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Trekking in Nepal

So you are considering a trip to Nepal to do some trekking.

While you can trek in Nepal throughout the year, our treks are scheduled for April and May or October and November. These times are considered to have the best weather for trekking.

Getting There

There are a number of airlines that will get you to Kathmandu, Nepal. It is up to you to pick an air carrier that will provide you with the level of service and comfort that you are looking forward to. At present there are no direct flights to Nepal, all of the routes will require a transfer. When choosing an air carrier, check whether you will need visas for any of the countries that you will be transiting through. Even if you do not require a visa when transiting it is a good idea to consider one as you may need to collect your baggage to clear customs or transfer it to another air carrier or you may wish to sleep in a hotel if there is a lengthy delay or a change in travel arrangements.

Visa for Nepal

Fortunately, you have choices in arranging your visa for Nepal. You can obtain the visa in Canada before you depart or obtain your visa at the airport in Kathmandu. You will need to have a passport picture for your visa. If you do not have one you can obtain one at Kathmandu Airport.



Gokyo - Cho La Pass - Everest Base Camp Circuit Trek - April 12th to May 2nd 2023

Overview

Cho la Pass Trek is the most arresting way in the Everest region. This popular trek will pass through Sherpa communities enjoying a range of vegetation from pine, hemlock woods at lower elevations; fir, birch, juniper, rhododendron forests at the median elevations; plus scrub as well as alpine plant at lofty region.

Views of peaks like Cho you (8,153m), Everest (8848m), Gyachung Kang (7,922m), Makalu, Lhotse (8,501m) will captivate you during the trek.

You will pass through the centre of the region Namche Bazaar (3440m) and go by Khumjung valley, Dole, Machhermo, Gokyo, Gokyo Ri, crossing Cho La Pass located at an elevation of 5330m. The trek reaches Everest Base Camp passing through Dzonglha (4830m), and then Gorak Shep. The breathtaking near sight of mighty Everest (8848m) from Kalapathar, an unbelievable view spot.

Gokyo (4,750m) is positioned on the shore of one of a sequence of small turquoise mountain lakes. You will see the Ngozumpa Glacier; the largest glacier in the Nepal.

21 Day Itinerary

1. April 12 th Group Meets
Kathmandu Yak and Yeti Hotel or
equiveleant
2. April 13 Kathmandu day of
touring Options... Monkey Temple,
Thamel,
Boudhanath Stupa, Pashupatinath
Temple, Swayambhu, Basabtpur
Palace,
Durbar Square
3. April 14 Fly to Phaplu Early, Tea
at Happy House Lodge Sir Edmund
Hillarys
favorite lodge, Visit Dr Mingmar
Sherpa head of Nepal Medical, trek
to
Ringmu
4. April 15 Trek to Kharikhola /
Bubpsa

5. April 16 Trek to Phakding
6. April 17 Trek to Namche, Tea, rest, shop explore, Everest View Hotel
7. April 18 Trek Namche / Military Museum/ Sherpa Culture center,
8. April 19 Trek to Dhole
9. April 20 Trek Machhermo
10. April 21 Trek Gokyo Lakes
11. April 22 Trek Gokyo Ri, Back down Lunch, Spend night in Gokyo
12. April 23 Trek Chola Pass, Dzongla
13. April 24 Trek Lobuje
14. April 25 Trek Gorek Shep / lunch/ Basecamp/ Gorek Shep
15. April 26 Climb Kalipathar Early / Lunch/ Dingboche
16. April 27 Trek Tengboche Monastery organize audience with Llama
17. April 28 Trek Khumjung/ Kunde Hospital/ Namche Celebration dinner
18. April 29 Trek Lukla flight out/ Kathmandu Hotel Yak and Yeti
- 19-20. April 30, May 1st Explore Kathmandu
21. May 02 Fly home



Everest Three Passes Trek Oct. 11th to Nov. 02nd 2023

Overview

Kongma La (5,535m), Cho La (5420m) and Renjo La (5,340m) are the major passes on the Three Pass Trek. The Everest three Pass Trek is popular among adventure lovers. It provides an opportunity to visit Thame (3200m), Lungden (3800m) Renjo La pass (5357m), Gokyo-Ri (5357m), Thangnak (4680m), Cho La pass (5380m), Gorakshep (5170m), Everest base camp (5400m), Gorak Shep (5170m) and Kongma La pass (5535).

Everest Three Pass Trek will impress you with mountain scenes that include four of the world's eight highest peaks; Cho Oyu (8,201m), Makalu (8,463m), Lhotse (8,516) and Everest (8,848m). The trek offers an opportunity to see the culture and traditions of the Sherpa people and visit their villages, and monasteries.

The trek starts in Lukla and visits Namche, Thame, Renjo La pass, Gokyo Lake, Gokyo Ri, Cho La pass, Everest base camp, Kala Pathar, Kongma La pass, Chhukung, Dingboche and Tengboche before returning to Lukla through Namche.

23 Day Itinerary

Day 01: Arrival in Kathmandu

Day 02: Opportunity to tour of Kathmandu's historical and spiritual

attractions Day 03: Fly to Lukla by Helicopter 2840 m / Trek to Phakding 2610 m

Day 04: Trek to Namche Bazaar 3440 m

Day 05: Namche Bazaar Acclimatization

Day 06: Trek to Tengboche 3865m

Day 07: Trek to Pangboche 4950m

Day 08: Trek to Dingboche 4730m

Day 09: Rest and Acclimatization at

Dingboche Day 10: Trek to Chhukung 4730m

Day 11: Trek to Kongma-la BC (5000m)

Day 12: Trek to Kongma-la pass 5535m / Trek on to Lobuche

4940m Day 13: Trek to Everest base camp 5364m / Trek to

Gorakshep 5170m Day 14: Hike up Kalapattar, 5545m / Trek to Dzongla 4860m

Day 15: Trek to Cho-la pass 5380m / Trek on to Thangnak

4680m Day 16: Trek to Gokyo 4790m

Day 17: Hike up Gokyo Ri 5360 m / Back to Gokyo

Day 18: Trek to Renjo-la Pass 5338m / Trek on to Lunde

4300m Day 19: Trek to Thame 3820m

Day 20: Trek to Monjo 2840m

Day 21: Trek to Lukla

Day 22: Kathmandu by Helicopter



Phaplu to Lukla

Overview

Your trek starts with a flight to Phaplu. This gives the trekker an opportunity to see a little visited area where you will walk through a lush farming area enjoying the rural traditions of Nepal. The trek starts at a low altitude (2469m) and allows for a gradual acclimatization to altitude and an opportunity to walk yourself into shape.

From Phaplu you walk north to join the Jiri - Everest trail at Ringmu and trek over Taksindu La (3870m) before dropping down to 1500m to cross a 109m suspension bridge and climbing back to 3000m and down to 2290m before reaching the area of Lukla. Following this route you bypass Lukla on your way to Namche Bazaar.

Itinerary

Day 01: Arrival in Kathmandu

Day 02: Opportunity to tour of Kathmandu's historical and spiritual attractions
Day 03: Fly to Phaplu 2469m / Trek to Ringmu 2720 m

Day 04: Trek to Jubhing 1680

m Day 05: Trek to Paiya 2730

m Day 06: Trek to Phakding

2610 m

Day 07: Trek to Namche Bazaar 3440 m

The above are approximate stopping points and may be adjusted based on fitness and time limits.

From Namche you join the route that you have chosen. The extension would typically add two days to your itinerary.



Weather

The following is intended to give you an idea of the average temperatures at the main stops during your trek.

Weather

Phaplu

C/mm	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg	4.3	5.9	9.1	12.5	13.9	15.8	16.1	16.2	15	12.6	8.2	5.5
Min	-1.2	0.6	3.3	7.1	9.1	12	12.7	12.4	11.2	7.8	2.5	-0.3
Max	9.9	11.2	15	17.9	18.8	19.6	19.6	20	18.8	17.5	14	11.3
Prec	16	19	29	58	113	329	571	532	294	93	10	5

Lukla

C/mm	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg	2.8	4.3	7.2	10.7	12.3	14.1	14.7	14.7	13.5	10.9	6.5	4
Min	-2.8	-0.8	1.8	5.1	7.2	10	11	10.7	9.5	5.8	0.9	-1.8
Max	8.5	9.4	12.7	16.3	17.4	18.3	18.4	18.7	17.5	16	12.2	9.8
Prec	17	28	37	56	98	280	499	448	268	68	12	7

Namche Bazaar

C/mm	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg	-0.8	0	3.5	6.7	8.8	10.7	11.7	11.7	10.1	7	2.9	0.5
Min	-7.9	-6.1	-2.6	0.6	3.4	6	7.7	7.4	5.8	1.4	-3.4	-6.5
Max	6.4	6.1	9.6	12.8	14.3	15.5	15.7	16	14.5	12.7	9.2	7.6
Prec	14	21	31	36	55	171	283	261	161	63	7	7

Gokyo

C/mm	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg	-8.7	-8	-4.6	-0.8	2.5	6.2	6.8	6.4	4.7	0.3	-4.5	-6.7
Min	-17.1	-16	-12.1	-8.4	-4.8	0	1.8	1.3	-0.9	-6.8	-12.7	-15.2
Max	-0.3	0	3.1	6.9	9.8	12.5	11.9	11.5	10.4	7.5	3.8	1.9
Prec	8	7	10	11	12	48	120	131	56	25	2	3

Gorak Shep

C/mm	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg	-10.9	-10.1	-6.8	-3	0.6	4.5	5.3	4.8	3	-1.8	-6.6	-8.9
Min	-19.6	-18.3	-14.5	-10.5	-6.5	-1.7	-0.3	-0.1	-2.6	-8.9	-14.9	-17.9
Max	-2.1	-1.8	0.9	4.6	7.8	10.8	10.3	9.8	8.7	5.4	1.8	0
Prec	7	5	8	9	9	37	103	118	45	21	1	3

Weather information from Climate-data.org



Medical Information

Vaccinations

In preparation for your trip you should visit a health profession to determine what vaccinations that you need to protect your health. Along with insuring that you have all of the necessary vaccinations, a good Travel Doctor will ensure that you have medication for altitude sickness, antibiotics for an intestinal disorder and antibiotic creams for cuts, blisters and chafing. As many of these medications will be new to you may want to make sure that you are not sensitive to them.

Altitude Sickness

Altitude sickness can hit anyone. While a Travel Consultant will provide you with medication that will help you protect yourself your best defense is to make sure you are properly acclimatized. Take time to understand the symptoms of altitude sickness so that you can stop and acclimatize before it becomes a problem.

Medical Insurance

While no one likes to think of the possibility of something happening to them it is a good idea to have health insurance when you are embarking on an adventure vacation. When considering health insurance, you should make sure that the insurance is going to cover you for the length of time that you will be out of the country, for the type of adventure that you are embarking on and medical treatment and evacuation if something goes wrong.

There are a number of companies that will provide insurance. It is up to you to determine which one is the best fit for you.

Your Personal First Aid Kit

While the team will have a first aid kit and will carry most commonly needed medications it is always a good idea to have your own kit that is customized to your needs. Aside from bandages, tape and gauze needed to treat cuts and scrapes you should consider the following:

- Bandages and ointments/creams to treat blisters
- Pepto-Bismol or something similar for heartburn, diarrhea, nausea or stomach upset
- Antibiotic cream for cuts and scrapes
- Antiseptic wipes to clean a wound
- Antibiotics for gastrointestinal infections
- Pain relief tablets (preferably Advil as ibuprofen purportedly works against altitude headaches)
- Sun screen
- Hydration mix



Personal Hygiene

During the trek you will be wearing some of your clothes for a number of days. Shower facilities are available at some guest houses but may not always be convenient or recommended. Be aware that the shower may be at a cost and that they typically get more expensive the higher you go. You may want to consider bringing wetnaps or something similar with you so you can freshen up.

Fitness

Any reasonably fit person should be able to complete the trek. The distances that are typically travelled are not long and allow you to walk yourself into shape. That being said, you should train for the trek. You will also want to do some aerobic exercises to make sure that you have the stamina to complete a days trekking and as you will be travelling up and down hill on trails that have steps built into them training on a stepper or on stairs will help build up your leg muscles.

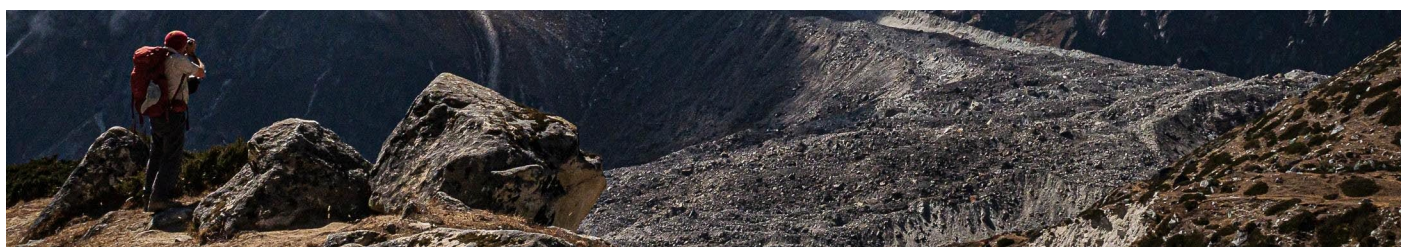


Equipment List

- Warm jacket (down)
- Rain jacket and pants
- Sweater or fleece
- Long sleeve shirts (3)
- Short sleeve shirts (1)
- Hiking pants (2)
- Socks (4)
- Underwear (4)
- Long underwear
- Buff
- Toque
- Gloves
- Hiking boots
- Sandals/running shoes
- Gaiters
- Sleeping bag
- Silk pillow cover (optional)
- Silk liner (optional)
- 35 liter day pack
- 60 liter waterproof duffel bag
- 1 liter water bottles (2) or a combination hydration system and water bottles
- Headlamp and batteries
- First Aid kit
- Batteries
- Water purification tablets
- Paper shower or Wetnaps
- 2 Locks (1 for the bag you leave at the hotel and the other for the bag that is going with you on the trail)

If you have forgotten anything you will have an opportunity to pick up the missing items in Katmandu or in Namche Bazaar.

If you are thinking about washing clothes on the trail make sure you bring some appropriate environmentally friendly soap with you and bear in mind that your clothes may not dry overnight leaving you with the pleasure of having to carry wet clothes.



Wifi and Mobile Telephone Service

You will find mobile services and wifi available throughout Nepal. If you are considering using your mobile telephone in Nepal make sure that you talk to your service provider to ensure that you have the best possible plan and to ensure that you understand the cost of using your telephone in Nepal. If you have a telephone that is unlocked you may want to consider buying a SIM card in Nepal. There are two different service providers in Nepal and you will want to ensure that you understand which one will give you the best service. You can buy wifi cards as you trek and they provide relatively good and reliable

service. Camera

You will likely be taking a camera with you. You are not going to take a trip like this without taking some pictures and there will be a lot of photo opportunities. You will want to make sure that you have spare batteries and enough memory cards with you to capture all of the pictures you'll be taking. While there are a lot of opportunities to charge batteries along the way it is not always convenient and it gets increasingly more expensive the higher you get. Whether you are taking a DSLR, a CSC, a point and shoot or your mobile, you should take the time to know your equipment. There is nothing more disappointing than not getting the desired results because you did not understand how your equipment works.

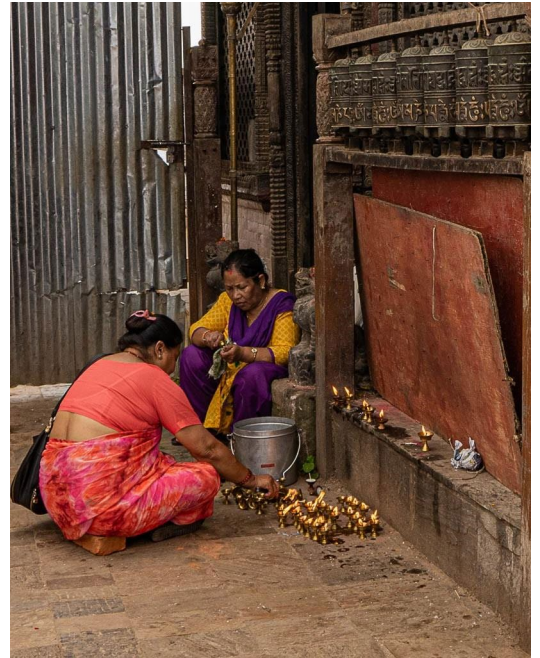
Kathmandu



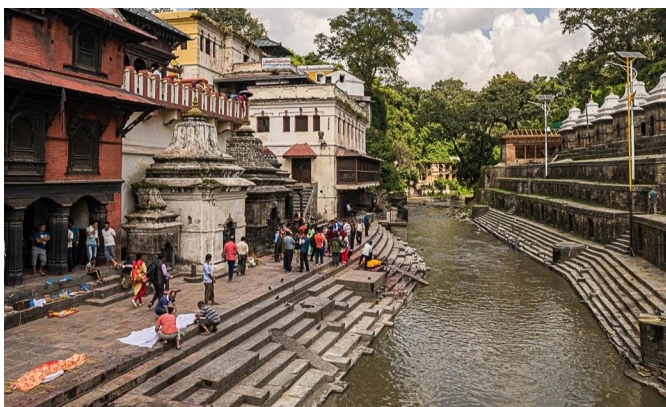
Durbar Square



Swayambhu



Pasupatinath



Bhaktapur





Walking through the lush valleys that make up the trail from Phaplu to Lukla



Crossing a suspension bridge on the trail from Phaplu to Lukla



Taksindu La. The first pass on the trail from PhPLU to Lukla

Namche Bazaar



Suspension bridge



Tengboche





Ama Dablam



Looking back at Tegboche



Prayer flags over Dingboche

Dinboche



Outside of helicopters everything going to Everest Base Camp is either carried by yaks or on the backs of porters.



Gorak Shep and Lho La



Want to know more, or place an order? No
problem!

P: 403-263-4520

E: steve.bommer51@gmail.com