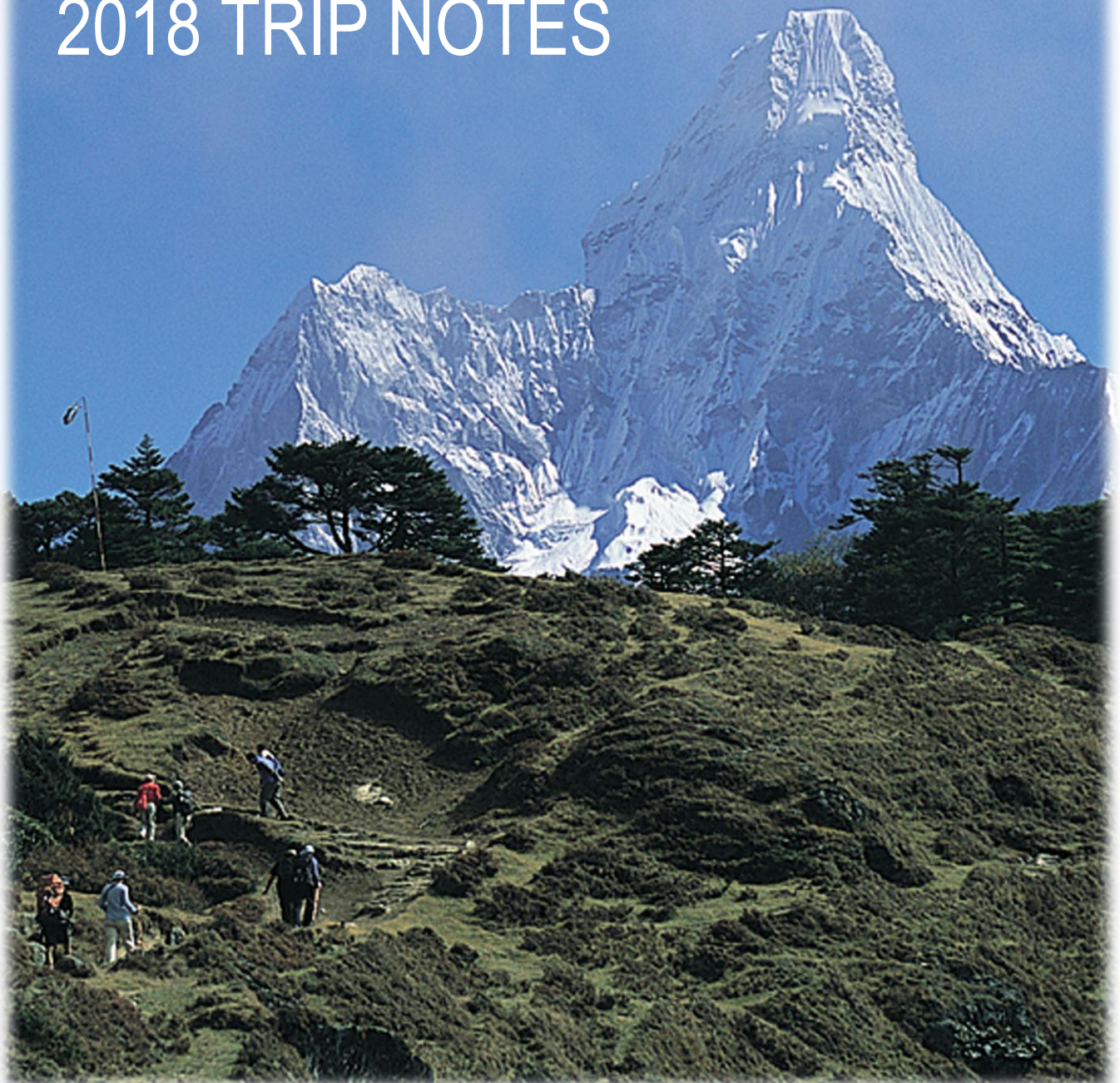




# KHUMBU TREK

## 2018 TRIP NOTES





## Khumbu Trek Nepal 2018

Trip #1: April 26 – May 19, 2018 (pre-monsoon)

Trip #2: October 15 - November 7, 2018 (post-monsoon)

### Trip Notes

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**Adventure Consultants offers this incredible journey in both the pre-monsoon and post-monsoon seasons; with the post-monsoon season known for clear autumnal weather and the pre-monsoon for spring flowers. Our many years of Himalayan experience allow us to introduce you to the best food, accommodation, destinations and experiences that are available. Our treks are designed to offer you the best of Nepal at reasonable prices, with the security of experienced western guides to compliment the charm and local knowledge of the Sherpa assistant staff.**

We spend twenty days in the wonderful Khumbu Valley, famous for its hospitable Sherpa people and its spectacular mountains. This trip offers exceptional views of the surrounding Himalayan giants of Everest, Nuptse, Lhotse, Lhotse Shar, Baruntse, Makalu and Ama Dablam.

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### Trip Outline

The 24-day adventure starts and finishes in Kathmandu, where we begin our cultural smorgasbord with ancient temples, bustling markets and sumptuous restaurants to visit. From here we fly into Lukla, the gateway to the Upper Khumbu. This is the heart of Sherpa country and we get to enjoy genuine Sherpa hospitality in beautiful and well-kept lodges that we have carefully chosen during the years we have been visiting this region. There's nothing quite like sitting back after a good walk to enjoy some of the world's most spectacular scenery while sampling the local food and beverages.

We make our way slowly up the valley, stopping for a few days in Namche Bazaar to enjoy the markets and to explore the local villages. We make a day trip to Thame, the last outpost on the ancient trading route over the Nangpa La, a pass between Nepal and Tibet.



*Combining exceptional scenery and cultural experiences in the Khumbu.*

We also visit Kunde, with its Himalayan Trust Hospital. We then climb up past Tengboche Monastery and take a closer look at the beauty of Ama Dablam. Then it's on through the high Sherpa villages of Dingboche and Lobuche to Gorak Shep. Taking our time is important as it gives us ample opportunity to take in all the sights as we acclimatise to the high altitudes.

A climb of Kala Patar rewards us with exceptional views of Mount Everest and its neighbours, Nuptse and Lhotse. The next highlight is a visit to Everest Base Camp itself.

After our 'Everest experience' we trek to the Base Camp for Island Peak via a high alpine pass, the Kongma La and on to the village of Chukhung in the Imja Khola Valley. The pass crossing provides some of the best high-altitude views anywhere in the Himalaya! For those who would like a couple of easier trekking days, the option is available to hike around to Chhukung via Pheriche and Dingboche with a staff member and there is also the option to camp at Island Peak Base Camp.



*Trekking towards Everest Base Camp.*

The Khumbu Trek concludes with a relaxed trip back down to Lukla and a flight back to Kathmandu. We provide the most affable and experienced western guides working in conjunction with our excellent Sherpa friends, to promise you an experience of a lifetime!

NOTE: This trek runs alongside our pre and post monsoon Island Peak expeditions, making this a perfect trip for friends, couples or families who want to share an adventurous journey without the need to both be climbing the mountain.

There is also the option to extend the trip by including a side trip to the Gokyo Valley.

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## **Itinerary**

**Trip #1: April 26 – May 19, 2018 (pre-monsoon)**

**Trip #2: October 15 - November 7, 2018 (post-monsoon)**

- Day 1 Arrive Kathmandu
- 2 Gear check, optional sightseeing Kathmandu Valley
- 3 Fly Kathmandu to Lukla (2,860m), walk to Phakding (2,610m, 3hrs)
- 4 Phakding to Namche Bazaar (3,440m, 5hrs)
- 5 Sightseeing in Namche Bazaar, day walk to Khumjung (3,780m) and Khunde (3,840m)
- 6 Namche Bazaar to Deboche (3,860m), visit Tengboche Monastery en route (5hrs)
- 7 Deboche to Dingboche (4,410m, 5hrs)
- 8 Rest day Dingboche
- 9 Dingboche to Lobuche (4,940m, 4hrs)
- 10 Rest day Lobuche
- 11 Lobuche to Gorak Shep (5,160m, 3hrs), climb Kala Patar (5,550m, 3hrs)
- 12 Gorak Shep to Everest Base Camp (5,300m) to Lobuche

- 13 Lobuche to Kongma La Pass (5,535m); descend to Chhukung (4,730m, 9hrs)
- 14 Rest day in Chhukung
- 15 Chhukung Ri ascent (5,550m, 6 hrs)
- 16 Chhukung to Island Peak Base Camp (4,970m, 3 hrs) return to Chhukung (2.5hrs)
- 17 Explore the valleys above Chhukung with a climbing Sherpa
- 18 Rest Day / Contingency Day
- 19 Chhukung to Pangboche (3,985m, 3-5 hours)
- 20 Pangboche to Namche Bazaar (5 hrs)
- 21 Namche Bazaar to Lukla (7 hrs)
- 22 Spare day in case of weather delays
- 23 Lukla-Kathmandu flight
- 24 Trip ends – depart from Kathmandu

### **Gokyo Extension**

Extend and enhance your Nepal experience by joining our Gokyo extension. Trek over the challenging Cho La Pass to visit the Gokyo Lakes region. This is a highly recommended extension for fit and experienced trekkers. The Gokyo Extension costs **US\$450 per person** and adds 4 days to your itinerary, contact our office for additional details.

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### **Expedition Fee**

The cost of the Khumbu Trek ex Kathmandu, Nepal is **US\$4,200 per person**.

This is an inclusive cost and covers the following:

- Nepalese Government peak royalty fees
- All trek organisational requirements
- All trekking permits
- Airport Transfers in Kathmandu
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek (tents, kitchen etc.)
- All trek staff, including Western and Sherpa guides, porter support
- Transport of 15kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Backup Medical services

The trek fee does not include the following:

- Air travel to and from Nepal
  - Hotel accommodation and meals in Kathmandu
  - Purchases of bottled water while on the trek, gifts or alcohol.
  - Entry visas for Nepal (suggest getting 30-day tourist visa for Nepal on arrival into KTM)
  - Personal clothing and equipment
  - Personal expenses whilst trekking such as laundry, showers, internet use
  - Personal travel/trip cancellation insurance
  - Excess baggage charges for the flights to/from Lukla
  - Any rescue costs
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## Deposit

A deposit of **US\$500** is payable to secure a place on the expedition trek.

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## Balance

The balance is payable by **February 26, 2018**, for Trip #1 and **August 15, 2018**, for Trip #2.

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## Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand  
Offshore Branch  
1 Willis Street  
Wellington  
New Zealand**

for the account of **Adventure Consultants Limited**

Account #                   **1000-594771-0000**  
Account Type:           **US Dollars**  
Swift Address:           **BKNZNZ22**

Note: All bank transfer charges are for the **remitter's account**.

We can also accept your deposit by credit card (Visa, Mastercard, Amex), and your balance payment by credit card plus a 3% credit card fee.

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## Cancellation and Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition trek member may then cancel his/her participation on the following basis:

- Cancellations outside of 60 days will result in the loss of the trip deposit.
  - For cancellations made within 59-30 days of the trip commencement date, we reserve the right to retain 50% of the full fee.
  - For cancellations within 29 days of the departure date a cancellation fee of 100% of the full fee applies.
  - We strongly recommend you take out trip cancellation insurance via your travel agent.
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## Group Size

For the Khumbu Trek, we will take a maximum of **12 people** hence spaces are limited.

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## Visas

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Currently, a 30-day visa costs US\$40. The trekking permits are a separate matter dealt with by the expedition agent.

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## Food

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. In the Khumbu Valley during the trek, we will be staying and dining in lodges and at Island Peak Base Camp, we will be staying in tents and eating in the Adventure Consultants mess tent. Our Base Camp equipment and ample, nutritious meals are always the envy of other groups on the mountain!

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## Equipment List

Trek members will be sent a list detailing all necessary clothing and equipment to be individually provided.

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## Medical Examination

Trek members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time.

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## Documentation and Photographs

Trek members will need to provide 3 passport photographs for trekking permits and a copy of their passport bio-data page.

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## The Advantages of Trekking and Climbing With Us

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics

coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

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### How to Join This Expedition

If you would like to join the expedition please request an Expedition Application Form and forward along with the deposit for the trip.

**Adventure Consultants Ltd**  
PO Box 739  
20 Brownston St  
Wanaka, 9343, New Zealand

Email: [info@adventure.co.nz](mailto:info@adventure.co.nz)  
Web: [www.adventureconsultants.com](http://www.adventureconsultants.com)  
Phone: + 64 3 443 8711  
Fax: + 64 3 443 8733



*Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.*