

KHUMBU TREKKING

Departure : From March to May and October to December, dates of your choice – To travel outside these dates, please contact us. khumbushangrila@gmail.com

Duration of the trek : 19 days from the day you arrive in Kathmandu until the day you leave

Detailed Program :

This program is for an indication only. It may be modified depending on the weather and ground conditions, the physical condition of the participants, etc.

In addition, the Agency does not take any responsibility for any changes on the internal flights.

D1 to D3: We will welcome you at the airport and drive you to your hotel. The next day, you will have one day to prepare your luggage and do some shopping in Kathmandu. Then we will go by plane to Lukla. From Lukla, we will walk to Pakding, approximately 2 hours.

D1	Arrival in Kathmandu and transfer to the hotel			
D2	One day in Kathmandu			
D3	Kathmandu – Lukla by plane and the walk to Pakding	stage 1	2 hours	2600m

D4 to D5: From Pakding, you will walk towards Namche Bazar (approximately 4 to 5 hours). You will then stay one day in Namche to acclimatise as the altitude is of approximately 3400m. You can use this day to visit, amongst other places, the Tibetan Market.

D4	Namche Bazar	stage 2	4 - 5 hours	3400m
D5	Namche Bazar	stage 3	acclimatisation	3400m

D6 to D8: From Namche, you will walk towards the small village of Phortse. The path goes through superb hills and offers a wonderful view on Ama Dablam. In Phortse, you will have the opportunity to admire numerous Buddhist temples and monuments. Although Phortse can be reached by various paths, the village remains very peaceful. Then, you will walk and reach Gokyo in 2 days. The path goes through a relatively wild valley. The arrival to Gokyo is breathtaking as the path runs along Gokyo Lake.

D6	Phortse	stage 4	5 hours	3830m
D7	Thare	stage 5	5 hours	4400m
D8	Gokyo	stage 6	3 hours	4750m

D9 to D11: If you wish and you have a good physical condition, you can climb the Gokyo Peak (5360m). The climb will start at approximately 5-6am and last approximately 3 to 4 hours. At the summit of the Gokyo Peak, you will have an amazing view on Cho Oyu (8201m) and the Tibetans plateaus! On the same day, you will then walk towards Dragnag. The following day, it is a relatively long stage, which will take you to Dzongla via Chola Pass (5330m). In Dzongla, there are only two lodges offering a relatively basic comfort. Finally on D11, you will walk towards Lobuche.

D9	Gokyo Peak (5360m) - Dragnag	stage 7	5 hours	4800m
D10	Chola Pass (5330m) - Dzongla	stage 8	5 hours	4790m
D11	Lobuche	stage 9	3 hours	4930m

D12: From Lobuche, if you wish, you can climb Kala Pattar (5545m). We will wake up quite early in order to reach the summit as the sun will rise on the Everest! A breathtaking moment! The sunrise on Everest is between 5 and 6am. But you will not regret it!!

D12	Kala Pattar (5545m) - Lobuche	stage 10	4 hours	4930m
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D13: A very nice stage that will take you to Chhukung via Khongma La Pass (5530m). At the pass, there are many small Buddhist monuments that have been built in memory of Sherpas and mountaineers that have died on the Everest.

D13	Khongma La (5530m) - Chhukung	stage 11	5 hours	4800m
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D14 to D15: You walk down the valley towards Pangboche. On the left side of the valley, you will get great views on Ama Dablam. Along the path, there are also lots of small places, where you can drink tea. In Pangboche, there is one of the oldest Buddhist temple of Khumbu. A visit that you can not miss! You will then walk towards Namche.

D14	Pangboche	stage 12	5 hours	3930m
D15	Namche Bazar	stage 13	6 hours	3445m

D16 to D17: You will go from Namche to Lukla. The following day, you will then flight to Kathmandu.

D16	Lukla	stage 14	6 hours	2840m
D17	Kathmandu			

D18 to D19: You will have one day in Kathmandu to visit the city or make some shopping. The following day, we will accompany you to the airport. This trek will leave you full of wonderful memories!

D18	1 day in Kathmandu			
D19	Departure for your country			

Trekking Grades : Grade 3 over 4

- Accommodation in lodges with walks of between 3 and 9 hours per day;
- Maximum altitude of 5545m, Kala Pattar; and
- several nights around 4500m and above.

Trip Grading – Explanation:

Level 1: No difficulties. For example, visit of Kathmandu and its surrounding.

Level 2: Accommodation generally in lodges with walks of approximately 6 hours per day maximum. The highest altitude will not exceed 4500-4700m, and nights will be spent at altitude no greater than 4000m. An example is the trek of the Langtang.

Level 3: Accommodation will be in lodges or tents, with an average of 4 to 9 hours walking per day. Participants should expect to trek above 5000m when passing a pass, and one or two nights would be spent above 4000m. An example is the Manaslu Circuit Trek.

Level 4: Accommodation is mainly tents, with longer walks of between 6 and 9 hours per day. Self-catering during all or most of the trek. Participants should expect to trek at high altitude (above 4500m) with low temperatures for several days. Participants will also pass several passes and / or plateaus peaking at more than 5000m. An example is the Kangchenjunga Trek.

Luggage during the trek : During the trek, you will only carry your equipment for the day. This will include warm clothes (e.g. fleece), a windstopper / waterproof jacket, gloves, a woolen hat and a drinking water bottle.

Your main luggage will be carried by the porters or by yaks or mules depending on the area where you are traveling. The total weight of your main luggage should not exceed 14kg. Every evening, your luggage will be waiting for you at the campsite or lodge.

List of personal belongings

Your bag should not exceed 14-15kg.

Articles	Quantity	Observations
Sleeping bag	1	Type 3 seasons - warm
Rucksack	1	About 50-65 litres or marine bag for the porters + a small Rucksack of approximately 30l for yourself
Trekking boots	1 pair	Warm and waterproof
Mountain / trekking socks	2 pairs	One warm and thick and one light
Light trouser	2	
Thermal baselayer	2	
Fleece or pullover	1	Warm softshell
gore-tex jacket & pants	1	Waterproof jacket with hook and trouser
Sun hat	1	
Woolen hat	1	Take also a scarf
Sun glasses	1 pair	Protective index 4 (for glacier)

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Torchlight	1	With leds (more reliable and lighter)
Gloves	2 pairs	One light and one warm and waterproof (e.g. ski gloves)
Camp shoes or sandals	1 pair	To wear at the campsite or in the lodge
Walking equipments		Walking poles, survival blanket, energy bar
Others		Flask, toiletries, knife, sun-cream, batteries, camera, towel, note-book, pen
Medicinal kit		You must bring your own medicinal bag with appropriate medicines: aspirin, bandage, antiseptic solution, antibiotic (wide spectrum), anti-inflammation cream, etc. Please, ask your doctor for some advices. You can print a list of your medical kit and submit it to your doctor for approval.

Services

Cost includes	Cost excludes
<ul style="list-style-type: none"> ■ 4 nights in a Hotel in Kathmandu with breakfast ■ Guide, porters, cook and kitchen boy ■ Equipments for the porters ■ Food during the trek (3 meals per day) ■ Trek permits and park fees ■ Insurances for the Nepalese team ■ Return flight Kathmandu/Lukla ■ Transfer airport-hotel and hotel-airport 	<ul style="list-style-type: none"> ■ Lunch and dinner in Kathmandu ■ Personal insurance, rescue/recovery ■ Hot showers in lodges (approximately 1 to 2 euros) ■ International airfare, departure tax and visa ■ Phone, cold / alcoholic drinks and soda ■ Tips for the Nepalese team ■ Return flight from Paris-Kathmandu or London/Kathmandu

Prices : Price is as indicated on the website.

This price is fixed with no extra charges for a group of participants ranging from 4 to 8.
For other members in any case, please do not hesitate to contact us.

Trekking Staff : You will be guided by a professional local guide who will speak either French or English. The guide is from the agency, Khumbu Shangri La. All of our guides are highly skilled professionals who have been selected based on their technical proficiency, proven safety records, careful judgment, patient and supportive teaching styles and great personalities. Our guides are also very experienced in dealing with the effects of higher altitudes and since they are natives of Nepal. Trust him!

Size of the groups : The groups are composed of between 4 and 12 persons.

Accommodation : In Kathmandu, you will stay at the International Guest House Hotel located in Thamel. You will be in double bedrooms. You can have a look at your hotel on our website www.voyages-nepal.com, under "Links" and then "your hotel in Kathmandu". You will be able to leave some of your belongings at the hotel during the duration of your trek.

During the trek, you will be sleeping in lodges, in double bedrooms. In Nepal, lodges are very comfortable and friendly. In most of the lodges you can also have hot showers against a small amount of money.

Porters : No trek is possible without porters. They do a difficult job, and we are very keen to give them the utmost respect. This starts by providing them performance clothing and adequate equipment. The TSL company is a world leader in the production of snow shoes and outdoor equipment (walking sticks, shoes, rucksack, flasks, torchs, etc.) help us and provide to our porters trekking/mountaineering shoes. The skiing schools of Courchevel and Meribel (two well-know ski resorts of the Alpin Massif) provide to our porters warm clothes such as waterproof jackets and trousers. Those clothes come from the ski teachers who, each year have to change their equipments.

Tips : Tips are not compulsory but are very welcome! If you are satisfied by the services provided, you may leave a tip to the different members of our team. Please find below an idea of the tips usually given:

- Porters: 1000 roupies per porters (approximately 15 euros)
- Guide and chief cook: 1500 roupies per chief cook and guide (approximately 20 euros)

Passport – VISA : You must have passport which will still be valid 6 months after the date of your return in your country. A VISA is required to enter in Nepal. You can either get your Visa in the Nepalese Embassy / Consulate before your trek, or at Kathmandu Airport when you arrive.

You have to pay for the fee of the VISA (between 25 and 35 euros + 2 ID pictures).

You can find all the information regarding your passport and VISA on our website www.voyages-nepal.com, under "Questions-responses" and then "Passport and VISA".

Please note that in order to facilitate the procurement of trekking permit, bring with you 3 copies of your passport (the four first pages) and your VISA (with the VISA, you can make some copies in Kathmandu) and 4 ID pictures.

Health : We advice you to go and see your doctor for a checkup before your departure in order to make sure that you are capable of doing the trek.

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There are no compulsory injections, however before your departure check the salient information given on the embassy website of France or England in Nepal.

French Embassy: www.ambafrance-np.org

British Embassy: <http://ukinnepal.fco.gov.uk/en>

Finally, visit your dentist before your departure in order to check that you do not have any problems with your teeth that could worsen with altitude.

You must also have your own medical kit that you may want to run through with your doctor. You will find an initial list on our website under "questions-responses" and then "Medicine-medicinal kit". Please note that the list is not exhaustive and should be completed and/ or modified with your doctor.

Advices for altitude greater than 3500m

- Walk very slowly. You must push yourself to walk slowly and do not try to follow someone else. When you have found a good walking rhythm, slow down a bit more. Acclimatisation to altitude is a long and slow process.
- At the campsite or lodge, do not make any sudden moves, avoid any over exertation; everything must be done very slowly.
- In the evening, before going to bed and from 3500m of altitude, you can take between 250 and 500mg of aspirin.
- During the night, try to sleep with the upper body slightly higher. Always keep a flask or water bottle next to you to drink during the night.
- During the day, drink a lot; always try to have a full flask or water bottle with you. The guide will fill them in the morning before trekking.

Pressurised Bag :

For the trek or trekking peak, we can rent for you a pressurised bag if it is already used by some of our expeditions. Cost is of approximately 350 euros for one month.

You can also rent it to one of the producer Certec www.certec.eu.com

Please note that for this trek a pressurised bag is not considered a necessity.

Satellite phone :

You can rent a satellite phone on the following websites :

www.francesatellite.com

www.cellhire.fr/content/satellite.htm

telephone-satellite.marinesat.fr/

Money : Change your money in Thamel. There are a lot of official exchange offices; there is one at approximately 500m of the International Guest House Hotel where you will stay.

Euros and pounds are accepted in all the exchange offices and banks of Nepal. You can also withdraw some money with your VISA card or Mastercard in some of the banks in Kathmandu and Pokhara. However, you will need to pay a transaction fee for it. Finally, in Kathmandu, euros are usually accepted in all the shops.

During the trek, take only small bank notes that you would have exchanged in Kathmandu (10 to 500 roupies).

Insurance : You must have an insurance covering "Rescue + Recovery + Medical and Emergency Expenses"

You will have to indicate on the booking form, the contact details of your insurance company and the person to contact in case of emergency.

Make sure that the fees to be rescued by helicopter are included in your insurance contract and without any restrictive clauses due to the altitude. In England, the British Mountaineering Club have such unrestrictive clauses. Be careful as insurance linked to your credit card does not always cover for rescue/recovery and research.

You can also subscribe to an insurance that will protect you against cancellation and losses or theft of your belongings.

Time Difference :

France-Nepal : 3h45 in summer and 4h45 in winter. For example, when it is 12h in France, it is 14h45 in Nepal in summer and 16h45 in winter.

United Kingdom-Nepal: 4h45 in summer and 5h45 in winter.

Electricity :

The voltage is of 220 Volts. There are regular power cuts but they are generally not very long. You can find adapters for the plugs in the hotel.

Movie-Pictures :

You can find everything in Thamel (the area surrounding your hotel), memory cards, films, batteries (AA, lithium, etc.). You can also develop and print on paper or CD your pictures. The quality is very good and prices very attractive.

Booking – Payment : To book your trek please return the booking form by mail with a deposit of 30%. The booking form can be found on our website www.shangrila-trek.com

The booking form and the deposit are to be mailed to the following address:

MINGMA TSERING SHERPA

Chez M. TOMIO

Chalet Le Bivouac

73710 PRALOGNAN LA VANOISE

AGENCY KHUMBU SHANGRI LA - www.shangrila-trek.com

FRANCE

If you pay by cheque, please make it payable to Mingma Khumbu Shangri La.
Once we have received your deposit and full payment we will send you a receipt.
The full amount is to be fully paid 30 days before your departure to Nepal.
For other paid contact us.

Contact: Agency Khumbu Shangri La	
Address of the Agency in Kathmandu :	Mobile phone of the Agency in Kathmandu :
Agency Khumbu Shangri La Lazimpat Nile Sarsawati Box 25229 Kathmandu NEPAL	98 41 52 27 43 or 98 41 20 15 78 (call from Nepal) 00 977 98 41 52 27 43 or 00 977 98 41 20 15 78 (call from abroad)

Contact International Guest House Hotel			
Address of the hotel:	Landline of the hotel (3 lines) : Call from abroad	Mobile phone of the hotel: Call from abroad	Email Address of the hotel:
International Guest House Po Box 70 60 Thamel Kathmandu NEPAL	00 977-1-4252299 00 977-1-4267888 00 977-1-4251661	00 977 98 51 04 08 32	info@ighouse.com The hotel is equipped with internet

Useful links :

Your hotel in Kathmandu
www.ighouse.com/roomrate.php

Rental of a satellite phone
www.cellhire.fr/content/satellite.htm ; telephone-satellite.marinesat.fr/
Rental of a pressurised bag
www.certec.eu.com/

ALL THE TEAM OF KHUMBU SHANGRI LA
IS AT YOUR SERVICE AND WISH YOU A VERY GOOD TREK.

MINGMA TSERING SHERPA, TASHI SHERPA, ANG TESRING SHERPA and PASANG SHERPA

