

gokyo lakes with mark inglis



trip highlights

Stunning views of Mount Everest and surrounds
Sherpa Culture
Namche Bazaar
Thyangboche Monastery
Fully supported camping based trek including 3 hearty meals per day prepared by our cooks
Visit Gokyo Lakes
Climb Gokyo Ri
Ample acclimatisation days built in
Himalayan Mountain flight from Kathmandu to Lukla return
Sightseeing in Kathmandu Durbar Square, Swayambhunath (the Monkey Temple), Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Bodhnath



Trip Duration	21 days
Grade	Moderate level
Activities	Trekking
Accommodation	12 nights camping, 4 nights hotels, 3 nights eco lodge

welcome to World Expeditions

Thank you for your interest in our Gokyo Lakes with Mark Inglis trip. At World Expeditions we are passionate about off the beaten track experiences as it provides our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable and tailored for the enjoyment of our small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya. Every trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 4 star hotel in Kathmandu and well maintained, good quality camping equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene and our cooks will surprise you with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

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trip dates

2010 07 Nov - 27 Nov

Costs:

Minimum 15 clients \$6250

16 - 19 clients \$6000

20 clients \$5890

the trip

The Gokyo Lakes region at the head of the Dudh Kosi Valley provides a great alternative to the popular Everest Base Camp trek. It is a more tranquil trek through the Sherpa heartland that affords ample time for acclimatisation with opportunities to savour the mountain panoramas from beautiful alpine campsites. The highlight of the trek is our ascent of Gokyo Ri. From the summit we gain superb views of Everest as well as the 8000m peaks of Lhotse, Makalu and Cho Oyu.

our partners

Limbs4All is a sustainable New Zealand based Charitable Trust committed to helping some of the 400 million disabled people in the world to express potential, currently with programs in Nepal and Cambodia, with your help, worldwide.

about your leader

Mark Inglis:

For Mark Inglis, standing on the summit of Mount Everest had always been a boyhood dream, a dream that he thought he had lost in 1982 when as a Search and Rescue Mountaineer in New Zealand's majestic Mount Cook National Park, he had a 'hiccup' (in Mark's words) in his climbing career, stuck in an ice cave dubbed 'Middle Peak Hotel' near the summit of Mount Cook for 14 days. As a result of this stay Mark lost both legs below the knees to frostbite. Mark achieved his dream to summit Mount Everest in 2006 and became the first double amputee to do so. Mark is also a winemaker, well known author, patron of the Cambodia Trust and patron of the NZ/Nepal Foundation. Mark will help interpret the magical place that is mountains of Nepal, he fill your evenings with tales of adventure, of survival and help motivate you achieve your goals. Traveling the mountain pathways of Nepal with Mark will create unique experiences, he is a catalyst that opens doors to their culture.

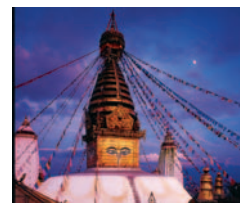
at a glance

DAY 1	DEPART AUCKLAND FOR KATHMANDU VIA SINGAPORE
DAY 2	IN KATHMANDU (1330M)
DAY 3	FLY TO LUKLA (2800M). TREK TO GHAT (2530M). WALK APPROX 2 HOURS.
DAY 4	TO MONJO (2850M). WALK APPROX 4-5 HOURS.
DAY 5	TO NAMCHE BAZAAR (3440M). WALK APPROX 3-4 HOURS.
DAY 6	REST DAY IN NAMCHE.
DAY 7	TO PORTSE TENGA (3600M). WALK APPROX 6 HOURS.
DAY 8	TO DOLE (4000M). WALK APPROX 3 HOURS.
DAY 9	TO MACHHERMO (4410M). WALK APPROX 3 HOURS.
DAY 10	TO GOKYO (4759M). WALK APPROX 5-6 HOURS.
DAY 11	ASCENT OF GOKYO RI (5483M). WALK APPROX 4 HOURS.
DAY 12	REST DAY.
DAY 13	TO THARE (4500 M). WALK APPROX 5 HOURS.
DAY 14	TO THYANGBOCHE (3867 M). WALK APPROX 6 HOURS.
DAY 15	TO KHUMJUNG (3780M). WALK APPROX 4 HOURS.
DAY 16	TO MONJO (2850M). WALK APPROX 4 HOURS.
DAY 17	TO LUKLA (2800M). WALK APPROX 5 HOURS.
DAY 18	TO KATHMANDU BY AIR (1330M).
DAY 19	DAY AT LEISURE IN KATHMANDU.
DAY 20	TRIP CONCLUDES KATHMANDU, FLY TO SINGAPORE.
DAY 21	ARRIVE AUCKLAND



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fast facts

Countries Visited:	Nepal
Visas:	Yes*
Vaccinations:	Please consult a travel vaccination specialist for up to date information
Private Groups:	Private group options are available for this trip*
Singles:	Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.
Leader:	Western Escort & local leaders in country
Brochure Reference:	Active Adventures

*Ask our staff for more information.

what's included

- Return economy airfares from Auckland with Singapore Airlines
- Fares available from other major cities call for details
- Airline and fuel surcharges
- 19 breakfasts, 15 lunches and 17 dinners
- airport transfers
- flights Kathmandu / Lukla / Kathmandu approx. US\$236
- expert bilingual guide
- group medical kit
- good quality accommodation in Kathmandu
- trek pack including sleeping bag, down or fibre filled jacket and insulated mat
- souvenir World Expeditions kit bag
- private transportation
- all park entrance fees and trekking permits
- porters to carry all personal and group equipment
- porter's insurance
- sightseeing in Kathmandu
- site entry fees
- Trip escorted by Mark Inglis

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

detailed itinerary

DAY 1 Depart Auckland for Kathmandu via Singapore

Depart Auckland on Singapore Airlines to Kathmandu. On arrival you will be met by your local group leader and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Evening drinks are held in the hotel from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out for our welcome dinner.

Meals: D

DAY 2 In Kathmandu (1330m)

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. In the afternoon you have time to explore Patan, Bhaktapur, and the lesser-known towns that dot the valley on foot, by bicycle or trishaw. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centres of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world.

Meals: B

DAY 3 Fly to Lukla (2800m). Trek to Ghat (2530m). Walk approx 2 hours.

We transfer to the airport for the 45 minute flight to the STOL airstrip at Lukla. This was the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvellous views of the Eastern Himalaya. At Lukla we are immediately impressed by the scale of the huge peaks that surround the village, but this is only a foretaste of what is to come. Our crew assembles and we head downhill towards the Dudh Kosi, a raging river that flows from the highest peaks. named



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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

trip grading

These adventures involve trekking, cycling, rafting or sea kayaking for up to 6 or 7 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 5,500m and are usually between 10 and 15 days in duration. You will need a good level of fitness and be in good health.

Suggested preparation: 45 minutes of aerobic type exercise, three to five times a week for the three months leading up to your trek. Hill walking with a pack in variable weather conditions or road cycling is also recommended depending upon the activity you plan to undertake.

"Dudh" (milk) Kosi (river) because of it's colour. The broad and well-marked trail meanders around fields of potatoes and buck-wheat and passes through small villages, as we pass rows of tree dahlia to make our way to our first campsite at Ghat.

Meals: B, L, D

DAY 4 To Monjo (2850m). Walk approx 4-5 hours.

Today we cross and re-cross the thundering glacial river, named "Dudh" (milk) Kosi (river) because of it's colour. Sections of today's walk are through pine forest and cleared areas reveal terraced fields and a variety of crops. We pass small groups of donkeys and yaks carrying trading goods and trek-gear along the trail. Our own gear will be carried by yak, or more correctly dzopko, a yak-cow crossbreed. We pass through a variety of small hamlets as we slowly gain altitude. Spectacular mountain peaks unfold above us and seem to hover above the tree-line as they rise above the deep river valley. Shortly after leaving camp we cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamserku (6808 m) rises majestically, seemingly from the river floor. We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus" and is mantra (chant) venerated by Buddhists and Brahmins alike. Buddhists will walk to the left of these Mani Walls and chortens but you may notice that people of the lowlands who have no knowledge of Buddhism do not follow this ceremony. Today's walk is not a long one and you will be eager to press-on. Slow down and enjoy every step of the way. It is the journey, not the camp-site that is important.

Meals: B, L, D

DAY 5 To Namche Bazaar (3440m). Walk approx 3-4 hours.

This morning we cross the green/aqua waters of the Dudh Kosi and pass through the gates of the Sagarmartha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area. Self-contained trek groups must use only kerosene fuels for cooking, a philosophy we follow everywhere in Nepal, whether we are in a national park or not. Tea-houses and lodges are encouraged to use kerosene, yak dung or electricity but unfortunately continue to use mostly fire-wood for cooking, heating and for hot water for trekker's showers. This practice continues to deplete the forests. We follow the river course to the confluence of the Dudh Kosi and the Bhoté Kosi and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa "capital" of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain. Our accommodation will be at Sherwi Khangba, a delightful Sherpa Hotel above Namche village.

Meals: B, L, D

DAY 6 Rest Day in Namche.

This rest day in Namche Bazaar is very important for safe acclimatisation. Sagarmartha National Park Headquarters just above our Sherpa hotel offers a very interesting display of photographs, memorabilia and information on the park, and is a wonderful vantage point for the spectacular view up the Imja Khola Valley towards Everest. The change from the narrow lowland valleys to the broad glacial ones is immediately obvious. The steep-sided glacial valley before us gradually winds towards the base of Everest, broken only by the moraines left by retreating glaciers. Its more gradual rate of climb is a blessing for those trekking higher. Towering to over 4000 metres above the valley floor, spectacular peaks seem to engulf us. Around us are Tawatse (6542 m), Thamserku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) and Lhotse (8511 m). The greatest of all, Mt Everest (8848 m), rises at the head of the valley. The Sherpa Cultural Centre next to our hotel has

 **WORLD**
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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home.

Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

an interesting collection of mountaineering items and photographs. Those who are fit and acclimatising well may wish to take the optional morning walk to the Everest View Hotel where spectacular views of Everest and Ama Dablam may be seen.

Meals: B, L, D

DAY 7 To Portse Tenga (3600m). Walk approx 6 hours.

Heading North-East we initially follow the main trail to Thyangboche as it contours around the hills, before we branch off on a short climb on the flanks of the sacred peak of Khumbliya (5761 m). We traverse for some time across yak pastures as the trail gradually ascends to Mon La. Below us is the confluence of the Dudh Kosi and Imja Khola and across the valley Thyangboche monastery is framed by Ama Dablam and Kantega. We reach a stupa draped with prayer flags atop a ridge at 3992 metres and then descend steeply through forest to the Dudh Kosi. After afternoon tea an optional walk up the ridge beyond camp will bring us to the village of Portse.

Meals: B, L, D

DAY 8 To Dole (4000m). Walk approx 3 hours.

This morning we head north, still following the Dudh Kosi towards its source, the magnificent Ngozumpa Glacier. An initial short climb gets us onto the trail for the steady climb towards Gokyo. Since leaving the main trail we have seen progressively fewer trekkers and locals and the relative isolation of the trail is a pleasure. Sections of red birch, fir and dwarf rhododendron forest are interspersed with areas of yak pasture as we gradually gain altitude. We pass pleasant waterfalls and sit to gaze at the glaciers that flow from Taweche and Cholatse on the opposite side of the valley. Behind us, spectacular ridges lead to the peak of Khumbliya and the numerous unnamed peaks that reach almost 6,000 metres. Camp will be at Dole, in a field beside a pleasant stream. In the distance Kantega and Thamserku rise above the foothills. It was at Dole that one of the more recent and "credible" yeti sightings took place. Ask your trek leader for details and draw your own conclusions.

Meals: B, L, D

DAY 9 To Machhermo (4410m). Walk approx 3 hours.

Continuing a steady but constant climb, we reach the "village" of Machhermo for lunch. Like the few small villages in this valley, Machhermo has only a few buildings and these are empty much of the year. Villagers in Khumjung and Khunde generally own land here high up the valley, where they graze yaks in the summer months. This is a valuable acclimatisation day as we prepare for our ascent of Gokyo Ri (5483m). We take things easy but this afternoon you may wish to stretch your legs and take a walk up the ridge behind Luza for a view of the Gokyo Valley.

Meals: B, L, D

DAY 10 To Gokyo (4759m). Walk approx 5-6 hours.

Following the valley high above the river, we commence the ascent to Gokyo village. There are excellent views of Cholatse at the village of Pangka and we stop to enjoy them. We are now in high alpine country and as we approach the Ngozumpa Glacier we trek onto the moraine and rock that extends down from it. We enjoy excellent views of Kantega to the south and Cho Oyu to the north. Each mountain has its individual character and presence and you can understand why the Nepalese give them such religious significance. Once we have ascended the snout of the glacier the path levels. We pass the first of the lakes, Longpongo, before reaching the second, Taoche Lake, a larger body of water and a place where ducks are often seen swimming in the freezing waters. As we walk up the valley our path parallels the Ngozumpa Glacier and separating us from the glacier is the massive lateral moraine. We camp near the shores of Dudh Pokhari, the third lake.

Meals: B, L, D

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DAY 11 Ascent of Gokyo Ri (5483m). Walk approx 4 hours.

An early start is best for the opportunities that the early morning views offer. The steady and unrelenting ascent of Gokyo Ri will take two to three hours, depending on your level of fitness and acclimatisation. It is not a race and times of up to six hours are cherished by those who thought they would not make it at all. If you find the climb hard work don't hesitate to ask one of the guides to carry your day pack. You will be elated when you reach the summit with its spectacular view. Probably the most comprehensive view of 8,000 metre peaks in Nepal, many people consider it to be Nepal's best. Surrounding us are Cho Oyu (8153 m), (a mountain that defeated a British Expedition of climbers, including Hillary, in their lead-up to their successful assault of Everest), Gyangchung Kang (7922m), Lhotse (8501m), Makalu (8475 m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt Everest (8848m). Hundreds of other unnamed peaks fill the scene, whilst below us the Ngozumpa Glacier, the largest in Nepal, stretches through the valley. The striking colour of the lakes below completes the picture. The only way to get a better view of the entire Everest region would be to climb a 7,000 metre peak! Although further from Everest than Kala Pattar, the traditional viewing point, here we see more of the mountain and enjoy a more relaxed environment.

Meals: B, L, D

DAY 12 Rest Day.

This rest day can be used as a spare day in case poor weather delays our ascent of Gokyo Ri. Those with the energy will enjoy the walk along the rim of the glacier as it affords excellent views in every direction.

Meals: B, L, D

DAY 13 To Thare (4500 m). Walk approx 5 hours.

Initially retracing our steps, we weave our way across the glacier to Thagna. The trail meanders around the constantly changing obstacles and affords great views of Cho Oyu and Cholatse. After crossing the glacier we head south on the eastern side of the valley, contouring around the slopes of Cholatse and Taweche. We enjoy excellent views of Kyajo Ri (6186 m) and the mountains and glaciers of the range. Keep an eye open on the rocky slopes for Himalayan Thar. As they have not been hunted they are not too shy.

Meals: B, L, D

DAY 14 To Thyangboche (3867 m). Walk approx 6 hours.

There can be a tendency now to rush, particularly as we are walking downhill but there is still much to see. We descend through Portse to Pangboche and visit its historic old monastery before continuing down to the Imja Khola through the monastery archway. The bridge across the river is spectacular and the rapids cause the river to roar beneath us. We walk through the pleasant forest of rhododendron, fir, pine and birch which provides shelter for birds and hog deer, before we reach a clearing at Thyangboche Monastery. The monastery was recently re-built with the assistance of Sir Edmund Hillary after it was destroyed by fire. Your leader will arrange for you to be shown around the monastery and will explain the relevance of the many ceremonies that take place and discuss the life of the monks in residence.

Meals: B, L, D

DAY 15 To Khumjung (3780m). Walk approx 4 hours.

The early morning mountain views from the monastery are outstanding. Everest, Lhotse and Nuptse are at the head of the valley, their line of sight flanked by Taweche on one side and Ama Dablam on the other. Almost directly above us are Kantega and Thamserku. Completing a 360 degree panorama of mountains are Khumbli and Kongde Ri which encircle us from across the valley. From Thyangboche we follow the main trail through the monastery gate and into the forest, continuing

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downhill to the river. We head off on a small trail that ascends to the villages of Khumjung and Khunde. It is a comfortable day's walk, with time to explore these unique and more traditional villages. As we near the villages we pass through terraced fields that are home to a brightly coloured pheasant, the Danphe Pheasant, the national bird of Nepal. Khumjung is where Sir Edmund Hillary built his "Schoolhouse In the Clouds" and the famed Khunde hospital is close by. World Expeditions supports both of these famous community facilities, as well as the many other projects operated by the Himalayan Trust. There will generally be the opportunity for you to visit the hospital and school. We will also be able to visit the monastery at Khumjung where we may have the opportunity to see the "scalp of a yeti".

Meals: B, L, D

DAY 16 To Monjo (2850m). Walk approx 4 hours.

Nearby on a hilltop, with views of the mountains, is the Everest View Hotel, a joint Nepali - Japanese project, where you can stop for refreshments before passing through the yak breeding farm and descending to Namche. After a break we continue down through the forest to the valley floor to follow the Dudh Kosi downhill and out of the national park to our camp at the small settlement of Monjo.

Meals: B, L, D

DAY 17 To Lukla (2800m). Walk approx 5 hours.

Retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savour our final mountain sunsets of the trek as we complete this exhilarating journey.

Meals: B, L, D

DAY 18 To Kathmandu by air (1330m).

This morning we fly to Kathmandu, a thrilling flight over forests, fields and villages, with the Himalaya in the background. On arrival, we transfer to the hotel. The rest of the day is at leisure.

Meals: B

DAY 19 Day at leisure in Kathmandu.

There are a million things to see in Kathmandu and we recommend you spend this day wandering the town and exploring the valley on bicycle or by taxi. The old Royal Palace, Durbar Square, Swayambhunath (the Monkey Temple), Pashupatinath (a major Hindu shrine) and the giant Buddhist stupa at Bodhnath are absolute musts. Our W.E. staff can arrange a guide and/or transport should you wish, or you can head off armed with a map and let the day unfold. We will meet up this evening for our farewell dinner.

Meals: B, D

DAY 20 Trip concludes Kathmandu, fly to Singapore.

After breakfast we transfer to the airport for our outbound flight to Singapore and onto Auckland

Meals: B

DAY 21 Arrive Auckland

Trip concludes on arrival into Auckland.

Meals: NIL

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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suggested extensions

- Chitwan Safari
- Kathmandu to Delhi

physical fitness

For a challenging program physical fitness should be an ongoing thing, which should start from a base at around 4 to 6 months prior to departure and increase to build maximum endurance, stamina, flexibility and familiarity with the anticipated routine as much as possible by your trip commencement. Three to five hard sessions of 40 to 60 minutes of physical exercise per week such as running, hill walking, swimming, cycling or gym work will build excellent aerobic capacity and overall endurance and stamina which are so important in trekking and climbing at altitude. Overnight or multi day bushwalks (on rough, loose and rocky terrain) should be incorporated in your training regime also, this develops skill and confidence on difficult terrain you will find on expedition. Rest and recovery, whilst at the same time steadily increasing your routine and incorporating variety, are just as important parts of the process if you intend to maintain and enjoy the regime for any duration. (We hope that it will become a 'lifetime' thing.) With a solid training regime comes a more relaxed disposition, more energy and usually better walking and breathing technique, which ultimately leads to you having a great trip rather than some kind of survival experience. Likewise overnight camping bushwalks encourage you to become self-actualised and self-reliant, making the daily routine on trek, getting ready on time, keeping clean, helping out and so on, much easier and less stressful. Plan early with us and prepare yourself physically on a continuing basis right the way through, rather than putting it off for periods.

country information

Nepal is known for its beautiful and dramatic scenery. Avid walkers and non-walkers alike are drawn to its mountains and foothills to view the Himalaya and the world's highest peaks. Many also discover the beauty of the forests and the enjoyment of time spent as a self-contained expedition, far from the rush of the modern world and in the delightful company of the trek crew as they tend to our needs and ensure that we are comfortable and able to enjoy the trek to the fullest. They are physically strong, sharp-witted and have an incredibly positive attitude towards a life that we would consider extremely tough. There is something about a trek in the Himalaya that draws you back time and time again. For keen walkers it is a paradise and even avowed non-walkers find that one foot just seems to follow the other, drawn by the appeal of what lies beyond. Nepal's population of around 20 million people is a blend of Hindu, Buddhism and animist religion. Nepal is a mosaic of cultures, ethnic groups and languages. It is remarkable that in a country of this size there are over 30 different ethnic groups, with at least as many languages. One million people live in the Kathmandu Valley, but at least ninety percent of the population live in the rural areas of the lower and middle hills of the Himalayan Range. Nepal is predominantly a simple rural society and a trek in the foothills of the Himalaya is a strong cultural experience as we spend time with our crew and meet local village people.

democratic republic of nepal

On the 28th May 2008, the constituent assembly voted in overwhelming favour of abolishing the Monarchy in Nepal. Nepal has been proclaimed a "Federal Republic State" to be known as the "Democratic Republic of Nepal". This historic development followed the first elections held since 1999 after a ceasefire agreement between the government and the Maoists was signed in November 2006, putting an end to 10 years of instability in the Kingdom. The Maoist party won the largest share of votes in the elections at approx. 35%, and now form the largest part of the constituent assembly. The announcement of the abolishment of the Monarchy also brought an end to 240 years of Royal rule in the country. Today the general feeling amongst

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Nepalis is a positive one, and many believe that Nepal is now finally moving forward with a new identity as a democratic nation and a fresh outlook.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

mountain flights

Twin Otter is the primary mode of transport to and from the airstrip at Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash, travellers cheques, or credit cards (Visa Cards, American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$250 and maximum US\$1000 depending on the number of group members.

a typical day

You will be woken with a cup of tea brought to your tent between 6 am and 7 am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag



gokyo lakes with mark inglis

Gokyo is one of the most spectacular treks in the region with its serene turquoise lakes and stunning views of Mount Everest



limbs
4
all

which is then taken by the porters and will not usually be available to you until camp that afternoon. We are usually on the trail between 7.30 am and 8.30 am. Following a good morning's walk, we stop for lunch at around 11 am. Lunch is usually a 2 hour break to allow for the trekker's meal followed by the crew meal. This break also enables you to do your washing in the warmest part of the day, catch up on your diary, read or rest. The afternoon walk is generally a little shorter and camp is usually reached by around 3 pm to 4 pm. Once we have reached camp and the kitchen is set up afternoon tea is served. Washing water is again provided to enable you to wash at the end of the trek day. Until dinner there is time to rest, explore the surrounding area and villages or sit and chat with the crew and local people. Dinner is usually served around 6 pm to 7 pm. Remember to bring your torch and water bottle to the mess tent so it can be filled with boiling water. It then makes a great hot water bottle. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people, it is always a special time. All camp chores are done for you, leaving you free to use your time to the fullest. You carry only a light day pack as your gear is carried by yaks or porters.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust World Expeditions has structured its treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All World Expeditions group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

World Expeditions are the only company in Nepal with a policy of providing mess tents, cooking equipment, clothing, food and kerosene to our porters. Naturally these initiatives



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come at a cost that you could avoid by travelling with another trekking company. We hope you will share our vision of protecting Nepal's fragile environment for future generations. World Expeditions was also the first trekking company to support the International Porter Protection Group (IPPG). IPPG sets guidelines for trekking companies and trekkers, aimed at fostering the well-being of mountain porters, including providing them with adequate clothing, medical care and sufficient funds to cover the cost of rescue and treatment. Our close association with the IPPG is part of our ongoing commitment to improving conditions for our porters and lessening the impact of trekking on the fragile environment of Nepal.

protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us.

what's not included

- Lunch & 2 dinner in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Airport and departure taxes.
- Visa
- Travel Insurance

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.worldexpeditions.com or contact our office.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.



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how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website www.worldexpeditions.com. On completion, fax or post the form to your nearest World Expeditions office along with your non-refundable deposit. World Expeditions has access to competitive airfares. Call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation.