



Everest Panorama Trek





OVERVIEW

The Everest Panorama Trek is ideal for the first-time trekker – An easy walking holiday, combining expansive Himalayan vistas and Sherpa culture. Weave through verdant valleys, across bottomless gorges and climb to an awe-inspiring panorama of peaks, culminating in the summit of Mt. Everest. Stay at comfortable mountain lodges in charming villages, as you journey into the heart of the Khumbu.

HIGHLIGHTS

- Take in a brilliant panorama of Mt. Everest, Lhotse, Nuptse, Ama Dablam and a host of other Himalayan peaks.
- Spend 3 nights at the fascinating capital town of Namche Bazaar and immerse yourself in Sherpa culture.
- Start things off with a bird's eye view of the Himalaya from a thrilling plane ride into Lukla.
- Visit and stay at traditional Sherpa villages along the trek.
- Journey to ageless Buddhist monasteries – visit the gompas at Namche, Phakding, Khumjung and Khunde.



PRICING

US\$ 1,800 / € 1,600, Single Supplement – US\$ 200 / € 175

- On the trek, for 7 nights, accommodation is at superior teahouse lodges, with ensuite toilets, on a twin sharing basis. A hot shower is included each day.
- Expect comfortable rooms, cosy beds, good bathrooms and a spacious, heated lounge-cum-dining area at the superior teahouse lodges.
- In Kathmandu we use luxurious heritage properties for 3 nights.
- All of the properties we use have access to a helipad in case a rescue is necessary. They also stock 100% oxygen and comprehensive medical kits. Each of the settlements we overnight at have yaks/horses on hire in the case a night/inclement weather descent is required when a helicopter cannot fly.

Note: SAARC nationals receive a US\$ 100 / EUR 90 discount to the above prices, due to the decreased cost of permits and domestic flight fares.

SINGLE SUPPLEMENT

US\$ 200 / € 175

The single supplement is a mandatory charge if you are travelling solo and desire private accommodation, or if we are unable to match you with another single traveller to share accommodation with.



INCLUSIONS & EXCLUSIONS

The cost of the trip includes:

- Guided personally by Ananth Reddy, a fully certified mountaineer and wilderness first responder
- A guide:client ratio of 1:4. A crew of English-speaking, fully certified Nepali trekking guides assist Ananth Reddy
- Domestic flights (Kathmandu–Lukla–Kathmandu). A baggage allowance of 10kgs for checked in baggage and 5kg for hand baggage
- All trekking arrangements including permits and fees, bookings, trekking guide(s) and porter(s)
- Accommodation on a twin sharing basis in Kathmandu
- Accommodation on a twin sharing basis at teahouse lodges on the trek
- Breakfast only at hotels in Kathmandu. All meals on the trek — breakfast, lunch, a two-course dinner and one hot drink per meal
- Bespoke weather forecasts for the Khumbu region throughout the duration of the trek
- Satellite beacon to ensure the trek leader can call in a rescue if needed and to keep in contact with our head office for logistics, information and safety
- Pre-departure support and advice by e-mail, phone and face to face meetings when possible; after booking we will send you a comprehensive dossier with pre-trip information

The cost of the trip does not include:

- International flights to/from Kathmandu
- Travel & trekking insurance
- Nepal visa
- Lunch and evening meals in Kathmandu
- Personal clothing & equipment (Please see the 'Practical Information' section for suggested kit list)
- Tips (Guidance on amounts is given in our 'Pre-trip Information' notes)
- Additional night(s) of accommodation and food in Kathmandu if your flight from Kathmandu to Lukla is delayed
- Additional night(s) of accommodation and food in Lukla if your flight from Lukla to Kathmandu is delayed

In the case of cancellation/delay of flights, it is possible to fly into/out of Lukla by helicopter (at a charge of \$200-\$500 per person), depending on availability at the time.



TREK DIFFICULTY

★★☆☆☆☆ Easy

This trek is suitable for individuals with a decent level of fitness. It involves 4-6 hours of hiking per day, on average, for 6 days. The trek follows well-formed trails throughout. There will be moderate ascent and descent each day.

The trek is not remote with lodge accommodation always available a few hours away. Emergency rescue services are accessible throughout and satellite internet is frequently available. Mobile phone reception is available at most overnight stops.

The trek climbs to a maximum altitude of 3900m.

PARTICIPANT SELECTION

It is our prerogative to ensure that the trip you have chosen is an appropriate objective for you. We ask a number of pre-trip questions regarding your level of fitness, outdoor experience and medical condition before booking you on to a trip.

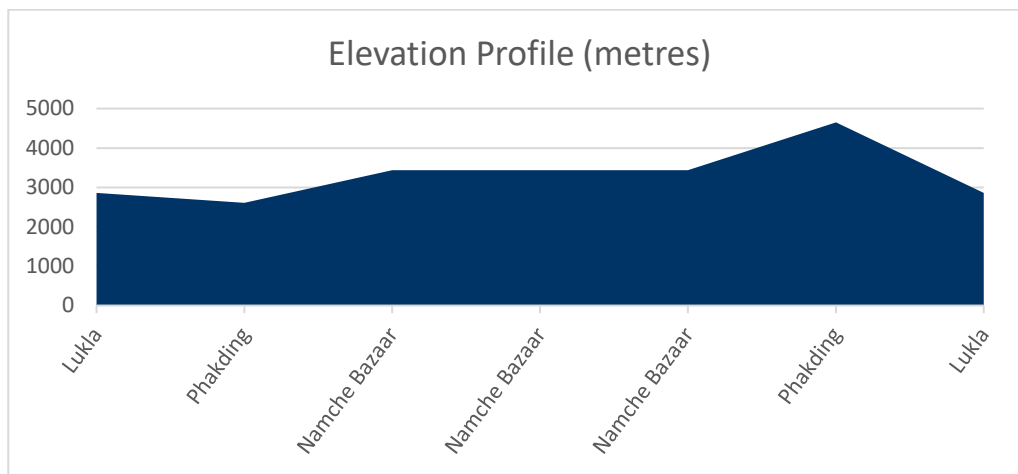
To ensure that you have the right idea about what to expect please ensure that you have read our website/brochure and trip dossier thoroughly. Phone/e-mail assistance is always available for any queries you might have.



PRACTICAL INFORMATION

ALTITUDE AND ACCLIMATISATION

The Everest Panorama Trek itinerary has been designed for gradual acclimatisation. This schedule gives you the safest and best possible chance to make it to Namche Bazaar and above without suffering altitude sickness. Below is the altitude profile for the itinerary:



Acclimatisation is the process of letting your body adjust to the changes in air pressure and decreased oxygen in the atmosphere, as you travel to higher elevations.

Below are ways of aiding the acclimatisation process:

- **Move slowly:** This helps you get more air through deeper breaths and allows red blood cells to carry sufficient oxygen to all parts of your body. There is plenty of time included in the itinerary, so there is no need to rush. Trek at your own pace and enjoy the views!
- **Stay hydrated:** Altitude increases water loss from the lungs due to the cold, dry air. There is also an increased urinary loss of fluids because altitude coupled with cold has a diuretic effect. Sweating adds to the water loss as well. Therefore, ensure that you drink adequate water (3-4 litres) throughout the day. Avoid overconsumption of diuretics like tea, coffee, alcohol etc.



- **Eat carbohydrates:** Carbohydrates are the preferred source of energy at high altitude. Try and get at least 70% of your calories from carbs when acclimatising. Carbs require less oxygen for metabolism, replace depleted muscle glycogen and prevent muscle from being used as energy.
- **Avoid** smoking, medications such as sleeping pills, skipping meals, filling up on high-fat foods, diuretics. Avoid alcohol while you are acclimatising.

Please note that even the fittest and healthiest person can develop altitude illness. It is imperative for every individual to follow the acclimatisation schedule and exercise caution.

The different types of altitude sicknesses are listed below. Please tell your trip leader/guide if you are experiencing any of these symptoms:

01. Acute Mountain Sickness (AMS) – The mildest form and very common.

Symptoms include:

- Dizziness
- Loss of appetite
- Vomiting
- Inability to sleep
- Headache
- Nausea
- Muscle aches

02. High Altitude Pulmonary Edema (HAPE) – A buildup of fluid in the lungs that can be life threatening.

Symptoms include (at least two of):

- Shortness of breath (dyspnea) at rest
- Weakness or decreased physical performance
- Chest tightness or congestion
- Cough

Signs (at least two of):

- Crackles or wheezing in at least one lung
- Central cyanosis (bluish discolouration around the core, lips and tongue)
- Abnormally rapid breathing (tachypnea)
- Abnormally elevated heart rate (tachycardia)

03. High Altitude Cerebral Edema (HACE) – The most severe form of altitude sickness. Occurs when there is a buildup of fluid in the brain. It is life threatening and requires immediate medical attention. It is usually preceded by severe AMS.

Symptoms include:

- Symptoms of severe AMS
- Confusion
- Physical clumsiness & incoherent speech (ataxia)



If you have symptoms of severe AMS, HAPE or HACE, you MUST NOT ascend in altitude. If you have HAPE or HACE, you must seek immediate medical help.

If you have only mild symptoms of AMS, rest, drink fluids, eat and stay warm. If the symptoms fade away, you can continue up. If the symptoms get worse, you must descend to a lower altitude, escorted by one of our guides.

Sun Blindness (Photokeratitis)

Photokeratitis or Ultraviolet keratitis is a painful eye condition caused by exposure of insufficiently protected eyes to the ultraviolet (UV) rays from intense sunlight. This is especially a problem at high altitudes as with every 300m (approx.) of elevation gain, the intensity of UV rays increases by 4%.

It is always easily prevented by wearing sunglasses (category 4) when exposed to the sun. Photokeratitis and snow blindness usually go away on their own, so treatment is focused on making you feel better as your eyes heal.

EMERGENCIES

In the instance that a client becomes sick or injured on the trail, we have procedures in place to ensure treatment/evacuation. In recent years, communication between the mountains and Kathmandu has improved vastly, with mobile phones and satellite phones. Police and army posts have radio capability.

Our trip leader and guides are equipped with comprehensive medical kits in order to deal with first aid emergencies. In the case of an emergency, where the trekker is unable to walk, horses or yaks are engaged to help with transport to the nearest lodging and medical facility (if available). Our trip leader is also equipped with a satellite beacon in the case that an SOS rescue needs to be called in. Emergency helicopter rescue and medical evacuation by air to New Delhi are available in emergency situations. It is imperative for clients to have travel insurance covering helicopter evacuation. Payment needs to be cleared in advance, normally through a credit card.

In the event of a natural disaster, the Nepali government usually organizes rescue teams for people trapped in the disaster zone. Rescue time can vary from as short as an hour to as long as multiple days.



FOOD

In Kathmandu, you can expect to find global cuisine and a wide variety of restaurants, ranging from hole-in-the-wall eateries to gourmet kitchens. Breakfast is served each morning at the hotel.

On the trek, all meals are provided at lodges. They are hygienically prepared and of good quality and sufficient quantity. You will be served a mix of traditional Nepali food and Western cuisine. Meals on the trek include breakfast, lunch and a two-course dinner (soup and main meal) plus one hot drink with each meal.

FLIGHT TO LUKLA

Flights operating to and from Short Take-Off & Landing (STOL) airstrips, such as the one at Lukla, are highly dependent on the weather. Delays are common in the case of high winds or poor visibility.

If your flight from Kathmandu to Lukla is delayed, you will be charged extra for the additional night(s) of accommodation in Kathmandu. It is possible to fly into Lukla by helicopter (at a charge of \$200-\$500 per person), depending on availability at the time.

We strongly recommend scheduling an extra day in Kathmandu, before your international flight, post-trek in the case of flight delays or cancellations out of Lukla. We can assist you with the necessary bookings if required. You will have to pay for the additional costs incurred (food & accommodation) due to the delay/cancellation.

Note: For those of you who would like to avoid the STOL flight from Kathmandu to Lukla and back, there is an option to extend your trek by driving in to Jiri/Shivalaya in one day and walking to Lukla in 6 days. Please contact us for further details on this itinerary.



CLIMATE

Nepal has two distinct trekking seasons - autumn and spring. That being said, the trail to Gokyo can be trekked year-round.

Autumn: Late September to end-November offers the best weather in the Khumbu but also the most crowded time to be trekking. Blue skies, sunny days and chilly night-time temperatures are the norm. The mercury starts to dip towards the end of Autumn and the crowds start to thin out.

Spring: March to mid-May brings dry & warm weather after the Himalayan winter and the benefits of trekking in this season are multi-fold: fewer crowds and gorgeous rhododendron blooms. There is pollen in the air though, which make for less clear views than in autumn.

Winter: The months of December to February offer uncluttered trails, crystal-clear air, sunny days and often empty lodges and teahouses. This is a lesser-known but brilliant season to hike in. Temperatures drop well below freezing at night, but there is very rarely snow underfoot. Solitude and the Himalayas blanketed by fresh winter snowfall are the reward.

Monsoon: Mid-May to mid-September. The monsoon bring landslides, slippery trails and hordes of leeches. Trekking is still possible, but not recommended.

At some time during the season from October to March, there is certain to be a storm or two that will carpet the countryside in snow. The climate is becoming increasingly unpredictable. Sometimes rains linger into late September and freak winter storms occur in October.

VISA REQUIREMENTS

All foreigners visiting Nepal are required to obtain a visa before entering the country. You can get a tourist visa from a Nepalese embassy overseas or, for most nationalities, on arrival in Nepal. Please read our Pre-trip Information document for further details.



CLOTHING & EQUIPMENT

The weather on the trek will vary from season to season and even day to day as you climb higher in altitude. You will experience quite warm conditions on the first few days of the trek as compared to the chilly nights at high elevation.

You can hire/buy almost all your equipment in Kathmandu, although you should bring your footwear from home. The availability of shoe sizes and choice of footwear in Kathmandu might be a problem and it is highly recommended to break them in before trekking. All shops require a deposit.

You are required to have the following items in order to ensure both your safety and comfort on the trek:

Footwear:

- Trekking boots with high ankle support (We highly recommend that you bring these from home and wear them on the flight to make sure they are not lost even if your luggage is.)
- Spare laces
- Merino wool/synthetic socks (3 to 5 pairs) that wick perspiration away from the feet
- Sandals or comfortable shoes (for use in the evenings at the lodge/teahouse)
- Thick thermal socks for sleeping

Clothing:

- Waterproof jacket and trousers (breathable)
- Mid-weight fleece jacket
- Down Jacket (It is possible to rent high quality, warm down jackets in Kathmandu)
- Fleece pants (Easily available at stores in Kathmandu)
- Trekking trousers (any long, quick drying trousers except jeans.)
- Quick drying T-shirts (2 or 3) and one long sleeved T-shirt/shirt
- Thermals - top and bottom, for sleeping (merino wool or synthetic)
- Wide brimmed sunhat with strap
- Warm beanie and scarf
- Warm gloves (one pair) and waterproof gloves (one pair)
- Underwear (three to five pairs)

Equipment:

- Headlamp with spare batteries
- Sunglasses (Category 4) with hard case
- Trekking poles – having two poles is mandatory for safety on steep, loose sections of the trail



- Two water bottles (wide mouthed bottles preferred)
- Backpack or duffel bag (Carried by your porter) with waterproofing/water proof cover
- Daypack – 30L or larger (Carried by you) with waterproof cover
- Sleeping bag (It is possible to rent high quality, warm sleeping bags in Kathmandu)
- Fleece or silk liner for your sleeping bag. A liner protects the bag from getting dirty and adds an extra layer of insulation at night
- A spare bag to leave at the hotel in Kathmandu with items not used on the trek

Miscellaneous Items:

- Toiletries
- Quick drying towel
- Insect repellent
- Sunscreen & lip balm (SPF 20+)
- Locks for bags and lodge rooms
- Ziploc bags

Personal First aid Kit:

We provide a comprehensive group first aid kit, but please bring personal medications and other items you use regularly

- Any personal medications
- Blister patches (Compeed work best)
- Rehydration salts
- Analgesics (paracetamol, ibuprofen and aspirin)
- Plasters/Band-aids & zinc oxide tape (sports tape)
- Throat lozenges
- Diamox for acclimatisation (NOTE: Before using the drug, please consult your doctor and thoroughly research the pros and cons)
- Antibiotics (We carry antibiotics for the team, but it is advisable to bring some of your own. We recommend a visit to the doctor to request one set of antibiotics for stomach infection and one for upper respiratory tract infections)

Optional Equipment:

- Pocket knife
- Camera, memory card and spare batteries
- GPS unit/watch
- Tablet/kindle
- Book(s)
- Contact lens solution/spare prescription eyeglasses
- Spare sunglasses (category 4)
- Spare gloves
- Your favourite snacks



VACCINATIONS

You do not officially require any immunisations to enter the country, unless you arrive from a country where yellow fever is present – in which case you have to show proof of immunisation.

You should enquire with your general physician about which vaccinations you should have before you arrive in Nepal. A dental check-up is advisable because there are no dental facilities on the trek.

It is best to seek dental and medical advice well in advance, since some vaccinations require multiple doses over a period.

INSURANCE

Travel insurance is **HIGHLY RECOMMENDED** while booking a trip with us. At the least, you should have emergency medical and repatriation insurance, which includes the cost of mountain rescue.

Please check your insurance carefully to ensure the following is covered:

- 1) Activity – trekking/hiking
- 2) Maximum altitude reached on trek – 5,500m
- 3) Helicopter evacuation in an emergency

Under emergency medical circumstances, your trip leader or guide might instigate rescue proceedings via helicopter (or any other means necessary) without first contacting your insurance company.

It is imperative for you to understand that ultimately, any expense incurred in evacuation and repatriation procedures will be borne by you. You should be fully aware of the limitations and exclusions of your policy.

In Nepal, most medical treatment must be paid for at the point of delivery. If your insurance provider does not offer an upfront payment option, ensure that you collect a receipt and claim it later.



PORTER WELFARE

Porters provide an invaluable service that is essential to a successful and comfortable trek. It's of great importance to us to ensure their safety and well-being. Respect towards our porters is mandatory. We ensure the following for all of our porters and staff:

Adequate clothing – footwear, headwear, gloves, rainproof jacket & trousers, sunglasses
Adequate shelter – lodging in a room/tent with sufficiently warm blankets/sleeping bag
Medical treatment of the same standard that any client or trip leader can expect
Medical evacuation in the case of emergency

We are members of both, the International Porter Protection Group (IPPG) <http://www.ippg.net/> and Porter's Progress UK (<https://www.portersprogressuk.org/>). We abide by all of their guidelines for porter protection. If you have any gear left over at the end of your trek that you would like to dispose of, consider donating it at the Everest Clothing Bank at Lukla. It is operated by Porter's Progress UK.



CULTURAL CONSIDERATIONS

For those of you visiting for the first time or unfamiliar with the culture of Nepal, please note the following:

- Men and women both, should wear trousers rather than shorts whilst trekking
- When you pass Buddhist mani walls, chortens and stupas along the trek, you should keep them to your right
- When visiting a monastery or gompa, it is customary to leave a small donation for its upkeep
- Keep shoes on the ground and take them off before putting your feet on anything. Remove your shoes on entering a temple or monastery. Follow the lead of your host in deciding whether to remove shoes or not, when entering a locals house
- When taking a dip in hot springs, lakes or rivers, it is fine for men to go bare-chested, but not nude. Women should exercise as much modesty as possible in these situations