#Trekking

**Everest Base Camp Trek**

15 Days  
14 Nights

**Overview**

Many stories have been written and tales have been told about the Everest Base Camp trek in the most majestic of mountains. Now it's time for you to write your own story by embarking on your own adventure to the Base of the World's highest mountain on your own two feet! On the Everest Base Camp trek, the scenery changes every day as you climb higher and higher; in the beginning you will cross over bridges with fast-flowing glacial water beneath you and by the end you will be walking alongside these same glaciers, now frozen and solid! Your view will change from lush forests around Lukla and Phakding all the way to an ethereal moonscape by the time we reach Dingboche and Lobuche. The Himalayas are some of the best that nature can offer us and you'll get to spend 12 days trekking Everest in all its glory.

<table>
<thead>
<tr>
<th>Start of Tour</th>
<th>End of Tour</th>
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</thead>
<tbody>
<tr>
<td>Kathmandu</td>
<td>Pheriche</td>
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Your Itinerary in Brief

Trip Highlights

• Push your physical self on this trek day after day
• Watch the landscape change each day from Pine forests to "moon-scape"
• Get a close view of the world's highest peak
• Trek till EVEREST BASE CAMP!

<table>
<thead>
<tr>
<th>Days</th>
<th>Description</th>
<th>Distance</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Arrive Kathmandu (1375m)</td>
<td>-</td>
<td>None (Meals on your own)</td>
</tr>
<tr>
<td>Day 2</td>
<td>Kathmandu - Lukla - Phakding (2,652m)</td>
<td>-</td>
<td>Breakfast, Lunch, Dinner</td>
</tr>
<tr>
<td>Day 3</td>
<td>Phakding - Namche Bazaar (3,440m)</td>
<td>-</td>
<td>Breakfast, Lunch, Dinner</td>
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<tr>
<td>Day 4</td>
<td>Namche Bazaar (3440m)</td>
<td>-</td>
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</tr>
<tr>
<td>Day 5</td>
<td>Namche Bazaar - Tengboche (3870m)</td>
<td>-</td>
<td>Breakfast, Lunch, Dinner</td>
</tr>
<tr>
<td>Day 6</td>
<td>Tengboche (3870m) - Dingboche(4410m)</td>
<td>-</td>
<td>Breakfast, Lunch, Dinner</td>
</tr>
<tr>
<td>Day 7</td>
<td>Dingboche (4410m)</td>
<td>-</td>
<td>Breakfast, Lunch, Dinner</td>
</tr>
<tr>
<td>Day 8</td>
<td>Dingboche (4410m) - Lobuche(4930m)</td>
<td>-</td>
<td>Breakfast, Lunch, Dinner</td>
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We will try our best to stick to the above itinerary. However, sometimes due to situations out of our control (political situations, weather conditions, excessive snowfall or others), we may have to amend it to ensure safety of the group.
### Your Itinerary in Brief

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<tr>
<td>Day 9</td>
<td>Lobuche (4930m) - Everest Base Camp (5364m) - Gorakshep (5180m)</td>
<td>-</td>
<td>Breakfast, Lunch, Dinner</td>
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<td>Day 10</td>
<td>Gorakshep (5180m) - Kala Pattar (5545m) - Pheriche (4280m)</td>
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<td>Day 11</td>
<td>Pheriche (4280m) - Namche Bazaar (3440m)</td>
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<td>Breakfast, Lunch, Dinner</td>
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<td>Day 12</td>
<td>Namche Bazaar (3440m) to Lukla (2840m)</td>
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<tr>
<td>Day 13</td>
<td>Lukla - Kathmandu</td>
<td>-</td>
<td>Breakfast</td>
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<td>Kathmandu</td>
<td>-</td>
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Your Itinerary in Detail

**Day 1  Arrive Kathmandu (1375m)**

Today we will arrive in the Ancient Mountain Kingdom of Nepal’s most vibrant of cities - Kathmandu where we will be transferred to our hotel. Upon arrival, those who may need to still purchase or rent clothing/equipment, arrangements will be made for us to do so. Our tour leader or a representative will be around to offer advice about clothing/equipment should we have any questions. In the evening the whole group will come together along with the Tour Leader, going through our program for the next couple of weeks along with checking out our equipment to make sure we are properly prepared for the climatic changes ahead of us.

Meals: None (Meals on your own)

**Day 2  Kathmandu - Lukla - Phakding (2,652m)**

This morning we transfer to the domestic airport for our flight to Lukla, the starting point for all treks into the Everest Region - the so called Gateway to Everest! It is a 40 min awe inspiring flight from the valley of Kathmandu all the way to the foothills of the Himalaya’s (please be aware that this flight is subject to strict weather conditions and therefore at times may be delayed or cancelled); On arrival in Lukla we will meet our Sherpa crew of guides who will be looking after us and all our gear along with their trusted Djokbe’s. Once all preparations have been complete we will begin our first trek, out of Lukla. From Lukla we will descend on a wide trail northwest to the village of Choblung in the Dudh Kosi Valley. We will be treated to beautiful views and smells of pine forest and rhododendrons. This sections walking is fairly easy, meandering along the rivers course, through the village of Ghat all the way to the small village of Phakding which is our destination for tonight.

Meals: Breakfast, Lunch, Dinner
Your Itinerary in Detail

**Day 3**  Phakding - Namche Bazaar (3,440m)

This trek also takes us through beautiful pine forest, along the Dudh Kusi river and across many suspension bridges, the most famous of which being The Hillary Suspension Bridge! From today we can start seeing, learning and guessing at the many peaks that will start to present themselves to us! All weather permitting of course!! Our first view might be Mt Thamserku standing proud at 6618m. We then trek through Sherpa settlements known as Benkar, Chumoa, Monjo and then onto our Checkpoint at the Sagarmatha National Park where we register ourselves for our trek. From here we will soon slowly begin to climb up through forests and across bridges, until we reach the confluence of the Dudh Kosi and Bhote Kosi rivers. Then begins our first steep climb for about an hour (slowly, slowly!) which brings us a great reward at the end - our (hopefully) first views of Mount Everest peeping over the Lhotse-Nuptse ridge. We will take a well-earned rest to enjoy the view before continuing on our last hour to the trading town of Namche Bazaar and our home for the next 2 nights.

**Meals:** Breakfast, Lunch, Dinner

**Day 4**  Namche Bazaar (3440m)

Altitude, when it strikes, usually begins from 3000m and above so today we take the opportunity to allow our bodies to acclimatize to the altitude by sleeping two nights in Namche Bazaar but of course not too much resting!! We have to keep moving! We will take a short hike in the morning to the Sherpa Museum and Visitor's centre, strike some poses and take some selfies at another Everest viewpoint and then in the afternoon take a hike up the valley towards the village of Thamo which is approximately a 4 hours round trip. Alternatively, we can opt to take this as a rest day but be warned. Our OEL will do everything to encourage you out on the hike as it'll help you acclimatize.

**Meals:** Breakfast, Lunch, Dinner
Your Itinerary in Detail

**Day 5**  
**Namche Bazaar - Tengboche (3870m)**

Today we ascend from Namche Bazaar, following a high, fairly level path above the Dudh Kosi river, enjoying the spectacular mountain views of Everest, Nuptse and Lhotse as we hike along our trail. Then after some time and meandering, our path begins to descend through a forest of blue pine to cross the Dudh Kosi again at Phunki (3250), following which we will begin our ascent on a switch back trail all the way up to reach the spectacularly sited Thyangboche Monastery (3867m) from where there are (hopefully) brilliant views of Everest, Lhotse, Nuptse, Ama Dablam and Taboche. This ascending and descending will work wonders on our acclimatization plus our appetites! Helping us to enjoy our hearty dinner at the teahouse close to the Monastery in Tengboche.

Meals: Breakfast, Lunch, Dinner

**Day 6**  
**Tengboche (3870m) - Dingboche(4410m)**

Today we start our trekking by descending through the Rhododendron forest, to the Imja Khola, where we walk across the exciting bridge at Imja Khola and along the Mani stone wall to reach the village of Pangboche. Our route then continues through summer pastures to Dingboche, our home for the next 2 nights.

Meals: Breakfast, Lunch, Dinner
Your Itinerary in Detail

Day 7  Dingboche (4410m)

Today is another day for us to take in our ever changing surroundings. At this altitude we will start to see changes coming in the landscape. Trees and vegetation will be less and less and will be replaced by scrub with the landscape slowly beginning to take on a surreal ‘moon-like’ feeling to it. We marvel at the way people are ingeniously still carving a living out of this landscape, cultivating and shaping the land. Our walk today takes us up through the Valley of Chukung, giving us breathtaking views of Ama Dablam, deemed one of the worlds most beautiful mountains, along with Makalu, Tawoche, Lhotse, Nuptse and Island Peak. Today, because we are returning back to Dingboche, we can take our time, acclimatize and take in our surroundings. There’s never any hurry in these mountains!!

Meals:  Breakfast, Lunch, Dinner

Day 8  Dingboche (4410m) - Lobuche(4930m)

After today’s walk we really do notice the difference in the landscape as we get above the tree line. Walking, slowly as always, we actually first descend past Dusa to a stream at 4580m and from there we ascend slowly, slowly, up to the Teahouse at Dugla and then on to a ridge which contains the memorial site for Sherpa’s who gave their lives on expeditions to the top of Everest. Once past this ridge we really start to see changes in landscape because we will now be walking alongside the moraine of the Khumbu Glacier with views of Kala Pattar and Pumori to entertain us as we hike all the way to Lobuche our stopping point for tonight.

Meals:  Breakfast, Lunch, Dinner
Your Itinerary in Detail

**Day 9**
Lobuche (4930m) - Everest Base Camp (5364m) - Gorakshep (5180m)

We start our day again following the Khumbu Glacier northwards to Gorakshep. Every which way we turn the scenery is incredible; out of this world! Every ounce of effort is worth it when we take a look around us. After about 3 hours we reach Gorakshep. From here we take a well earned break for a bit before the excitement just becomes too much and we set off to our Final Destination - Everest Base Camp! Again, we continue along the glacial moraine for around 2 hours before we start walking on the rocky moraine itself. We can see the camp long before we reach it which makes it even more enticing as we wind our way along the trails all the way to Everest Base Camp! From Base Camp we get fantastic views of the Khumbu Ice fall which is one of the most difficult traverses for those attempting to summit Everest. After the required time spent clicking selfies and group photos, patting each other the back and generally basking in glory, we will then turn around, with grins on our faces, making our way back to Gorakshep for our well-earned food and night-stop.

Meals: Breakfast, Lunch, Dinner

**Day 10**
Gorakshep (5180m) - Kala Pattar (5545m) - Pheriche (4280m)

Again today, more sublime reward for our supreme effort as we walk early in the morning to climb up Kala Pattar to reach the highest point on the trail. Slow is a must as we meander up the switch backs to enjoy the first light of the day shining on Mount Everest from Kala Pattar. This is definitely a hike of effort versus reward! Once we reach Kala Pattar we can climb and nestle ourselves amongst the rocky outcrops here. While sitting amongst the prayer flags on these outcrops, enjoying chai and biscuits and watching the day break on the highest point in the whole world is something to really cherish. Once we’ve had our moments, we will slowly return to Gorakshep for our well-earned breakfast before then setting off back to Lobuche for lunch and onto Pheriche for our overnight stop.

(Please note that the walk to Everest Base Camp and the climb to Kala Pattar are both tough. Sometimes we may change the order in which we tackle the walks depending on the group’s ability and the current weather conditions)

Meals: Breakfast, Lunch, Dinner
Your Itinerary in Detail

**Day 11**  
Pheriche (4280m) - Namche Bazaar (3440m)

And so begins our meander back to our start!! Exhilarated, excited, tired, overjoyed, all those emotions will help carry us back down our trail! Today's walk is still quite a long walk but as we meander back downhill, with increased oxygen, we find increased high levels of energy so we may even skip down some parts of today's route!! We retrace our steps to Pangboche, down to the Imja Khola and up through the forest to Debuche, through Tengboche, and onto Namche Bazaar, our stop for tonight.

*Meals:* Breakfast, Lunch, Dinner

**Day 12**  
Namche Bazaar (3440m) to Lukla (2840m)

We are now back below the tree line, the scenery has changed back to beautiful pine forest and rhododendrons. We start crossing our suspension bridges again, climbing up the opposite side of the valley to reach the contouring path leading back along the Dudh Kosi river through the small village of Monjo and finally our last and final push onto Lukla to complete our circle to the tip of the world and back!! Tiring as it may be, it will be nothing compared to the exhilaration at having completed such an amazing feat, despite the sore feet!!

*Meals:* Breakfast, Lunch, Dinner
Your Itinerary in Detail

Day 13  Lukla - Kathmandu

It will seem surreal to consider all we've seen, achieved and done as we settle ourselves back into the seat for our return flight to Kathmandu, back through the mountain views, which slowly make way for the valley views, bringing us back down to Kathmandu and all its hustle and bustle. Once checked into the hotel, the rest of the day will be free to do as we please! Sip a cold beer, take a long hot shower, wander the streets of Kathmandu, buy some souvenirs, download photos. The rest of the day at leisure in this beautiful lakeside city.

Meals:  Breakfast

Day 14  Kathmandu

We purposely leave this day free in Kathmandu in case of any increment weather in Lukla which may delay our return flight. If all goes to plan, then on this day we can chose to arrange along with fellow group members to visit some of the sites of Kathmandu. This can easily be explained and arranged by our tour leader. In the evening, we will all go out to celebrate our victory with dinner, reminiscing and reminding ourselves of our fabulous Adventure and hopefully planning for the next!

Meals:  Breakfast
Your Itinerary in Detail

**Day 15**  Depart Kathmandu

We will be dropped at the airport for our international flights back home.

Please share your feedback on adventure@trip360.com.

Meals:  Breakfast
Inclusions and Exclusions with Costs

Your Holiday Price

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<thead>
<tr>
<th>Hub</th>
<th>Single Accommodation</th>
<th>Twin Sharing Accommodation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kathmandu</td>
<td>76,500*</td>
<td>73,500*</td>
</tr>
</tbody>
</table>

*All the services quoted are subject to availability and prices are dynamic and may change. If a service is not available, an alternative will be presented with a revised price.
Inclusions and Exclusions with Costs

Your Holiday Price Includes

• 14 nights accommodation as mentioned in the itinerary.
• Single accommodation only in Kathmandu, if selected.
• Twin/multi sharing accommodation during the trip based on availability.
• Transfers as mentioned in the itinerary.
• Return internal flights between Kathmandu and Lukla.
• Experienced English speaking leader/guide.
• Local Trekking guides (Sherpas).
• Personal luggage porterage of up to 10 kg.
• All meals during the trek.
• Everest National Park Fee.
• TIMS card fee.
• Insurance for trek guide and porters.
• Travel insurance covering serious medical issues that could arise out of undertaking this adventure. This insurance also covers reimbursement of expenses sustained for medical emergency evacuation, provided the claim is legitimate. (Note: Helicopter evacuation on the Everest Base Camp trail can end up costing $1000 to $1200 or even more. You should have access to an emergency fund of this amount or more to cover for the helicopter evacuation)
• Communication/Medical Equipment: 1 set of oxygen mask and 1 bottle of oxygen or portable altitude chamber for emergency purpose. Medical kit.

Your Holiday Price Excludes

• Meals other than breakfast in Kathmandu.
• Any items / services not specifically mentioned under inclusions.
• Costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.
• Tipping for the guides and porters (Budget approximately NPR 400-500 per day based on the service provided).
• Personal expenses, laundry, telephone calls, personal medicines, alcoholic beverages, hot water charges etc.
• Transportation outside of the tour program.
• All optional additional tours or activities during free time.
• Entrance fees to monasteries/monuments.
• Nepal Visa Fee.
• Any transportation to / from Kathmandu. Your tour price starts ex Kathmandu.
• Hot water/mineral water charges
• Goods and Services Tax of 5.0%
#trekking

**Trip Name:** Everest Base Camp Trek  
**Duration:** 15 Days / 14 Nights

## Tips for Travellers

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<th>Category name</th>
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<tbody>
<tr>
<td><strong>Type of Accommodation</strong></td>
<td>Our accommodation whilst on Everest Base Camp Trek is in simple locally run lodges, known as teahouses and it's a great pleasure to support these small local businesses. Rooms are simply furnished with just a bed and occasionally a small table. Please note, normally washing and toilet facilities are shared and may be in a separate part of the teahouse or outside. It's great to enjoy the company of your fellow travellers and share a meal with other trekkers in the evening in the dining area. If you are a solo traveler, you will share a room with someone else of same sex of your group. If you prefer a single room, you may indicate your preference and get single rooms on request by paying extra as indicated on cost section. But, you need to understand that in teahouses/lodges of higher elevation area single room is not always possible. We guarantee single room in Kathmandu only. Single room is not possible at local lodge during your trek.</td>
</tr>
<tr>
<td><strong>Temperatures &amp; Climate</strong></td>
<td>Autumn (mid Sept to mid Dec) and Spring (March to May) are the best seasons for the classic Everest Base Camp Trek. The weather is sunny and warm offering outstanding views but the nights are cold and can fall to freezing in higher elevations. Winter (Dec, Jan, Feb) is also good for EBC trek, only issue is cold (obviously). Trekking in summer/monsoon (June, July) will be affected by rain but summer trek could be a boon for a keen botanist.</td>
</tr>
</tbody>
</table>
| **Clothes to Carry** | The following is a list of clothing that we suggest that you take with you. This is not intended to be a comprehensive clothing and equipment list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. However we recognize that you may have your own personal preferences for clothing which may be equally as suitable. You can find variety of these gears to hire or buy in Kathmandu.  
**Head:**  
Sun hat or scarf  
Light balaclava or warm fleece hat  
Sunglasses with UV protection  
**Upper Body:**  
T-shirts  
Light and expedition weight thermal tops  
Fleece jacket or pullover  
Fleece Wind-Stopper jacket (optional)  
Waterproof (preferably breathable fabric) shell jacket  
Down vest and/or jacket  
**Hands:**  
Lightweight gloves  
Heavyweight gloves or mittens with a waterproof shell outer (seasonal)  
**Lower Body:**  
Under Garments  
Hiking shorts  
Lightweight cotton long pants  
Light and expedition weight thermal bottoms  
Fleece or wool pants (seasonal)  
Waterproof (preferably breathable fabric) shell pants  
**Feet:**  
Thin, lightweight inner socks  
Thick, warm wool hiking socks  
Hiking boots with spare laces  
Camp shoes (sneakers and/or sandals) Gaiters for hiking in winter to the base camp  |
| **Equipment Checklist** | The following is a list of equipment/accessories that we suggest that you take with you. This is not intended to be a comprehensive list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. You can find variety of these gears to hire or buy in Kathmandu.  
Sleeping bag rated to -20 Degree Celsius  
Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries  
Trekking Bags/Duffel bag  
Basic First Aid Kit  
Large plastic bags for keeping items dry inside trek bag  
Daypack (approximately 2500 to 3000 cubic inches)  
Trekking Poles/Water bottle  
Toiletries (Small wash towel, Toilet papers etc)  
Toiletries  
1 medium sized quick drying towel  
Tooth brush/paste (preferably biodegradable)  
Multipurpose soap (preferably biodegradable)  
Deodorants  
Nail clippers  
Face and body moisturizer  
Feminine hygiene products  
Small mirror  
**Personal Hygiene**  
Wet wipes (baby wipes)  
Tissue/toilet roll  
Anti bacterial hands wash  
Extrat/Luxuries  
Binoculars/Reading book  
IPod |
Tips for Travellers

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<td>Our Crew</td>
<td>On tea house trek you will be accompanied by a team of local crew whose aim is to make the trek as comfortable and enjoyable as much possible. The crew consists of a trek guide/leader and a team of porters to carry all your gear. On average, there will be a ratio of one porter to every two trekkers. The most important thing that makes your Trek successful, enjoyable and memorable is the skilled, experienced, courteous and helpful trek guide and the crew members with ability of operating your days in the mountain smoothly. Your trip will be led by experienced trek guide. All of our trekking guides/leaders are carefully selected on the basis of their appropriate experience, leadership skills and personal aptitude.</td>
</tr>
<tr>
<td>Food</td>
<td>On this trek we provide standard breakfast, lunch and dinner, tea or coffee will also be included with each meal. Your guide will help with menu selection and ensure that you get the best value meals possible. Although the food is usually plentiful and delicious, you should be aware that the menu is not normally extensive. Most teahouses offer a variety of rice and noodle dishes, as well as soup and seasonal vegetables. You can buy packaged water (bottled mineral water) from local lodge and shop en route or you can also ask your guide to fill your water bottle with boiled water (extra cost to be paid) and treat with water purification pills.</td>
</tr>
<tr>
<td>Altitude considerations</td>
<td>A concern for everyone thinking of hiking to this altitude! Altitude can and does affect everyone differently. No two bodies react the same and indeed even the same person can react differently at altitude depending on circumstances. Being fit helps your body to recover from the long hikes quickly thus allowing your body to acclimatize faster. Coupled with this, walking slowly, slowly all the time is another sure way of giving you the most comfortable experience at high altitude. Again, a detailed sheet on altitude, its affects and how to mitigate them will be provided at a later date. For now, suffice to say that all treks will carry with them oxygen cylinders and other treatments necessary for helping the affects of altitude. Also, the Everest region is probably the best equipped region for helping people deal with altitude considering the number of trekkers and summitiers it sees every year.</td>
</tr>
<tr>
<td>Is this tour for me?</td>
<td>Everest Base Camp Trek is graded as Strenuous. To be able to comfortably complete this trek one must be of good health and fitness. This means one must be able to comfortably walk for 6 to 7 hours a day on average. This walking includes ascending and descending, not just walking on flat group. Previous hiking experience is highly desirable. It is more than possible that one can train for this trek and detailed training sheets can be provided at a later date. Along with physical attributes, a strong mind and positive attitude will take you a long way on this trek. If you love to challenge yourself both physically and mentally and love to see and experience new and vastly different landscapes then this trek is definitely for you!!</td>
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<td><strong>Luggage Info</strong></td>
<td>During the trek, your main luggage will be carried by porter or yaks. Please keep your luggage as light as possible around 12 kg. You simply carry a day pack with water bottle, camera, sunscreen, spare jacket etc. You can leave your valuable items at your hotel while trekking. Many hotels have a locker system and provide a deposit slip for the valuables kept under the hotel’s safekeeping. You may also leave your extra things at your hotel which is not required for your trek in your main luggage. Please note that we will provide complimentary kit bag for you before your trek starts so that you can pack all your necessary things.</td>
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<tr>
<td><strong>Typical Day on the trek</strong></td>
<td>Each morning after packing our bags and having a good breakfast, we set off on the day’s walk. After walking for 3-4 hours we stop for lunch at around midday. The afternoon’s walk is generally shorter and we usually arrive at our destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days we will arrive at our destination by lunchtime and the entire afternoon will be free. After dinner, the evening will often be spent playing cards and reliving the day’s adventures, before heading off to bed for a well-earned sleep.</td>
</tr>
<tr>
<td><strong>Money</strong></td>
<td>There isn't really much opportunity for spending money on the trek except for maybe soft drinks at the teahouses however, for Kathmandu you will need money for any souvenirs you wish to buy, sightseeing visits, renting or purchasing of equipment and meals not included. ATM's are available in Kathmandu. It might be possible that your debit/credit card doesn't work outside of India so please check with your bank before leaving to ensure your card is unblocked for foreign transactions. The best and safest way to carry money is using Forex Cards which are currently offered in India through many of the nationalized banks.</td>
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</tbody>
</table>
| **Tipping**       | **Tour leader**  
At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.  

**Local crew**  
Tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organize a group’s tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow INR 4000.00 for tipping of trek staff, drivers, guides etc.  

**Please note:** The tips will be collected during the evening trek briefing. |