



OAG Overseas Everest Base Camp



IN PARTNERSHIP WITH **INTREPID TRAVEL**

@outdooradventuregirlsuk

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Everest Base Camp 17 days / 16 nights

About Your Trip

Start Location

Kathmandu – Nepal

Finish Location

Kathmandu – Nepal

Accommodation

Hotel in Kathmandu: 4 nights

Teahouse: 12 nights

Rooming Requirements

Twin sharing

Included Meals

Dinner x1

Transport

Kathmandu – Ramechhap –

Kathmandu drive

Ramechhap – Lukla – Ramechhap
flight

Leader/Guide

English Speaking Trek Leader
throughout

Porters during trek:

1 porter for every 2 trekkers

Assistant guides during trek:

4 – 6 pax: 1 assistant leader

7 – 12 pax: 2 assistant leaders

13 – 18 pax: 3 assistant leaders

19 – 24 pax: 4 assistant leaders

Included Activities

Per Daily itinerary

Included Entrance/Admission Fees

Sagarmatha National Park Fee

Khumbu Region Permit

Tengboche Permit

Airport Transfers

Airport transfers included on
private group basis.

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Early/late check out at hotels (standard check in time is 2pm and standard check out time is 2pm)
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Everest Base Camp Itinerary.

Day 1: 27 March 2026

Destination: Kathmandu

Meals Included: N/A

Namaste! Welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples.

If you arrive with time to spare, maybe check out the storied stupas and pagodas of Swayambhunath (Monkey Temple) or take a walk around the local Durbar Square. If you've got limited time in the city, consider an immersive Urban Adventure like Cook in Kathmandu, a Nepali cooking class with the Seven Women social enterprise which has been working to empower marginalized women.

Included Activities

Welcome Dinner

Airport transfer

Included on a private group basis

Accommodation

Marshyangdi Hotel or similar

<http://www.thamelhotel.com/>

Day 2: 28 March 2026

Destination: Kathmandu

Meals Included: N/A

Enjoy your day free at leisure to recover from jetlag and relax before your big adventure!

Accommodation

Marshyangdi Hotel or similar

<http://www.thamelhotel.com/>

Day 3: 29 March 2026

Destination: Phakding (2610 m)

Meals Included: N/A

The day starts very early today as you have a long road trip before you start the trek. Please note that in peak travel times domestic flights to/from Kathmandu arrives and departs from Ramechhap (also known as Manthali) Airport. The airport is located 130 km (a 4 to 5 hours' drive) from Kathmandu, making it a very early start. From Ramechhap airport, board your aircraft to Lukla, the starting point of your trek.

Sitting at 8848 m, Mt Everest, the highest peak in the world, is one of the greatest trekking destinations. Locally known as Sagarmatha, the mountain has long been revered as the home of the gods. First conquered by Tenzing Norgay and Sir Edmund Hillary in 1953, Everest has traditionally been the ultimate goal for mountaineers. On this trip you will take on the challenge of reaching the mountaineer's base camp and gain an insight into the world famous Sherpa culture. You will cross glaciers and broad plains, traverse valleys and climb high passes to reach the picturesque Everest Base Camp. Our accommodation comprises small, basic teahouses along the track. These basic but cosy remote houses are operated by the mountain Nepalese to cater for trekkers and also offer simple yet filling and delicious meals to sustain our efforts. This is a challenging trip and involves difficult trekking at high altitudes but the whole experience is simply awe-inspiring!

After a short safety talk and an introduction to your porter, gear up and commence your trek. Today is a fairly gentle introduction, following the milk-white Dudh Kosi River approximately three-hours to Phakding (2610 m).

Included

- Drive to Ramechhap (approximately 5 hours)
- Flight to Lukla (20 minutes)
- Guided trek to Phakding (approximately 3 hours)

Accommodation

Local Tea House

Special Information

Please note that in peak travel times domestic flights to/from Kathmandu may arrive/depart from Ramechhap (also known as Manthali) Airport. The airport is located 130 km (a 4 to 5 hours' drive) from Kathmandu, making it a very early start.

Day 4: 30 March 2026**Destination: Namche (3440 m)****Meals Included: N/A**

Trek around 7 hours to Namche Bazaar, where you'll spend a couple of days acclimatizing to the altitude. Here, you'll also get your first look at Everest itself – yeah, no big deal! From Phakding, cross the river and head up the valley, following in the footsteps of the porters loaded with supplies for Namche Bazaar. The trail, lined with blue pine forest, follows the river valley and is especially spectacular in spring when the rhododendron flowers are bright in bloom.

Cross the Dudh Kosi River at Benkar and look way up above 6000 metres/19,700 feet to see the peaks of snow-capped Kusum Kanguru and Thamserku. Press on to Monjo, a good place to break for lunch. From here the walk starts to get a little tougher, with a steep ascent to Namche Bazaar. Enter into the national park, cross the river through the village of Jorsale, and then continue upstream.

Cross another spectacular suspension bridge and begin the ascent to Namche Bazaar. Get your camera out as now there will be your first glimpse of the peaks of Everest, Lhotse, Nuptse and Taweche. Namche will be your last chance to check your equipment and hire any additional gear for the high altitudes from Dingboche onwards. Namche Bazaar is also the last chance for a hot shower, to enjoy the local nightlife or take to the pool hall and video parlors.

Activities Included

Guided trek to Namche (approximately 6 – 7 hours)

Accommodation

Local Tea House

Day 5: 31 March 2026**Destination: Namche (3440 m)****Meals Included: N/A**

Stay at Namche Bazaar for another night so you can properly acclimatize to the altitude. One of the best ways to do this is to take strenuous walk up to a high altitude then come back down to sleep. Remember, it doesn't matter how fit you are, anyone can be affected by altitude, so have a chat to your doctor before you leave to talk about the symptoms and what to expect.

There's an optional walk above the Bhote Khola River Valley towards Thami (3810 m). Taking a walk to see both the sunrise and sunset views from the national park headquarters above the village is also a great option. This stunning vista includes a super panorama of the Khumbu peaks and great views of Everest.

The national park headquarters are home to interesting displays about Sherpa lifestyle and culture, and the local flora and fauna. Rugs, clothing, salt and dried meat all do a roaring trade in the village centre, so haggle for any extra supplies you might need.

Activities Included

Acclimatization at Namche

Accommodation

Local Tea House

Day 6: 1 April 2026**Destination: Phortse Gaun (3810 m)****Meals Included: N/A**

Today we trek for about 6 – 7 hours to cover the 9 km from Namche Bazaar to Phortse. This route offers amazing insight into the life and culture of the Sherpas, and that night we stay in a village that is home to a number of Sherpas who have reached Everest's summit. Looking out from Phortse, the views of Amadablam are great.

Activities Included

Guided trek to Phortse Gaun (approximately 7 hours)

Accommodation

Local Tea House

Day 7: 2 April 2026**Destination: Dingboche (4410 m)****Meals Included: N/A**

Climb above the tree line and trek approximately seven hours covering the distance of 12 kms to Dingboche. Here you'll find a beautiful patchwork of small fields enclosed by stone walls. These walls protect crops of barley and potatoes from the cold winds.

The scenery is once again spectacular and although Everest will be hidden behind the Lhotse-Nuptse Ridge, the huge peaks that tower above the eastern end of the valley are more than worthy. If the weather's right, then there will be gorgeous sunsets illuminating the peaks – Ama Dablam, the south face of Lhotse to the north, and also Island Peak in the centre of the valley.

Activities Included

Guided trek to Dingboche (approximately 7 hours)

Accommodation

Local Tea House

Day 8: 3 April 2026**Destination: Dingboche (4410 m)****Meals Included: N/A**

Today is another acclimatization day, and you'll stay in Dingboche for another night. There are a few different trails that you can hike, with day hikes to Ama Dablam base camp, Nagarjun Hill or Chukkhung. Ama Dablam is a peak that dominates the route towards Everest Base Camp, and it's an opportunity to get off the main trail and explore a quieter area in the Khumbu below one of the most beautiful mountains in the world.

Nagarjun Hill (5100 metres/16,730 feet) offers amazing views of Makalu, Island Peak and Ama Dablam. The Chukkhung (4750 metres/15,580 feet) walk might be a short one, but it's the views of surrounding peaks and snowy terrain that'll have you short of breath.

Activities Included

Acclimatization at Dingboche

Accommodation

Local Tea House

Day 9: 4 April 2026**Destination: Lobuche (4910 m)****Meals Included: N/A**

From Dingboche, ascend the small ridge behind the village above the Pheriche valley. From the stupa at the top, Taweche and Cholatse (6440m) make for a pretty striking scene; they seem to lean forwards from across the valley in the west.

To the north, Lobuje Peak (6119m) and the snowfields of the Cho La are the kings of the skyline. The walking will now be fairly flat on wide-open fields but remember that there's no rush – take your time and ensure you're well hydrated.

Late in the morning you will cross the Khumbu Khola at Dughla and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest.

In the afternoon, there will be a solid and quite steep climb on a rocky trail to the top of the moraines. On the crest of the ridge, you'll pass a line of memorial cairns (stacks of stones), built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last fifty or so years. From here the view is downright spectacular once again, with Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m), surrounding you. Then follow the valley stream to the lodge at Lobuche, arriving early afternoon.

Activities Included

Guided trek to Lobuche (approximately 6 hours)

Accommodation

Local Tea House

Day 10: 5 April 2026**Destination: Gorak Shep (5140 m) – Everest Base Camp (5364 m)****Meals Included: N/A**

This is it people, the BIG day of Everest Base Camp! First, you'll trek to Gorak Shep (where you'll start the round trip to Base Camp). From Lobuche, follow the broad valley that runs parallel to Khumbu Glacier, with a gradual ascent enabling you to build the slow, steady rhythm required when walking at high altitude.

When you reach the moraines of Changri Nup Glacier, you will make a series of small ascents and descents over a rocky trail lined with cairns that eventually leads to the surprising glacial sands of Gorak Shep (5160 metres/16,930 feet) – reached after about three hours of walking. Now's the time to grab a quick bite, gear up appropriately, and then head off towards Everest Base Camp.

The trek to the base camp can be achieved in around three hours, and if trekking in the popular climbing period of March to May, you will almost certainly encounter yaks and porters supplying food and equipment to expeditions here. From Everest Base Camp you will not get views of Mount Everest, but you are able to see glorious glaciers, lakes, caves, and the notorious Everest Ice Fall that flows from the Western Cwm. It's regarded as technically the hardest and most dangerous section of the mountain. Then you'll return from Base Camp to Gorak Shep,

Included

Guided trek to Gorak Shep – Everest Base Camp – Gorak Shep (approximately 8 hours)

Accommodation

Local Tea House

Day 11: 6 April 2026**Destination:** Pheriche (4240 m) or Orsho (4100 m)**Meals Included:** N/A

Wake early for the trek to Kala Patthar, where you'll experience sensational sunrise views from this amazing vantage point. Don't be surprised if you get a little tear in your eye when you soak up the views of Everest. Embrace that emotion and spend as long as you like here to savour this extra special moment.

To get there from the lodge the ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It's a tough walk because of the altitude, but the view from the top will surpass your wildest imagination. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints can provide views that are almost as good.

Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest – they're all here. About three kilometres away and some 200 metres below, the area of the Everest Base Camp can be seen in a bowl at the bottom of the Khumbu Ice Fall.

Then it's all downhill from here – the descent to Gorak Shep is easy, then you'll cross the Khumbu Khola and head down the valley below Cholatse to Pheriche. Cross the Khumbu Khola River and ascend a short steep trail to the top of a small ridge for great views of Imja Valley, Ama Dablam and Kantega.

Descend to the small settlement at Pheriche for the night or walk further to Orsho.

Activities Included

Guided trek to Pheriche or Orsho (approximately 8 hours)

Accommodation

Local Tea House

Day 12: 7 April 2026**Destination:** Tengboche (3860 m)**Meals Included:** N/A

Descend through the small settlements at Orsho and Shomare before passing through Lower Pangboche. Here you'll reach the suspension bridge over the Imja Khola River, then ascend back to Tengboche to visit the monastery.

According to legend, Lama Sange Dorjee, who came from Tibet's Rongphu Monastery, founded Tengboche Monastery in the 17th century. Tengboche was destroyed by an earthquake in 1933, rebuilt and again badly damaged by a fire in 1989.

Construction of the present monastery was completed in 1992. Spend a bit of time visiting the monastery and the Sherpa Heritage Foundation Museum.

Activities Included

Guided trek to Tengboche (approximately 4 – 5 hours)

Accommodation

Local Tea House

Day 13: 8 April 2026**Destination: Monjo (2860 m)****Meals Included: N/A**

Descend steeply through beautiful forest of juniper, rhododendron and fir. Cross the Dudh Kosi River and ascend to Trashinga. From here the trail contours high above the valley through Shanasa and on to Namche Bazaar, before descending steeply down to the large suspension bridge over the Dudh Kosi River. You'll follow the trail through Jorsale and back to Monjo, where you'll stop for the night.

Activities Included

Guided trek to Monjo (approximately 7 hours)

Accommodation

Local Tea House

Day 14: 9 April 2026**Destination: Lukla (2840 m)****Meals Included: N/A**

You've done it, your last day of trekking! Set off on the last, steady 5 hours of the trek. Descend steeply down to the large suspension bridge over the Dudh Kosi River.

You'll follow the trail through Jorsale and back to Monjo. Walk via Benkar through blue pine and rhododendron forest, with great views of Kusum Kangaru, through Phakding, then it's only a short walk in the valley before making the final climb up to the airstrip at Lukla, where you'll say goodbye to your Sherpa crew.

Get together with the rest of your group and pool your tips if you haven't already. Celebrate with a hot shower, a sleep, or with a few drinks with your group. You earned it!

Activities Included

Guided trek to Lukla (approximately 5 – 6 hours)

Accommodation

Local Tea House

Day 15: 10 April 2026

Destination: Lukla – Kathmandu

Meals Included: N/A

Weather permitting, you'll take a short early morning flight from Lukla to Ramechhap. From there, you will board the vehicle to Kathmandu.

Return to the hotel and have free time during the afternoon for further sightseeing or shopping. Shop in some of Kathmandu's many markets for clothing, embroidery, carpets or ceramics. If shopping is not your thing, take a trip to the adjacent city of Patan, with its abundance of temples and monasteries.

Included

- Flight from Lukla to Ramechhap (20 minutes)
- Kathmandu to Ramechhap drive (approximately 5 hours)

Accommodation

Marshyangdi Hotel or similar

<http://www.thamelhotel.com/>

Special Information

Please note that in peak travel times domestic flights to/from Kathmandu may arrive/depart from Ramechhap (also known as Manthali) Airport.

Day 16: 11 April 2026

Destination: Kathmandu

Meals Included: N/A

The day is at leisure because your legs deserve a rest after that incredible trekking feat! In the evening, experience an hour's sound healing session at a yoga studio.

Activities Included

Sound Healing (Singing Bowl) session – 1 hour in the evening

Accommodation

Marshyangdi Hotel or similar

<http://www.thamelhotel.com/>

Day 17: 12 April 2026

Destination: Kathmandu – Departure

Meals Included: N/A

There are no activities planned for the final day. You would be dropped to the airport as per your flight time for the final departure.

Airport transfer

Included on a private group basis

Important Information

Is this trip right for you?

The weather can be unpredictable in the Himalayas and every year a significant number of trips have flights to or from Lukla delayed or cancelled due to weather conditions. See day 1 of the itinerary for the alternative plans should this happen on your trip.

Hiking the Himalayas is no walk in the park. But seriously, this trip includes 12 days of trekking for up to eight hours per day, reaching altitudes of over 5500 metres. Depending on the time of year, the weather can be harsh. Ask anyone who has done it and they will say the rewards are worth it, but we can't stress enough that you must be in excellent health to participate. Think you're up for it? Find our step-by-step training guide here:

<https://www.intrepidtravel.com/adventures/trekking-training-guide-tips/>.

The trekking lodges, known as teahouses, that we stay in on the trek are very simple with only basic facilities. Access to electricity points for charging devices will cost extra. Wi-Fi is available at some locations, but connections may be poor.

The scenery and conditions vary between seasons. Please carefully consider the time of the year you wish to trek in and consult this packing guide <https://www.intrepidtravel.com/adventures/packing-guide-for-trekking-in-nepal/>.

The Everest Base Camp trek is a very popular route and you will encounter many other trekkers and groups on the trail and at the teahouses. If you are after a trek that sees less travellers and spends more time trekking through communities rather than on a more established route, see our Tamang Heritage & Langtang Valley Trek (HNXV).

This trip includes one or more overnight stays over 3500 metres (11500 ft) where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. While the vast majority will only feel discomfort, it is not uncommon for a small number of people to need extra care which will be provided by our leaders and local staff. All our trips that spend time at high altitude follow our standard altitude safety measures. A number of medical conditions and medications can also reduce your body's ability to acclimatise, and thus will affect your performance at altitude and make you more susceptible to AMS. If you are worried about any pre-existing condition (e.g. heart problems), or unsure of your physical ability, you must seek medical advice prior to booking. You may also wish to discuss medication such as Diamox that may help aid acclimatisation. Read more about AMS here: <https://www.intrepidtravel.com/altitude-sickness>

Important Notes

Due to the demands of travelling at high altitudes a Passenger Self Assessment Form is required for this trip. You will be trekking on hilly terrain, generally on well-defined paths, walking anywhere between 2-7 hours per day, on average about 5 hours a day. Altitude may exceed 5545 metres.

Your health and safety is our priority. Your leader may delay or stop your ascent based on your medical conditions and AMS symptoms. Please ensure your insurance includes coverage for activities above 3000m, mountain rescue, and helicopter evacuation costs. Without adequate insurance cover, helicopter evacuation requires upfront payment.

You may be asked to provide 2 passport size photographs for your trekking permit.

Please be aware that in the event of an emergency evacuation, Intrepid does not have control over which helicopter service may be used. Some helicopters are not in regular use with Intrepid and have not passed our internal safety auditing.

The quote and accommodation will be subject to availability at the time of booking

This is a quotation only and neither reservations for services nor hotel bookings have been made. Availability of all services is guaranteed upon confirmation of reservation.

Small deviations in the tour program are sometimes necessary, depending on weather, road conditions, flight schedules and room availability. Therefore, quoted rates might change accordingly.

Any prices quoted exclude specific costs/measures which may be required as a result of changes due to COVID-19 health and safety restrictions. The supplier will inform the Customer of these changes as soon as possible, these additional charges will be passed on by the Supplier to the Customer.

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

AIR POLLUTION:

Air quality in Nepal can be poor, especially in winter. Some towns, including Kathmandu, experience very high levels of seasonal smog and heavy particulate pollution. Seek medical advice if you're concerned about the effects of air pollution.

ALTITUDE SICKNESS:

Travellers to altitudes higher than 2,500m are at risk of altitude sickness, also known as acute mountain sickness (AMS). This can be life-threatening and affect anyone, even people who are very physically fit. There is a higher risk for those who have had altitude sickness before, who exercise or drink alcohol before adjusting to the altitude, or who have health problems that affect breathing. If your tour travels to high altitude, see your doctor for advice

specific to you and your situation before you depart. It is important to be aware of the normal altitude symptoms that you may encounter BUT NOT worry about:

- Periods of sleeplessness
- Occasional loss of appetite
- Vivid, wild dreams at around 2500-3800m in altitude
- Unexpected momentary shortness of breath, day and night
- Periodic breathing that wakes you occasionally
- Blocked nose
- Dry cough
- Mild headache

If you are feeling nauseous, dizzy, or experience other symptoms, please be sure to let your group leader or local representative know immediately so that we can monitor your condition.

Please be aware that should your group leader or local representative deem it unsafe for you to continue trekking at any time, they will arrange for you to descend to a lower altitude.

Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience:

<https://www.intrepidtravel.com/altitude-sickness>

On some days this trip may ascend faster than commonly published recommended ascent rates at altitude. However, based upon an assessment by our external safety and medical advisors, and in conjunction with our own risk assessments, we consider that the ascent rate is acceptable due to the additional safety measures that are in place for our customers. If you have concerns about this, please speak to your booking representative.

All our group leaders or local representatives in the Himalayas are trained in the use of a PAC bag (Portable Altitude Chamber) and this is carried on all trips which go above 4,200m. The PAC bag is used in an emergency only to treat altitude sickness in the mountains. A First Aid kit is carried with the group and all our group leaders or local representatives are First Aid trained. Please ensure that your travel insurance policy does cover you up to the maximum altitude on this trip, and includes helicopter evacuation. Please take proof of this with you on the trip, as you will need to show it to the group leader or local representative.

MOSQUITO-BORNE ILLNESSES:

Malaria is a risk in some areas of Nepal including Chitwan National Park. Dengue fever and Japanese encephalitis also occur, including on occasion in Kathmandu. Protect yourself against insect bites by wearing adequate protection, including repellent.

MEDICAL FACILITIES AND TREATMENT:

Medical facilities in Nepal are very limited, particularly outside Kathmandu. In Kathmandu, treatment at international-standard clinics is expensive and up-front payment for services is generally required. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment, including evacuation by helicopter.

Food and dietary requirements

FOOD IN NEPAL:

We do not include meals while trekking, allowing you to choose what you want to eat and when. We know from experience that the altitude and physical exercise can mean trekker's appetites differ quite widely. The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Vegetarians are well catered for in Nepal. How much you need to spend per day will vary, but it could be anything up to US\$60 per day for meals, snacks and drinks. Prices tend to get higher the higher you go on trek in response to the difficulty of getting supplies to the teahouses.

In Kathmandu and Pokhara there are plenty of restaurants and cafes for all tastes and budgets. For a glimpse at what traditional Nepali cuisine entails, check out our guide here: <https://www.intrepidtravel.com/adventures/guide->

ALCOHOL & CAFFEINE:

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip. Celebrate your achievements after your trek. Both alcohol and caffeine increase dehydration. Limit your intake of both when hiking at high altitudes.

Accommodation

TEAHOUSES:

Accommodation at local lodges - better known as teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, travellers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, travellers may have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but occasionally a hot shower means a bucket of hot water, enough to wash your body. Electricity to charge devices as well as WiFi is usually for an additional fee when available.

TEAHOUSE COSTS

The following approximate costs were correct at time of writing, though varied slightly from teahouse to teahouse:

Shower - 500 - 600 NPR

WiFi - 500NPR (Unlimited – valid up to 12 hours)

Electricity - 250NPR (Per charge)

Soft Drink - 400-500 NPR

Mango Juice - 300 - 400 NPR

Porridge - 500 NPR

Daal Bhaat - 600 -1000 NPR

LUKLA FLIGHTS

Flights going to and from Lukla may be operated out of Ramechhap Airport, in an effort to alleviate congestion at Kathmandu's Tribhuvan International Airport by the Civil Aviation Authority of Nepal. Lukla is the gateway port to the Everest region and flights throughout Nepal – particularly in high mountain areas – are often delayed or cancelled due to poor weather conditions. In order to maximise our chances of boarding a flight to Lukla, any departures affected will need to wake up quite early on Day 2 to drive the 130 kilometres (approximately 5-hours) from Kathmandu to Ramechhap Airport. A private vehicle transfers will be provided at no additional cost. In addition, flights back from Lukla may also land at Ramechhap Airport, therefore sufficient time is needed for land transport back to Kathmandu. Travellers have on occasion missed international connections as a result of this. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.

LUGGAGE LIMITS:

Domestic flights in Nepal have strict weight limits - 10kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket. Excess baggage (up to 5kg per person only) will be charged at your own expense.

TRAVEL BETWEEN KATHMANDU & POKHARA:

On itineraries that include road travel between these destinations, past travellers have often decided to fly this route independently to avoid the long overland journey (200km, approx 6+ hours). The flight takes around 35mins. Should you decide to fly, this will be at your own expense with no refunds for road travel available.

ROAD TRAVEL:

Roadworks and infrastructure projects can cause significant delays on major roads within cities and highways between destinations. Road travel can also be disrupted due to demonstrations and bandhs (strikes) without warning. Major roadworks are currently ongoing in and around Kathmandu and the roads to Chitwan National Park. Delays, heavy traffic, poor road conditions and dust are a reality of road travel in Nepal.

MONSOON:

The monsoon season is from June to September and weather conditions can disrupt travel during this time due to flooding and landslides. Disruption of air travel and airport closures are also possible. Be prepared that the itinerary may need to change at short notice.

Money matters

NEPAL:

The official currency of Nepal is the Nepali rupee (NPR). Its symbol is often displayed as Rs. USD is also widely accepted in Nepal. ATMs can only be found in Kathmandu, Pokhara, and Bhaktapur. Make sure you carry sufficient cash to cover your needs when travelling outside of these cities. Money exchange facilities are available in Kathmandu, Namche, Pokhara, Chitwan (only outside the park), and Bhaktapur. Credit cards are not widely accepted.

The Government of Nepal has banned the import, export, and use of 500 and 1000 Indian rupee notes in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined.

Please note that most establishments in Asia will not accept foreign currency notes that are old, torn, or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

Before departing on a trek, make sure you have enough Nepalese currency to purchase meals and drinks, in the smaller denominations where possible, as there are no ATMs and larger notes (such as 1000R) can be difficult to change.

Nepali Rupee is a blocked currency – it cannot be exchanged into other currencies outside of Nepal. You can only obtain Nepali Rupee in Nepal and must exchange any leftover Nepali Rupee whilst still in Nepal.

Your Group Leader: You should consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however as a guideline US\$4-5 per person, per day can be used. Of course, you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

Other Trekking crew (Assistant Guides and Porters): Throughout your trip you may at times have a porter carrying your luggage and assistant guide/s in addition to your leader. We suggest US\$4 each traveller per day which will be distributed among all porters and assistant guides. The Group leader is not responsible for distributing the tipping to the trekking crew but will assist you and make appropriate recommendations after the trek.

Drivers: You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group however a base of US\$2-3 per person, per day is generally appropriate.

Local transport: For a city tour we suggest US\$2 per person, per day.

SPENDING MONEY

When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. Make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last-

minute changes to enable our trips to continue to run, and as a result, there may be some extra costs involved. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

Suggested budget for meals not included: USD450

NEPAL:

If you are happy with the services provided a tip - though not compulsory - is appropriate. While it may not be customary to you, it is of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many Intrepid destinations. We recommend that any tips are given to the intended recipient by a member of your group, rather than collected and passed on by the group leader.

The following amounts are based on local considerations and feedback from our past travellers:

Your Group Leader: You should consider tipping your leader for outstanding service throughout your trip. The amount is entirely a personal preference; however as a guideline US\$4-5 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

Other Trekking crew (Assistant Guides and Porters): Throughout your trip you may at times have a porter carrying your luggage and assistant guide/s in addition to your leader. We suggest US\$5 each traveller per day which will be distributed among all porters and assistant guides. The Group leader is not responsible for distributing the tipping to the trekking crew but will assist you and make appropriate recommendations after the trek.

Local guides: Throughout your trip you may at times have a local guide in addition to your leader. We suggest US\$2-3 per person, per day for local guides. (Including city tour guides, jungle guides, rafting guides, assistant trek guides)

Drivers: You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group however a base of US\$2-3 per person, per day is generally appropriate.

Local transport: For a city tour we suggest US\$2 per person, per day.

Hotel porters: NPR50-100 is adequate for porters that assist you with bags to your room.

Restaurants: Please check the bill and if there's an addition of 10% service charge, there's no requirement for tipping. Otherwise 5-10% of the total bill amount is appropriate.

NOTE: Please don't tip with coins or notes of or less than NPR50, or dirty and ripped notes. This is regarded culturally as an insult.

Intrepid does not include the use of helicopters on this itinerary. Should you choose to opt to take a helicopter for convenience or emergency this will be at the travellers expense.

Packing

What you need to bring will vary according to when you are travelling. Generally speaking, we recommend you pack as lightly as possible and make sure that you are able to carry and lift your own luggage, and walk with it for short distances. As well as your underwear, toothbrush and other items you always need to pack for travel, below are some items that you specifically need for this trip.

Intrepid provide an individual duffel bag to carry your trekking gear. The weight limit per person is 10kg each. Porters carry two bags each as well as a their own backpack. Porters weight limit is 25kg each.

Please keep the weight and bulk of your trek bag to a minimum by bringing clothes made from lightweight material. Don't pack too much clothing; one or two changes will be all you need. However, as the weather conditions in the Himalayas are often unpredictable, be prepared for all eventualities, be it rain, unseasonable cold or heat. For the trek all of your gear should be packed into plastic bags to protect it from the weather - dry clothes are essential for your comfort.

Your trek leader will assist you in packing your kitbag and can advise what to bring and what can be left behind in Kathmandu.

Day pack - Your day pack must have the capacity for the items you will be carrying on a day's walk: rain jacket, spare trousers, warm clothing, water bottles, camera equipment, washing items and other personal effects. A hip/waist strap provides additional comfort. You should consider day packs of at least a 30 to 40 litre capacity. You only need to carry your day pack when trekking each day.

SLEEPING BAG & INNER SHEET

A good quality, warm sleeping bag is essential while trekking as only blankets are provided at tea houses. Please note that sleeping bags, are readily available to buy or hire in both Kathmandu at very reasonable rates. Your group leader can assist you in hiring gear after your joining meeting. If you plan to hire a sleeping bag we recommend that you bring an inner sleep sheet, which adds another layer of warmth. In winter a thermal inner sleep sheet is warmer. If you bring your own sleeping bag, please think about the time of year of your trek. We recommend a four season bag with a rating to around -10c. In Winter (Dec-Feb) a five seasons bag is recommended.

WATER BOTTLES

It is essential to bring 2 x 1lt water bottles to refill along the way.

While trekking, boiled or safe drinking water is available to purchase in tea houses.

However, you should also carry a water purification method. Options include:

- purification tablets available from camping stores or pharmacies eg. Micropur.
- 2% tincture of iodine, available from pharmacies, used at 4 drops per litre of water and left for at least 20 minutes - longer in very cold weather.

ESSENTIAL TREKKING EQUIPMENT

Trekking boots (broken in)

Gaiters + spikes (for winter departures Dec-Feb only - can be hired in Kathmandu if required)

Waterproof 3/4 season jacket and trousers (can be hired/purchased in Kathmandu if required)

Camp footwear (ie sneakers, thongs or booties)

Several pairs of high quality hiking socks

T-Shirts - highly recommended are synthetic t-shirt styles that wick away moisture

Thermal underwear/layers

Down jacket (can be hired/purchased in Kathmandu if required)

Warm mid layers (fleece/micro fibre)

Trousers - lightweight, loose fitting, trekking trousers (can be purchased in Kathmandu)

Shorts or skirt for summer

Tracksuit or fleece pants for even

Sleeveless fleece and extra layers for winter departures (Dec-Feb)

Warm hat & sun hat

Scarf/neck warmer

Gloves and mitts - waterproof and warm.

Sunglasses with UV protection

Head torch (w spare batteries)

Sunscreen and lip balm

Light weight towel or sarong

Personal first aid kit

Biodegradable wet wipes/toilet paper

Hand sanitizer gel

Trail mix/nuts/muesli bars (bring zip lock bags from home)

OPTIONAL GEAR

Pocket knife
Insect repellent
Ear plugs
Walking poles
Extra zip lock bags
Hot water bottle (winter months)

CASH:

Before departing on your trek, make sure you have enough Nepalese currency to purchase meals and drinks during the trek - in the smaller denominations where possible, there are no ATM's and it can be harder to change a NPR1000 note.

OTHER GUIDES & FURTHER TRAVEL:

For other guides to packing for treks: <https://www.intrepidtravel.com/adventures/packing-guide-for-trekking-in-nepal/>

If you are spending further time in the region, please see some ideas for regular travelling gear to pack.
<https://www.intrepidtravel.com/packing-list>

For further advice on what to pack, see our Everest Base Camp packing guide here:
<https://www.intrepidtravel.com/adventures/everest-base-camp-packing-guide/>

Phone and internet access

WIFI:

Hotels in Kathmandu generally have excellent WiFi connections. Most hotels offer free WiFi in public areas, with some also offering in-room WiFi, sometimes for an additional fee. While trekking WiFi may be available in tea houses and lodges for a small cost. The higher you go the more the use of WiFi and the internet will cost, and likely the slower the speed. Your group leader or local representative will be able to offer some advice on communications in remote areas of the country. Please note that most teahouses do not have electrical outlets in rooms to charge devices but are shared in the main dining area, for an additional fee. Past travellers have found portable solar chargers to be very useful.

Climate and seasonal information

ALTERNATIVE ITINERARY DUE TO FLIGHT CANCELLATIONS:

Weather conditions in the Himalayas can change rapidly, which frequently results in the need for changes to be made to our intended itineraries. Flights throughout Nepal, particularly in high mountain areas, can be delayed or cancelled due to poor weather conditions. Flights between Kathmandu and Lukla are particularly prone to these delays which has the potential to vary the itinerary of all departures in the Everest region. Our contingency plans in case of bad weather preventing the fixed wing aircraft flight from Kathmandu to Lukla are as follows:

Day 2 - We will attempt to board our booked fixed wing flight as per the itinerary. If this flight is cancelled we will return to our hotel in Kathmandu for an additional night.

Day 3 - We will again attempt to board our booked fixed wing flight. If this flight is cancelled but helicopters are available and permitted to fly to Lukla we will use our best endeavours to charter a helicopter to transport the group. Travellers will need to use their emergency fund to cover the cost of this chartered helicopter. The exact cost will depend on how many travellers are in your group and could be up to US\$500. If we reach Lukla on Day 3 by either fixed wing aircraft or helicopter we will then follow the same itinerary to Everest Base Camp, but descend over one less day in order to take our return flight from Lukla on Day 14.

Day 4 – If both fixed-wing planes and helicopters are unable to reach Lukla on the morning of day 3, then on day 4 we will drive back to Kathmandu by private vehicle. While we will not be able to reach Base Camp itself on the altered itinerary to Langtang - Gosainkunda Trek, our travellers have still found it a highly enjoyable trek with superb

views of snow capped mountains and visit the beautiful lake - Gosainkunda. This lake is sacred for both Hindu and Buddhist pilgrims.

We also advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.

SEASONAL INFORMATION:

Nepal's climate varies greatly depending on the season:

JUN - SEP: the monsoon rains (mostly at night) bring landslides in regional areas. Cloud cover often obscures mountain views with rain, mud, and leeches deterring most trekkers at this time of year. Treks running in September can be hot and very humid at lower altitudes. See what it's like to trek during monsoon here: <https://www.intrepidtravel.com/adventures/nepal-during-monsoon-season/>

MAR-APR: Spring brings warm weather and spectacular rhododendron blooms. A popular time to visit and one of the peak times to trek.

OCT - NOV: Clear skies and warm days make autumn the peak season.

DEC - FEB: Winter brings cold temperatures and snow to the mountains. Good trekking, but remember to rug up.

Some towns, including Kathmandu, experience very high levels of seasonal smog which can lead to decreased scenic visibility.

Group Leader

All group trips are accompanied by one of our group leader or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your group leader or local representative will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the

activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

STRIKES:

Demonstrations and protests are common in Nepal, with strikes regularly occurring that may result in curfews or roadblocks being enforced at short notice. At these times, businesses may close and vehicles may not be allowed on the roads. You should avoid any demonstrations or political gatherings and follow local advice, including that of your group leader or local representative in the event of any disruptions.

PETTY THEFT & CRIME:

Pickpocketing and other petty theft is common, especially in places where tourists or foreigners frequent. Take care when walking around at night. Avoid walking on your own and don't carry large sums of cash. Keep valuables in a hotel safe if possible. Bars and restaurants now close at midnight as part of a government crackdown on illegal activities. Foreigners remaining in bars and clubs after hours have been detained by the police. Police have increased their presence in Thamel and Durbar Marg, popular tourist districts in Kathmandu, in an effort to reduce crime in these areas. You should seek out police if you have been robbed or affected by any crime.

ALTITUDE:

Altitude sickness is a risk, including on the Annapurna, Langtang and Everest Base Camp treks. Please make sure you familiarise yourself with signs and symptoms before you depart and monitor your own health during your trek.

INSURANCE:

Make sure your insurance covers you for your intended activities, including travel and trekking above 3000m if this is included on your itinerary, mountain rescue services and helicopter evacuation costs. If your insurer does not provide this level of cover, helicopter evacuation will not be possible without upfront payment.

FESTIVALS:

Travelling in Nepal during Holi Festival (23-25 March 2024), can at times be dangerous due to revellers consuming intoxicating substances. The day is often associated with physical violence and danger. Your group leader or local representative will advise you and your group on what places to avoid on this day and it may even be necessary for us to alter your itinerary for the day to avoid putting you or your group leader or local representative in a high-risk situation.

Travelling during the Hindu festival Diwali (12 Nov 2023, 1 Nov 2024) can also be dangerous. During this time there are many displays of fireworks in the streets. It can be very noisy for several days and there is also a lot of pollution caused by the fireworks. As there are no restrictions on buying fireworks there are often injuries caused by people exploding them inappropriately. During this festival, your group leader or local representative may be required to alter your itinerary to avoid any dangerous areas to avoid putting the group at risk.

INTERNAL FLIGHTS:

There have been a number of air accidents in Nepal. We only use airlines that have passed strict safety audits for included internal flights in Nepal, including Buddha Air, Summit Air.

Community guidelines

Intrepid won't tolerate any kind of violence, harassment (whether physical, verbal or sexual), or disrespect toward fellow travellers, our teams or local communities.

To ensure the wellbeing of everyone on the trip, decisions made by your group leader are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

Any behaviour that prevents your leader from continuing the itinerary as planned, breaks local laws or opposes any of these guidelines may result in Intrepid denying your booking or removing you from the trip.

If something concerns you during your travels, please speak to your group leader immediately. Alternatively, you can contact us on the emergency contact number detailed in the Problems and Emergency Contact Information section of this Essential Trip Information.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

The beauty of our style of travel is that it caters to travellers who are travelling solo and who want to meet and share experiences with like-minded people.

On our trips rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender as per the gender marker on each of their passports.

As a responsible tour operator, we strive to create a safe and inclusive environment for everyone. In the case that your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

We also have an optional single supplement available on most trips for travellers who prefer to have their own room. Please note that this only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will be on a single room basis.

On a small selection of itineraries some accommodations are booked on an open gender, multi-share basis (for example on a felucca in Egypt or an overnight train in Vietnam). In those instances it will clearly be stated in our Essential Trip Information prior to booking and travelling.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and

travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

ELEPHANT PERFORMANCES & ELEPHANT RIDING:

While we respect each individual's decisions while travelling, Intrepid does not include elephant rides or unnatural performance activities on any itinerary, and we recommend you bypass these activities should they be offered to you during your stay. Professional wildlife conservation and animal welfare organisations, including World Animal Protection, advise that contrary to common belief, captive elephants remain wild animals and despite good intentions, unfortunately, many venues are unable to provide the appropriate living conditions elephants require and this ultimately impacts their well-being. While there is some merit in the argument that the money you pay for the activity goes towards keeping the elephants and their mahouts employed, we know that it also fuels demand for elephants to be captured in the wild or captive-bred. We thank you for your support in improving the welfare of these majestic creatures. Further information is available on the below link:

<http://www.intrepidtravel.com/elephants-welfare>

PORTERS:

Our porters are valued members of our trekking teams. We operate our treks according to standards that provide respectful, safe, and fair working conditions not only in Nepal, but on all our trips globally. For more information on porter welfare, see <https://www.intrepidtravel.com/au/porter-policy>

NEPAL

Dress codes are quite relaxed in tourist areas of Kathmandu and Pokhara, but much more conservative in other parts of the country. Remove shoes before entering certain temples and holy places and be aware that non-Hindus may not be permitted at some religious sites. Dress modestly, take care not to offend, and ask your group leader or local representative if you are unsure if something is appropriate.

The Intrepid Foundation

We created our not-for-profit, the Intrepid Foundation because you – our travellers – told us you wanted to make an even greater impact in the communities you visit.

The Foundation works by teaming up with partners around the world so that together we can deliver greater positive impact at scale. Partners are identified by our local staff who live and work in our destinations. They harness their powerful community connections to determine the issues that matter most and select local partners who can deliver real solutions.

Since 2002, the Intrepid Foundation has raised more than \$14million dollars and supported more than 160 communities worldwide. Now, with over 40 partners all over the world, your donations are helping to restore forests in Kenya, empower women in Honduras and promote elephant welfare in Laos, to name just a few.

For more information about the Intrepid Foundation, please ask your group leader or local representative or visit our website: <http://www.theintrepidfoundation.org/>

This trip supports Sagarmatha Next, who are helping to remove waste from the Everest region. Donations help Sagarmatha Next run their information centre which teaches travellers about the waste challenges in the region and hosts artists who up-cycle rubbish into artwork. They also remove waste products from the region and ensure they're responsibly recycled. Intrepid will double your impact by dollar-matching post-trip donations made to The Intrepid Foundation.

To find out more or make a donation, visit: <https://www.theintrepidfoundation.org/t/sagarmatha-next>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.