Short stage. We follow the path that leads to the foot of Cho La. Crossing over the final tongue of the Ngozumpa glacier.

Lodge at the Dragnag hamlet at the foot of Cho La which we cross the next morning.

2. 30 H walk - Ascent = 164 feet - Descent = 459 feet.

**Day 10/ Dragnag - Cho La (17,782 feet) - Dzongla (15,89 feet)**

- Kathmandu, mineral water included

**To note:** In Nepal, Hindus and Buddhists are mainly vegetarians. Little meat or fish is thus eaten there. The dishes are containing pastes, rice, potatoes, lentils, etc.

**Luggage Tips**

Each participant walks with a light backpack, carrying only the personal items necessary for the half day (water bottle, camera, protective clothing, etc). The other part of the equipment is transported by the porters to the lodge. We are asking that every one have only one bag (trekking bag); the maximum weight of this bag should not exceed 27 pounds. At your arrival, we will provide you a bag cover in order to protect your bag during the trek.

**Staff**

**The guides:**

- an English-speaking professional Nepalese Mountain World Travel guide
- a guide specialized in the Kathmandu valley

**The local team:**

- a Sirdar, head of the porter organization, generally English-speaking
- porter (Sherpas) staff;
- a cook and, if necessary, their assistants
- one or more Sherpas according to the circuits, those aspiring Sirdars will insure your comfort by closing the circuit and double-checking that no one is left behind.

**What to know about carrying:**

in Nepal, carrying is part of every-day life. It begins its' practice with the very young. Provisions to feed the villages, building



A steep slope with a path leading to the pass (5 H of ascent). A new valley opens in front of us, a splendid reward for our effort. Easy descent (short passage on a glacier without danger) to the Dzongla hamlet. Lodge.

6. 30 H walk - Ascent = 2,625 feet - Descent = 2,165 feet.

Note: the passage of Cho La can be undertaken only in good weather and without the fall of fresh snow. The guide is the only judge of the conditions.

#### **Day 11/ Dzongla - Lobuche (16,109 feet)**

Hiking on the mountain side. Splendid views on the northern faces of Jobo Lhaptshan, of Nuptse, Pumori, Everest, Lhotse and Ama Dablam...

Settle in at Lobuche Lodge.

3 H walk - Ascent = 558 feet - Descent = 328 feet

#### **Day 12/ Kala Pattar (18,209 feet) - Gorak Shep (16,929 feet)**

The pathway skirts some valleys of ablation (refers to all processes by which snow, ice, water are lost from a glacier) and crosses the glacier moraines ending at the houses of Gorak Shep, at the bottom of Kala Pattar.

Regular ascent to this sumptuous view-point leaning against Pumori.

Unforgettable view on the Southern pass, key passage in the ascent of Everest and on almost the entire ascent route to the Roof of the World.

Settle in at Gorak Shep Lodge.

8 H walk - Ascent = 2,133 feet - D = 1,280 feet.

#### **Day 13/ Everest base camp (17,717 feet) - Lobuche (16,109 feet)**

Chaotic advance in the moraines (mass of rocks, sand left by a glacier), to the real Everest base camp. Uncomfortable, but the candidates to the summit live for two months here! And contrary to general belief, the base camp is perfectly clean today! You are at the foot of the frightening Ice Fall. The seracs (pieces of ice) fall... Amazing atmosphere and fantastic landscape!

Settle in at Lobuche (lodge).

8 H walk - Ascent = 800 feet - D = 1,600 feet.

#### **Day 14/ Lobuche - Kongma La (18,159 feet) - Chukung (15,518 feet)**

To join the slopes of Kongma La we cross the glacier of Khumbu. Sustained ascent up to the pass, at the foot of Nuptse, view from above onto the river of ice and onto the Everest valley. Descent to Chukung; the pathway passes under the enormous southern face of Lhotse, one of the highest on the planet (more than 9,800 feet high). Lodge in Chukung for two nights.

7 H walk - Ascent = 2,050 feet - D = 2,650 feet.

#### **Day 15/ Chukung Ri (18,209 feet)**

The day's plan takes form around your physical capabilities. Our first panoramic view point at 16, 545 feet allows us to get a global view of the surrounding summits (Everest, Lhotse, Nuptse, Ama Dablam.....). The most courageous can climb the slopes up to the 18,045 feet summit. Return to Chukung lodge.

materials, harvests, are carried on men's backs. For their personal needs, outside of trekking season, the Nepalese often carry between 130 and 170 pounds. The carriers often come from the lower valleys. Sherpas come from the Khumbu region, at the foot of Mount Everest. We ask the Sirdars to ensure that the weight-load does not exceed 67 pounds per carrier (no including personal material). The wages that the porters earn during the trekking season benefit the entire family even throughout the long months of tourist inactivity.

#### **Transportation**

Most Domestic flights on Yeti Airlines

Ground transportation is organized by private tourism bus vehicles.



Hiking time to reach the summit at 18,209 feet: 5 H 30. Ascent: 2,690 feet.  
Descent: 2,690 feet.

Hiking time to reach the summit at 16,545 feet: 2 H 30. Ascent: 1,050 feet.  
Descent: 1,050 feet.

**Day 16/ Chukung - Dingpoche - Pangboche (13,058 feet) - Tengboche (12,664 feet)**

Beautiful descent into the Khumbu valley, which seems enveloped in the faces of Ama Dablam.

Snack stop in front of the monastery of Pangboche. After crossing a footbridge over the torrent, we traverse, for approximately 1 hour, a very beautiful forest maintained by the monastery monks. Lodge close to the monastery.

5. 30 H walk - Ascent = 591 feet - Descent = 3,445 feet.

**Day 17/ Tengboche - Namche Bazar**

Fast descent into a beautiful forest. Footbridge at Phunki before a slow re-ascent on a balcony path leading to Namche Bazaar Lodge.

4. 30 H walk

**Day 18/ Namche - Phakding - Lukla**

We know the path already, as we "borrowed" it for our ascent. Last Lodge. Generally, we celebrate the success of the trek with our Sherpa friends.  
7 H walk.

**Day 19/ Lukla - Kathmandu**

Flight for Kathmandu. Settling in at the deluxe 5\* hotel, the Yak and Yeti, for two nights. Spare afternoon.

**Day 20/ Kathmandu**

Free or potential spare day to spend in Kathmandu. Hotel.

**Day 21/ Depart from Kathmandu**

Transfer to the airport from flight home.

**Itinerary Notes**

- The walking time schedules are given only as an estimate.
- For different reasons involving trip organization, daily schedules and planned altitude gains (ascent or descent) may be modified without any prior notice.

**Additional Information**

Although we are an experienced adventure travel company doing our best to respect the itinerary schedule as presented on this detailed itinerary, there is always the possibility that we may need to modify it for different reasons beyond our control. Please read the Registration Conditions: Terms and Booking conditions - Limitations of Liability.

## IMPORTANT INFORMATION

### Services +

#### Arrive Sooner - Stay Longer

Mountain World Travel circuits are provided with the following services:

- "Rendez-Vous" at the airport on Day 1, welcome and transfer to hotel
- Airport transfer on last day

For numerous reasons, one may want to arrive sooner for a trip or stay longer.

Perhaps, you wish to explore the city of arrival/departure more thoroughly, you may decide to arrive a day or two earlier and/or extend your trip after the tour and then return later.

Mountain World Travel is at your disposition for:

- helping you to book extra nights in any arrival or departure towns
- handling your airport-hotel transfer (private vehicle)

### Extra nights

Price/person/night, \$, (double occupancy room)	BB	HB	FB	Single
Kathmandu, 5 star hotel (The Yak & Yeti, or similar)	110	130	150	110

BB (Bed & Breakfast): night and breakfast

HB (Half Board): dinner, night and breakfast

FB (Full Board): dinner, night and breakfast, lunch

Double occupancy room: you have two people sharing a room (you must register together).

Single: supplement for a single room, which is mandatory if you register alone.

This service is subject to availability at the time of your reservation.

### Airport transfer

Private transfer, one way: \$ 15 per person

You only need to specify your desired arrival/departure dates and the requested services at the time of your registration.

In the event that you do arrive sooner or stay longer, the meeting or separation with your group occurs at the arrival or departure hotel specified to you on your confirmation.

### Everest Sightseeing Flight

You can enjoy the spare time of a free day in Kathmandu at the end of the trip by enjoying a tourist flight to the nearest major summits of the Nepalese

### What's Not Included

- International flights in/out Kathmandu
- All services mentioned in Services+/extensions/options
- Personal medical & Travel Insurance
- All items not expressly mentioned in "What's included".

### Extra Costs

- Drinks (except mineral water and tea/coffee during trekking)
- Personal expenses
- Tips for guide and porters
- Cost of foreign country entrance visa
- Airport taxes and depart from Kathmandu (approximately \$35)
- All items not expressly mentioned in "What's included".

### Equipment

#### Basic equipment

- A warm fleece hat
- A cap or a hat to protect from the sun
- Sun glasses (minimum index 3 or 4 for high mountain)
- Thermal top and bottom, (short and long) underwear (fast drying).
- Fleece turtle neck top
- A warm fleece jacket (light weight/wellinsulated).
- A waterproof/breathable shell jacket (Gore-Tex).
- A pair of gloves
- A rain poncho
- Hiking shorts
- Lightweight hiking long pants
- A Camelback or a water bottle.

#### Shoes and technical material

- Hiking socks
- Waterproof ankle hiking boots and asole offering good traction.
- Gaiters
- Head lamp
- A pair of telescopic walking poles

### Sleeping

Himalayas' Mountain Range.

Daily departures, every morning (weather permitting).

One hour of breathtaking views of the scenic beauty of the mighty mountains departing from Kathmandu.

The Everest flight is a sparkling clear journey across the world's highest peaks, Mt. Everest (29,029 feet) and the other ranges of the Himalayas, Gauri Shankar (23,405 feet), Nuptse (25,771 feet), Lhotse (27,940 feet), Amadablam (22,349 feet), Chamlang (24,012 feet), Makalu (27,766 feet), Cho Oyu (26,906 feet) to name a few including the Roof of the World - Tibetan Plateau

Duration: 1 H 15. Price: US \$160 US\$, price includes round trip transfer from hotel - airport.

Reserve and pay at site, with our local partner.

Aircraft: British Aerospace Jetstream 41

The Jetstream 41 is a highly efficient 30 seat turboprop aircraft. It is a pressurized and air conditioned aircraft with individual reading lights, large windows with stand-up headroom of over 5 ft 10 inches. It also has a lavatory facility.

The reduced cabin noise level is around 80dB (Decibel) which is less than the average airline in the US country.

It has powerful turboprops driving advanced five blade McCauley propellers, one of its kind in Nepal, which gives more stability during flight. The flight deck has modern EFIS glass displays (Electronic Flight Instrument System) and uses the latest generation technology.

It has advanced, easy-to-access, avionic and electronic components which increases the reliability and reduces the pilot work load. It, presently, is the fastest turboprop aircraft operating in Nepal. It is the only aircraft in Nepal which has the EGPWS system (Enhanced Ground Proximity Warning System) which works both horizontally and vertically, making it particularly safe and adapted to flying in mountainous Nepal. It is also equipped with TCAS-II (Traffic Collision Avoidance System). Back to Adventure Travel Tours in Nepal

### Single Supplement

Mountain World Travel trips are based on double occupancy rooms/double occupancy tents.

- Sleeping bag (that will keep you warm from a temperature of 23° F to 32° F).

### Luggage

- A back pack equipped with broad straps, with an adjustable anatomical back reinforcement, and a capacity of 7 to 9 gallons, for your daily belongings
- A soft travel bag, which can hold between 18 to 23 gallons that will be transported by the porter team or by vehicle during the day.

### Miscellaneous

- A change of clothes.
- A pair of replacement shoe laces
- A dop-kit and a bath towel.
- Toilet paper.
- A pocket knife (not in carry on luggage).
- Some plastic bags to protect your belongings.
- Duct tape.
- A bathing suit.
- A small pocket anti-theft protection device, to always keep on yourself, along with your identity papers, money, certificate of insurance.

### Some advice

During your flight your back pack should contain fragile and useful items that you might need while on the plane (camera, memory cards, jacket, books, magazines, medication, dop-kit etc).

When you are booking a trip alone, you will share a room/tent with another person from the group (regrouping males together, and females together). However, for your convenience, on most of our destinations, you can choose to upgrade your lodging on all of the nights of your trip by choosing an individual room/tent.

Single Supplement (\*): \$300 for the entire trip (\*\*)

\* Subject to availability at the time of booking.

\*\* Subject to availability in the lodges (bookings in advance do not guarantee a single room).

### **Air Travel**

As airfare is NOT included in our adventures, please check if your trip is "a guaranteed departure" before confirming your own airline travel arrangements. You can check your trip status at the Mountain World Travel website or contact the Mountain World Travel office at 1-970-544-WALK (1-970-544-9255) or at 1 888-MWT-TREK (698-8735).

Our preferred airlines to fly to Kathmandu:

- Star Alliance (United) in cooperation with Thai Airlines operates daily flights to Kathmandu from anywhere in the States through Bangkok.
- Qatar Airways operates daily flights to Kathmandu from Washington DC through Doha (and 4 times a week from New York) - Qatar is a member of Star Alliance.
- Oneworld, in cooperation with Cathay Pacific, operates four flights a week to Kathmandu from anywhere in the States through Hong-Kong.



### **Foreign-Entry Requirements**

Formalities for US, Canada, Australia, NZ passport travelers: a passport valid at least 6 months after the supposed return date of your journey; a visa is required.

Please visit

[http://www.nepalembassyusa.org/visa.php?page=tourist\\_visa\\_requirement](http://www.nepalembassyusa.org/visa.php?page=tourist_visa_requirement)

The visa can be obtained directly upon your arrival at the airport in Nepal.

Please bring 2 photo ID's with you: one is for obtaining the entrance Visa to

Nepal and the second is to enable us to obtain a Trekking Permit.

For US citizens, please check with US Government Travel Entry Exit Requirements.

For other nationalities, please contact the Nepalese embassy of your country.

## **Health and First Aid**

### **Vaccines**

Certain vaccines are highly recommended, but none are obligatory. We advise you to be up to date with traditional vaccinations: diphtheria, tetanus, polio, typhoid fever, hepatitis A, B and a vaccination protecting you from rabies is highly recommended for all.

Note: yellow fever vaccine is not necessary (no yellow fever in Asia) but required for any person coming from Africa or Tropical America.

### **Malaria**

A preventative treatment against Malaria is not necessary for this trip. For more information, visit <http://wwwn.cdc.gov/travel/destinationNepal.aspx>

### **Dentist and doctor**

A check up before your departure is recommended

### **Acclimatization and preventive treatment against altitude sickness**

We conceive our routes by first taking into consideration the best means for "altitude acclimatization". However, it is preferable to consider, with your doctor, a preventive treatment against altitude sickness (Diamox) and to check your capacity to evolve in altitude (specific tests may be considered). Please visit: <http://wwwn.cdc.gov/travel/yellowBookCh6-AltitudeIllness.aspx>

## **Physical Preparation**

### **LEVEL 6**

At least 4 months prior: Hike over 13 miles every weekend or on two consecutive days, carrying a backpack of 18 to 22 pounds AND you should be engaged in another intense sports activity that develops endurance on a year round basis.

## ABOUT NEPAL

### Country

#### Within the Kingdom of trekking

In Nepal, the word "trekking" takes on a meaning of its own. Imagine a small mountainous kingdom, where the population moves exclusively on foot.... Staged landscapes of great diversity open before your eyes: rice plantations, canyons, villages, beautiful forests, glacial loneliness and prestigious summits.

On your way, you will meet the people of Nepal. Their many demonstrations of religious life (prayer wheels, walls covered with prayers, flags, monasteries...) give rhythm to their life. For centuries, peasants, schoolboys and monks have traveled these very busy routes that lead up to the last inhabited villages.

Impassioned by culture, or strong desires to climb mythical summits, this trekking sanctuary reserves many surprises for you!



### Climate

Nepal is subjected to a monsoon mode which influences the choice of the trekking zones according to the seasons:

- Spring, from March to the end of May, is ideal for witnessing the vegetation explosion, in particular, the rhododendrons, situated around the Annapurnas, near the Everest base camp. A clear sky generally in the morning and frequent storms at the end of the day;
- Summer, from June to the end of September, very suitable for discovering the Mustang and Dolpo areas, the only parts of Nepal that are safe from monsoon;
- Autumn, from mid-October to mid-December, optimal trekking and expedition conditions, in all mountain ranges. Beautiful weather in general, colder in altitude approaching winter (possibility of snow).
- Winter, from mid-December to the end of February, dry cold, clear skies, a lot of sunshine... many advantages without tourist crowds.

### Currencies

The currency is the Nepalese Rupee (NPR).

We advise you to carry American dollars in small increments that you can exchange at your arrival in the airport, or in the big hotels. There are ATM

### Highlights

- The broadest choice of voyages, which allow you to approach all facets of Nepal.
- The Yak & Yeti, five star deluxe hotel in Kathmandu.
- Proactive and innovative, thanks to our exclusive partnership with the first Nepalese Trekking agency.
- Safety on the terrain: hyperbaric chamber and satellite telephones for trekking peaks and expeditions.
- Entrance to the monuments and monasteries of Kathmandu valley included in the price for all of our trips.
- Guaranteed departures with 4 participants.

### Profile

- **Population** 29 million split in many different ethnic groups
- **Surface** 56,837 square miles
- **Capital** Kathmandu
- **Main cities** Pokhara, Biratnagar
- **Summits** Everest: 29,035 feet  
Annapurna I: 26,545 feet
- **Official language** Nepali, but also Hindi and many dialects
- **Religions** Hinduism (86,5%), Buddhism (7,7%), Muslim (3,8%), minorities
- **Head of the country** King Gyanendra Shah
- **Political Status** Interim government
- **Time shift**  
<http://www.worldtimezone.com/utc/utc+0500.html>

### Respect of Customs and Habits

- Wear long and roomy clothing, covering knees and shoulders, downtown and in the villages.
- Avoid contact with certain body parts (caressing a child's head, shaking a woman's hand).
- Couples, be discrete in your signs of affection

machines in Kathmandu.

### Travel Warnings

As an organizer of worldwide trips, Mountain World Travel is concerned for our guest's safety and security. We always keep ourselves up to date with current travel warnings and always consider the government safety advisories, while organizing and preparing our different trips.

Please double check on the official government website regarding each country's warnings.

Us Government Travel Advices

### Our Story

The success of Mountain World Travel in Nepal is closely related to our common history with the Nepalese Thamserku Trekking agency. Today, it is a very famous agency, founded in 1989 by Sonam Sherpa's family. All starts in Nepal in 1985 when two mountain guides, Philippe Allibert, and Jean-Luc Poulat, successively climbed to Everest base camp. Then in 1987, at Lukla's airport, Tendi Sherpa met Jef Tripart, high mountain guide and cofounder of Allibert-Mountain World Travel; so began this beautiful adventure.

Born to a modest family from a Khumbu valley village, Tendi and his two brothers, Tashi and Sonam Sherpa had the chance to be provided with an education. After the three of them worked as Sirdars, they decided to start their own agency in Katmandu: Thamserku Trekking. With them, in 1989, the company, Allibert-Mountain World Travel integrates and, Simone Allibert, establishes the first guest satisfaction survey with the goal of providing the best customer service in Adventure Travel. Since 1992, due to the competence of local professionals, Nepalese guides lead groups on treks, except for some of the more committed treks and expeditions, which are still led by high mountain professional guides (UIAGM-IFMGA).

Today, it is Sonam who specifically works with Mountain World Travel and continues to invest himself in the permanent improvement of the circuits, the guides' training and the local teams' working conditions.

### Responsible Approach

For a long time, we have been involving ourselves, responsibly in Nepal. Here are, some of our actions in this country:

- 1996: rebuilding the Pangboche school in Nepal (with Solidarity Nepalese Children).
- 2002 to 2004: sending full mountaineering outfits or trekking shoes to equip the carriers (with the help of the French Ski schools and Salomon, the outdoor equipment company).
- 2003: participation in cleaning the Dhaulagiri base camp (Nepal).
- Since 2005, working to improve working conditions for the carriers, we set up two actions aiming to sensitize and better involve the Sirdars, the people truly responsible for these carriers.

- While having picnics on the ground, please, don't make the mistake of walking over food
- Fire is holy and home is a pure place; never throw waste in either place.
- Remove shoes when entering a place of worship or even a residence.
- Circumvent temples and monuments from the left (cosmic direction).
- It is customary to donate a few rupees in visited sanctuaries and temples.

#### Advice of Sonam, founder of our Nepalese agency:

- Never distribute money, candy or pens, especially to children, in order to not encourage to beg. It is preferable to offer gifts to associations, schools, community clinic or other recognized organizations.
- Do not distribute any kind of medication which could be misused for lack of knowledge.
- Before entering a residence, wait to be invited in.
- Ask permission before taking a picture.

#### Some Advice

##### How to render yourself comprehensible in Nepal?

Except for the carriers, our local team speaks English. In any situation, your English-speaking guide will be there to help you to communicate. Also do not forget to learn some key words!

##### Is there a risk for tourists traveling to Nepal?

No! The situation in Nepal has improved considerably since spring 2006. Before this ultimate rebellion, certain areas of the Kingdom had to be avoided, but the principal trekking zones



- Organizing a training course for the Sirdars ensuring that they provide for good working conditions for the carriers at the beginning of the trekking season.
- Follow up on with carriers regarding their working conditions through a survey that is distributed to all Mountain World Travel trekkers to Nepal.

This feedback encourages the Sirdars to pay more attention to the carriers, by equipping them better and by controlling their loads.

In addition, at the request of the "Altitude Sherpas", a 7 day technical training course was implemented in May 2006 by Bruno Douillet, Mountain World Travel, high mountain guide-trainer, in order to reinforce the Sherpas competence in the use of mountaineering techniques, improving safety and the quality of our trekking peaks and expedition trips in Nepal

### **Some Useful Words**

Learning some key words will enable you to gain the respect of your interlocutors, and to make for a more pleasant exchange with the Nepalese. Therefore do not hesitate to make the effort to use the following expressions:

Hello and goodbye: namaste (joined hands and a tilt of the head rather than a handshake)

Yes: Ho - Not: hoīna

"Dhanyabaad", which could be interpreted as a "thank you", is not a word adapted to thank in the everyday life. It is used in an exceptional situation, like as an acknowledgment of sincere politeness.

Few polite expressions are used in Nepal. People act more with gestures of respect, for example when you meet a Nepalese with whom you wish to engage a conversation: join hands and tilt your head.

You can ask your guide to teach you some other common words; your voyage will only be richer by your attempting to speak the local language! And then smile, it is often the best means of having good contacts!

(Annapurnas, Everest) have always remained completely safe. Henceforth in all of the Kingdom provinces, life returned to its normal course again, and the King Gyanendra Shah's renouncement of his exercise of full power is a very good omen for the future. Of course, in dialogue with our local partner, we maintain our vigilance in order to guarantee an exemplary level of safety for you.

### **Can I bring back all of the souvenirs that I want?**

Acquiring authentic religious objects and/or ancient objects of art is strictly regulated. But at all of the shops, you will find very beautiful reproductions at reasonable prices: Thangkas (religious paintings), statues of Buddha and Tibetan carpets, deserve your interest. The Tibetan retailers do not haggle much (maximum 10%). The Nepalese or Cachemiris people (they are numerous) practice higher prices but one can attempt to get off 30% by bargaining!

### **Electrical plugs**

US electrical devices are not compatible with Nepalese electrical plugs.

We recommend that you carry an adapter, because the plugs are 220/230 volts.

### **Safeguarding the Environment**

From the Teraī plains to the Himalayan Mountains, the landscapes are staged from 300 feet to more than 26,000 feet high and thus present an impressive variety. The adapted vegetation to each environment is the reflection of this staging: from luxuriant jungles to the environment of altitude, while passing through acacias forests, magnolias or odorous rhododendrons.



Cultures, in particular rice plantations, strongly mark these landscapes.

In the mountains, you will find many birds, stags, monkeys, bears...and perhaps the famous snow leopard (even the Yeti! maybe...).

We count on you to leave perfectly clean the natural areas that you pass through, including your camping area: a carrier transports a barrel in which all non-organics waste (plastic, cans) is stored and brought back to Kathmandu. Separate your waste: do not to leave behind those very polluting items such as batteries, etc... but, instead, bring them back home with you, as there is no recycling for this type of material on the spot.

**Advice from of Sonam, our partner in Nepal:**

- In order to avoid useless waste, treat water with purifying tablets, instead of buying plastic bottles.
- Do away with campfires, destructor, and wood consuming, because deforestation is an ecological and economic drama in Nepal.
- At stop offs, avoid staining the sources, rivers or welling with hygienic products (soap, etc).

## HOW TO BOOK

To realize your dreams, we offer several ways to book your future trip:

**From the website: [www.mountainworldtravel.com](http://www.mountainworldtravel.com)**

On the internet, discover our destinations and make your choice, book and pay your trip on line. Prepare for departure

### Advantages

- A fast reservation 24 h/24 and 7/7.
- A payment 100% protected.

### To register yourselves:

- Select your trip
- Click on "Book a Trip".
- Check for availability
- Specify the number of participants, last names and first names as written on passport, address, phone numbers and e-mail addresses... .
- Select any additional Extensions and/or "Services +"
- Sign up for travel insurance and cancellation insurance
- Agree to the booking conditions and the limitations of liability
- Bank routing number or credit card number necessary for 30% down payment for registration.
- Money orders also accepted.
- You will automatically receive an invoice with an acknowledgment of your payment, which will be charged after validation of your file by an adventure travel adviser
- 90 days before departure, payment of the balance due

### By e-mail: [info@mountainworldtravel.com](mailto:info@mountainworldtravel.com)

and one of our adventure travel advisers will respond to you and will guide you through the booking process

### By calling or faxing us at:

Toll Free Number 1-888-MWT-TREK (1-888-698-8735)

### Advantages

Our travel advisers will be happy to answer all of your questions;

- will insure you that this trip is sure to go;
- will give you all of the explanations that you need,
- will check availability of your desired individual lodging, extensions, extra services etc
- will insure you of the cost
- will book your space

**By postal mail:**

Mountain World Travel  
PO BOX 1264  
ASPEN COLORADO 81612 – USA

Ready to pack your bags? Nothing simpler than registering by mail:

- you just have to send us your booking form,
- accompanied by your 30% down payment.

You will receive:

- the confirmation of your registration;
- the invoice; the formalities file (obtaining visa if necessary, etc...)
- and 90 days before the departure, we ask for you to pay the remaining balance of your trip.

**Ready ? Go !**

Last minute preparations before our Rendez-vous at the airport: To get ready, consult the detailed itinerary, in particular the necessary medical and administrative formalities and the list of necessary equipment. Don't forget to stay in shape!

In the 15 days preceding your trip, you will receive a convocation specifying:

- the place and time of the Rendez-vous
- the appointment with your guide.

**We wish you a very happy trip on the trails of the world!**

Questions, call custom Toll Free 1-888-MWT-TREK (1-888-698-8735)  
E-mail: [info@mountainworldtravel.com](mailto:info@mountainworldtravel.com)

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