



SWS Mountain Guides

210 East Lake St.

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Phone: 888.797.6867 / Fax: 877.797.6867

Trek to Everest Base Camp Kathmandu & Khumbu Region, Nepal



SWS Mountain Guides provides the adventure of a lifetime with a portered and teahouse trip for backpackers and climbers alike. Our trek starts with a morning flight into Lukla at 9,200 ft. before descending down the forested trails to Phakding, our first teahouse at 8,500 ft. As the trail ascends along the ridges and valleys of the Khumbu region the environment quickly changes to conifer forests and high alpine terrain. After eight full days of hiking we reach Gorak Shep and a short hike to Everest base camp. Next day's optional side hike to Kala Pataar at over 18,000 feet gives you the most spectacular view in the Everest Region without having to climb Everest itself! "I couldn't be more excited about this trek." SWS Mountain Guide James Brown. "This is one of the most exciting regions of the world if you love the mountains. This trip allows an awesome sampling of big peaks and an opportunity of emergence in Nepal and Sherpa culture." It is a perfect starting point for people interested in climbing or trekking the Himalaya in the future. After our successful trek to Everest Base Camp we return via the same route to Lukla for our flights back to the modern world and Kathmandu.

What to Expect: A typical day in the Khumbu may be spent hiking within view of the highest mountains in the world. Ama Dablam, Pumori, Nuptse, and Everest are just a few of the big peaks along the way. On rest days we take it easy with an opportunity to visit local Buddhist monasteries, barter in the trader's markets, or spend a relaxed evening in the teahouses learning about the Nepali people. Just a note, we are traveling, trekking, and climbing in a Nepal, and while SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel and part of the fun and adventure is being flexible, and making changes to the itinerary as needed to account for local customs, culture, holiday and festivals. If you keep this in mind you will have an exciting and unique, adventure in the mountains of Nepal!



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October 12th-26th, 2022
April 6th – 20th, 2022
October 11th-25th, 2023

15 days in Nepal plus 2-3 Travel Days
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Includes: Professional American guide(s), Local Nepal Guide(s), Porters, Complete support in Kathmandu with our local trekking company partner. Information support in the US, land transportation, 3.5-4 star hotels in Kathmandu for 3 nights, tea house fees, Nepal Government permits, Park entrance fees, Guide and Porter Insurance, Sightseeing with local guide(s), Domestic flights from Kathmandu to Lukla and return*, domestic airport tax, all food while trekking and/or climbing, trekking permits, climbing permits (if needed), local communication, safety equipment, group technical equipment, and beverages, Except as noted under food and beverages, laundry, and personal climbing and trekking equipment.

Group size: Limited to 3-8 adventure trekking members

Food & Beverages: All meals are provided while climbing and trekking, Clients are responsible for extra beverages and meals while in cities, * extra beverages while at tea house, on the trek or in village along the way, this includes: **bottled water**, beer, soda, designer water and alcohol. We will provide water purification tablets for water sources, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.

Alcohol: Alcoholic beverages are served at almost all of the teahouses and restaurants along all major trekking systems. Though many trekkers like to enjoy an alcoholic beverage after a long day please keep in mind that drinking at higher altitudes can have very adverse affects. The consequences of a “long night” on the trail may mean that you or the entire party may not reach the intended goal or worse. If you do drink please drink responsibly and you might forgo the drink until you have been fully acclimatized, usually upon our return.



Not included: International Flight to Kathmandu, Nepal Visa fees, Food while in Kathmandu, All beverages, Bottled water, mineral water and soft drinks and other beverages noted above*, Sightseeing entrance fees some sights (optional), Rescue Insurance (contact us if interested), Guide & Porter Tips, Overweight charges, International Airport Departure tax (usually included in airline tickets), Personal expenses & Souvenirs. Extra Transportation options such as Helicopters to Lukla due to bad weather, \$200 - \$400 (credit will be given for Flight cost which is included)

Level of Experience Needed: Experience with trekking, hiking or backpacking at altitudes above 10,000 ft. is recommended. If you have questions about the level of experience needed, please give our office a call and we can recommend courses or hikes to prepare you for your trek.

Physical Conditioning: Trekking Training; Level III training required 4 times per week for at least 3 days at 30-50 minutes each session, 2 days at 60 minutes each session, in one of the following categories or mixture of each: running, bicycling, swimming, stair master, exercise machines, or other aerobic activities. It is also a good idea to include in your workout some type of flexibility training 3 times a week (stretching for at least 15 minutes). Plan on including weekend training hikes and climbs with your daypack for over all conditioning, this is a very important part of your overall training. Other activities which will improve your conditioning for the expedition include; weight training for strength, versa climber, jogging with a light day pack, and running stairs or hills. The better condition you are in, the more you will enjoy the trek.



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Acclimatization: Most trekkers and climbers don't think they need as much time for acclimation as is scheduled during our expeditions. We have found through experience that our schedule is optimum for trekking or climbing at high altitudes to keep you both healthy and give you the best chance to reach your goal. Please give us a call if you have any questions.

Equipment: Please follow the enclosed equipment list. It is very important you bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.

General Precautions for International Travel: A complete package of Health Information for travel in Nepal will be sent upon receipt of your deposit. Following the guidelines will the likelihood of keeping you healthy and happy while you are traveling? It is extremely important to maintain your health while trekking and climbing. Call SWS Mountain Guides if you have any questions.

Check our Travel tips links below: [Traveler's Health - Food & Water](#) [Adventure Travel Tips](#)

Immunizations: A recommended list of immunizations for Nepal will be sent in conjunction with our health information upon receipt of your deposit. If you require this information before making your decision to join the expedition give our office a call. We will be contacting you with any up to date information on Nepal if needed. You can get up to date information at your local Public Health Department along with inexpensive immunizations. If you need immunizations, please get them as soon as possible - some immunizations are given over a period of time. For your health and safety it is very important to have your immunizations up to date. Check our immunization links for Nepal at the US CDC nepal immunations recommendations [check here](#). Call SWS Mountain Guides if you have any questions.



Passports, Visas and other Documentation: You are required to have a passport for travel in Nepal and for entrance back into the United States. Please don't forget! You are responsible for your Airport Exit Taxes; some are included in your international ticket price others are collected at the airport of departure. Please be aware they can be as much as **\$30.00 to \$60.00 per person** for your visa to Nepal.

Baggage Restrictions: Please check with your airline and point of departure for baggage restrictions. Generally you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 35 lbs. The equipment on our list is under the weight and size restrictions for domestic airlines leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive.

Meeting Location: We will be contacting you at least 30 days before your departure with the name and phone number(s) of the hotel in Nepal where you will be meeting your guides with instruction on how to get from the airport to the hotel. Depending on the arrival times of your flights, we may meet you at the airport; we will be in contact to discuss the options.

Trip cancellation Insurance: It is recommended that you obtain trip cancellation insurance for your journey. You can obtain trip cancellation insurance: [Travel Insurance information](#)

Deposits: A \$1,000 nonrefundable deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your \$1,000 deposit and Trekking Application Form you will be sent a complete course information package. Either the Director of SWS Mountain Guides or one of the guides leading the trek will contact you to questions you may have to and to help you coordinate with your airline arrangements with us.

Refunds: International Expeditions & Treks:

A **50% deposit** (less \$1,000 application fee required with each International Expedition or Trek reservation ten months or **300 days** before expedition or trek starting date, the BALANCE is due **90 days** before the course starting date. In the event, you cancel your reservation between 300-90 days before the course, a \$1,000.00 cancellation fee is required, and the balance



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of your course fee refunded. Between 90-45 days before the course, a 50% cancellation fee required with the balance refunded. **We are sorry, but NO REFUNDS made within 60 days before the course starting date.**

Additional Notes: Airline Scheduling and Planning: Please schedule your flight arrival for morning or afternoon on the first day of the trek schedule start date. Departure Flights: Schedule your departure flights for late afternoon or early evening of the last day of the trek. Unless, you desire to extend your stay to climb or tour around Nepal, we will be happy to help you with extended stays with

Everest Base Camp Trek Itinerary

October & April 2022-2023

Travel Day(s):

Departure Flights from the United States – In transit – Please schedule 2-3 days for your flights to Kathmandu depending on stopovers and time changes (you will be crossing the international date line and losing one day)

Return Flights from Kathmandu - Add 1-2 Days for your departure from Kathmandu depending on your stopovers You will be traveling back across the international dateline and usually arrive the same day of your depart, but plan several days to recover!

Check with SWS Mountain Guides prior to making your final plane reservations. This is very important, as we need to coordinate flight schedules and airport pick-ups.



Optional Stopovers:

Check with SWS Mountain Guides about the optional stopover in Hong Kong, Dubai - UAE, Singapore on your flight to Nepal. This will break up the flight and make it for easier travel and adjustment to the time changes. Give us a call if you are interested.

Travel Day(s) 2-3:

Flight from the US to Kathmandu with Stopovers

Day 1:

Welcome to **Kathmandu (1300m/4,260 ft.)** Arrive in Kathmandu Airport / transfers to Hotel in Kathmandu Guest House.

Day 2:

Kathmandu (1300m/4,260 ft.) Sightseeing in Kathmandu valley with a visit to the Monkey Temple. / Evening in Kathmandu / Hotel

Day 3:

Flight to Lukla (2840m/ 9,315 ft.) about 45 minutes flight & 3 to 4 hours Hike to **Phakding (2610m/ 8,560 ft.)**, a rolling hike up and down with a net loss of 750 ft. Excellent Scenery along the Dudh Koshi River

Day 4:

Phakding to Namche Bazaar (3440m/ 11,283 ft.) A morning flat hike along the river with an afternoon climb up to Namche Bazaar of 2,650 ft.

Day 5:

Namche Bazar for Acclimatize (3440m/ 11,283 ft.) Rest Day exploring Namche Bazar or optional hike to the Everest View Hotel (12,600 ft.) with your first view of Everest, Ama Dablam, Lhotse Shar, and 1,300 ft. climb to the hotel with a visit on the way back to a Sherpa Village.



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- Day 6: **Namche Bazar to Tengboche or below (3860m/ 12,660 ft.)** After a rest day, we hike up and down for the morning before descending to 10,660 ft. with an afternoon climb up to Tengboche of 2,000 ft. and our teahouse for the night. A visit to the Buddhist Monastery is a must with prayers a 4 pm.
- Day 7: **Tengboche to Pheriche (4243m/ 13,850 ft.)** Today we hike through the Rhododendron Forest down to the river crossing at 12,200 ft. Before beginning our rolling up and down ascent to Pheriche at 13,850 ft., elevation gain is 1,550 ft. for day but lots of up and down along the river as we leave the tree line for the higher elevations.
- Day 8: **Pheriche (4243m/ 13,850 ft.)** Rest, Acclimatize, and Relaxation day, with a must visit to the Himalaya Rescue Association Hospital and an altitude lecture held daily.
- Day 9: **Pheriche to Lobuche (4910m/16,100 ft.)** Today is a slow steady climb to Lobuche with views of the surrounding high peaks of Lohotse Shar, Lochuche, Nuptse, and Everest, elevation gain of 2,250 ft.
- Day 10: **Lobuche to Gorak Shep (5140m/16,850)** Again, another slow and steady climb to Gorak Shep, a spectacular village at the base of Everest and the huge Lohotse face, elevation gain of 750 ft. With an afternoon hike to Everest Base Camp on the Khumba Glacier at 17,580 ft. Reaching our goal with a rolling hike of 750 ft. of elevation and view of Everest and Pumori. Returning to Gorak Shep for the evening in the Everest Cirque.
- Day 11: **Gorak Shep to Kala Patar (5545m/ 18,200 ft.)** and hike back to Pheriche. Up early for a climb of Kala Patar and the best view in the Everest Region, returning to Gorak Shep for a second breakfast and packing up for our descent to Pheriche dropping 4,350 ft in elevation for some of that thick air.
- Day 12: **Pheriche* to Tengboche**
- Day 13: **Tengboche to Namche Bazar**
- Day 14: **Namche Bazar to Lukla / Hotel in Lukla**
- Day 15: **Early Morning Flights back to Kathmandu from Lukla / Evening in Kathmandu/ Hotel in Kathmandu**
- Travel Day(s)** Flights back to the States: You will be traveling back across the international dateline and usually arrive the same day of your depart, but plan several days to recover! Optional Stopovers maybe available for the return to the US check with SWS Mountain Guides.





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Note: This is a general itinerary and we will attempt to follow this approximate schedule. But due to the nature of international travel, weather, trekking conditions, accommodations availability, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goals making the best relaxing adventure possible.

Additional Notes: Airline Scheduling and Planning: Please contact prior to scheduling your flight so we may coordinate your arrival and departure. Please give us a call if you have any questions give us a call at 1-888-797-6867.

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Notes: