



## 16-day Everest Base Camp trek, Nepal

Trek to historic Everest Base Camp at the foot of the world's highest peak, on this fantastic 16 day trek. You'll trek through beautiful mountain landscapes with amazing close up peak views of the Himalayan giants. Visit vibrant Namche Bazaar, a key trading post and Sherpa village. Visit famous Tengboche Monastery, explore historic Base Camp and enjoy stunning views throughout including from Kala Pathar viewpoint. Enjoy the rich local culture, clear mountain air and stunning Himalayan peak views.



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## Small group departures

Spring season – March and April – see website for dates

Autumn/Winter season – October, November, December - see website for dates

Private treks – available on request

## Trip overview

<b>Style</b>	Trek
<b>Accommodation</b>	Good 3 or 5 star hotel in Kathmandu (as per pricing options shown), best available local hotel in Ramechhap, local teahouse mountain lodges during days on trek.
<b>Grade</b>	Challenging – a reasonable to good level of fitness and stamina is required.
<b>Duration</b>	16 days from Kathmandu to Kathmandu.
<b>Trekking/walking days</b>	12 including rest & acclimatisation days.
<b>Min/Max group size</b>	4 to 12.
<b>Trip leader(s)</b>	Professional English-speaking city guide during days in Kathmandu. Professional English-speaking Sherpa guide during days on trek.
<b>Land only</b>	Join in Kathmandu, Nepal.

**Private departures & tailor-made itineraries available – ask us for details.**

### Price per person GBP £

Based on a good 3 star hotel in Kathmandu, best available local hotel in Ramechhap and best available local teahouse mountain lodges during days on trek.

Group size	01	2-3	4-12
	£3395 per person	£2675 per person	£2395 per person
Single supplement	£240 per person – includes group nights in Kathmandu only, not available in teahouse mountain lodges.		

Based on a good 5 star hotel in Kathmandu, best available local hotel in Ramechhap and best available local teahouse mountain lodges during days on trek.

Group size	01	2-3	4-12
	£3545 per person	£2695 per person	£2595 per person
Single supplement	£385 per person – includes group nights in Kathmandu only, not available in teahouse mountain lodges.		

### Will the trip run?

For group departures the trip is guaranteed to run for a minimum of 4 persons and a maximum of 12. For private treks the trip is guaranteed to run whether for an individual solo trek for 01 person or for groups smaller than 4 or larger than 12. On the rare occasion that we need to

Bookings and information: Call: 028207 68975

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cancel a trip we will provide a full refund or the choice of an alternative trip with the difference in pricing either refunded (if the cost is less) or the difference payable before departure, should the cost be higher. The majority of our trips are tailor made and based on your preferred dates of travel, subject to the best times to visit each region, in addition to a small number of fixed date small group departures such as for this trek and for treks linked to arriving at specific locations for festivals or special events.

### **Flight inclusive departures**

For departures from the UK, we offer a variety of flight options, working with a wide variety of airlines. Please contact us to discuss and for no obligation quotes. All flights are ATOL protected and our ATOL number is 12415. For flights in country (for example within Nepal) we work with our local partners under their licences relevant to each country's licensing rules. All flights are subject to availability at the time of booking. Flights do fill quickly, particularly for the peak travel months of March, April, October and November and we advise booking your flights as soon as possible for the best fares and choice.

### **No surcharge guarantee**

The trip pricing and pricing for flights or any optional supplements or trip extensions will be confirmed to you at the time you make your booking. We guarantee there will be no change to pricing with no surcharges after your booking has been confirmed.

### **Insurance**

It is a condition of booking that you have personal travel insurance in place for your booking, valid for the duration of your trip. You are free to choose any insurance provider of your choice as long as your insurance covers alpinism and emergency helicopter rescue, if required. Our recommended Travel Insurance providers are [Campbell Irvine](#). Please visit our website [Travel Insurance page](#) to find out more and to request a quote.

### **Tailor made private trips**

The majority of our treks and tours are tailor made and designed around the interests, requirements and preferred dates of travel of our clients with your Himalayan holiday designed and customised specifically for you. Our UK and in country teams have a huge amount of experience and extensive networks which allows us to design and offer a very wide range of itineraries within Nepal, India, Bhutan and Tibet. We're happy to share our knowledge and suggestions to design the best itinerary to create your perfect itinerary. If you'd like to consider a tailor-made holiday with One Himalaya, please call us on +44(0)28207 68975 or visit our website for inspiration.

## At a glance itinerary

Day 01: Arrive Kathmandu (1,300m) and transfer to hotel.

Day 02: Transfer drive to Ramechhap (1,370m)

Day 03: Fly to Lukla (2840m) and trek to Phakding (2610m) 04 hrs trek.

Day 04: Trek to Namche Bazaar (3440m) 05 hrs trek.

Day 05: Rest and acclimatisation day at Namche Bazaar (3440m).

Day 06: Trek Namche Bazaar to Tengboche (3867m) 05 hrs trek.

Day 07: Trek Tengboche to Dingboche (4358m) 5 to 6 hours trek.

Day 08: Rest and acclimatisation day at Dingboche (4358m).

Day 09: Trek Dingboche to Loboche (4928m) via Dugla (4595m) 05 hrs trek.

Day 10: Trek to Gorakshep (5288m), Everest Base Camp (5364m) and back to Gorakshep 6-7 hours.

Day 11: Trek Gorakshep to Kalapathar (5664m) to Pheriche 06 hours trek.

Day 12: Trek Pheriche to Namche Bazaar (3446m) 06 hrs trek.

Day 13: Trek Namche to Lukla (2840m) 04 hrs trek.

Day 14: Fly Lukla to Ramechhap, drive to Kathmandu.

Day 15: Guided sightseeing Kathmandu including Boudha, Pashupati and Kathmandu Durbar Square.

Day 16: Depart Kathmandu.

## Day to day trip itinerary

### Trip Highlights

- Enjoy the spectacular flight to the mountain airstrip of Lukla where your trek begins
- Trek through beautiful, varied and remote landscapes in the Khumbu (Everest) region
- Visit picturesque Sherpa villages, stunning valleys, ancient monasteries and temples
- Visit the vibrant mountain town and key trading post of Namche Bazaar
- Visit famous Tengboche Monastery
- Awesome close up peak views including Everest, Ama Dablam and Lhotse peaks
- Amazing close-up views of Everest and surrounding peaks from Kalapathar viewpoint
- Explore historic Everest Base Camp, at the foot of the world's highest mountain
- Visit key spiritual, cultural and World Heritage Sites in the vibrant city of Kathmandu

## Trip introduction

Enjoy breathtaking mountain scenery and panoramic views of the Himalayan range on one of the world's classic high-altitude treks to reach the historic Base Camp of the highest mountain in the world.

Starting from Lukla, you'll trek through Sagarmatha (Everest) National Park and journey through stunning landscapes. Experience traditional Sherpa culture and follow trails across rolling meadows, verdant valleys, rich forestland and across glacial moraines. Enjoy unsurpassed views of Everest, Lhotse, the Khumbu Valley and Ama Dablam.

Reaching Everest Base Camp, located at an altitude of 5,364 meters (17,598 feet), is a memorable achievement. Stand in the shadow of the world's highest peak, Mount Everest (8,848 meters/29,029 feet).

A moderate to good level of fitness and preparation is required for this trek, as the trail involves steep ascents and descents, including at high altitude.

## Day to Day

### Day 01 Arrive Kathmandu (1300m)

Namaste and welcome to Nepal! On arrival to Kathmandu Tribhuvan International Airport you'll be met by our local team for the short drive to your hotel. After checking in you'll meet your guide who will provide a brief orientation of the hotel and the surrounding area as well as a briefing about your trek and other related information that you might require while in Nepal. The rest of your day is free to relax. This evening, we invite you to a complimentary welcome dinner at one of Kathmandu's finest traditional Nepalese restaurants. Overnight Kathmandu, hotel.

**Overnight: Hotel (Meals: D)**

### Day 02 Transfer drive Kathmandu to Ramechhap (1,370m)

This morning you'll meet your trekking guide who'll brief you on your trek and answer any questions you may have and there's time for any last minute trek preparations or local purchases. Then it's time for the drive to Ramechhap where you'll stay overnight before your flight to Lukla tomorrow morning. It's around a 4-5 hour fairly scenic drive. After arrival the rest of your day is free to rest and relax, ready for your trek starting tomorrow. Overnight Ramechhap.

**Overnight: Hotel (Meals: B)**

### Day 3 Fly to Lukla (2840m) and trek to Phakding (2610m) 04 hrs trek.

This morning it's a short transfer drive to the domestic airport for your short flight to Lukla, the spectacular mountain airstrip from where treks and expeditions to the Everest region begin. The flight itself is awe-inspiring, as you fly parallel to the Himalayan giants bordering Nepal and Tibet.

On arrival to Lukla, there's some time to explore the village while your Sherpa crew sort and load the equipment. Lukla lies at an altitude of 2840m and means "Place of Sheep." From Lukla, we descend northwest on a wide trail to the village of Choblung in the Dudh Koshi Valley. The valley is covered with beautiful pine and rhododendron forests. The walking is easy as we follow the river's course, passing through the village of Ghat. Our destination for today is the small village of Phakding. Evening at leisure. Overnight at a local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 04 Trek to Namche Bazaar (3440m) 05 hrs trek.

After crossing the suspension bridge over the Dudh Koshi river, the walk is pleasant, with a few short ascents and descents, until we re-cross the Dudh Koshi river from the village of Benkar, taking in the magnificent views of Thermasarkhu peak (6608 m). We then cross the long suspension bridge over the Bhote Koshi river to reach Monjo village, situated below the spectacular peak of Thermasherku and a few minutes' walk from the entrance to Sagarmatha (Everest) National Park. At the entrance to Sagarmatha National Park, your trekking permit will be checked, as the National Park keeps a record of all trekkers in the area. From here, a short descent brings us to another suspension bridge over the Bhote Koshi river, after which we reach a bridge to Jorsalle village, the last village and the only place to shop until we reach Namche Bazaar, so a good place to get any additional snacks if needed. The walk from Jorsalle village is pleasant, following the river until coming to the last bridge over the Imjatse river. The walk to Namche Bazaar traces a winding, uphill path, with a magnificent view of Kwangde Peak and its other sister peaks towards the east and Kusum Kangru to our back. As we climb higher, we'll be able to see the Mount Everest- Nuptse wall, Lhotse, and Taweche Peak, all the way up to Thop Danda, where there is a stone wall for porters and trekkers to rest on. From here, another 1-2 hour trek takes us to famed Namche Bazaar, where the colourful houses are situated in an amphitheatre style. Evening at leisure. Overnight at a local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 05 Rest and acclimatisation day at Namche Bazaar (3440m).

This is a day to rest and acclimatise before we trek to higher altitudes tomorrow. Relax at the teahouse or explore the local area. Suggested activities include taking the short walk uphill to the Sagarmatha National Park Headquarters, a magnificent spot perched on top of Namche Bazaar, with breathtaking views of the surrounding snow-capped giants and the deep valleys below. There is also an interesting museum telling of the history of the Himalayas, the geographic information of the area and local cultural practices, mountaineering history, and the flora and fauna of the region. Full day at leisure and overnight at the teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 06 Namche Bazaar to Tengboche (3867m) 05 hrs trek.

After breakfast, the trail leads down a good, winding path with spectacular views of Mount Everest, Lhotse and Nuptse to the north east, Ama Dablam to the east, Kangtenga and Thermasarkhu to the southeast and Kwangde to the south. After a few hours trek, the path descends towards Fungi Thenga, where we'll stop for lunch. After lunch, we ascend through a beautiful forest of pine and rhododendron trees before reaching Tengboche after around two hours. Here we'll take time to visit Tengboche Monastery with your guide. Thyangboche (also spelt Tengboche) is one of the most beautiful places in the Himalayas. The first thing we'll see is the monastery (also known as a gompa), then a large field with the campsites, teahouses, and lodges beneath the towering, majestic peak of Ama Dablam, with Everest looming above, the Nuptse wall to the north, and Mount Lhotse and Lhotse Shar to the northeast. Enjoy your evening at leisure, surrounded by amazing peaks. Overnight at local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 07 Tengboche to Dingboche (4358m) 5 to 6 hours trek.

Leaving Tengboche (also spelt Thyangboche), the trail descends through a forest of birch, fir, juniper, and rhododendron, before it finally reaches Debouche, a lovely spot situated at 3650 m, with magnificent views of Ama Dablam, Everest, Nuptse and Lhotse. From Debouche, the trail meanders past a long prayer Mani wall. The path is gradual until we reach a small bridge over the narrow gorge of the Imja-Tse river. From here, it is a gradual ascent most of the way to Pangboche village. Lush vegetation vanishes as we gain altitude. After Pangboche, it is a short climb to Shomare where we

stop for lunch. Shomare is a small settlement with a fantastic view of Ama-Dablam. From here, we can see the northern face of Kangtenga peak. After lunch our journey continues gradually towards the east. After around an hour's trek, just before a small wooden bridge, the road splits in two directions, going towards Pheriche or towards the east, where we'll head. From here, we'll be able to see a totally different view of Ama Dablam, its towering north face. From the bridge, the trail climbs slowly, winding above the Imjatse river, until we arrive at a big Mani stupa. From here onwards the route is fairly moderate as it enters the Imjatse Valley beneath the mighty peaks of Ama Dablam, Nuptse, and Lhotse with a view of the eastern snow-capped mountains, including Island peak or Imjatse (6189 m). Dingboche is situated amongst a beautiful patchwork of fields enclosed by stone walls, which protect the crops of barley, buckwheat, and potatoes from the cold winds and grazing animals. Dingboche has about ten teahouses and it is also the gateway to Chukung. Evening at leisure and overnight at a local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 08 Rest and acclimatisation day at Dingboche (4358m).

Today is a full day to rest, acclimatise and take time to explore this part of the Khumbu region. If you are feeling energetic, you can take an optional trek towards Chhukung and back, or simply hike to the top of the hill for the views of Makalu and other surrounding peaks. Explore the hidden Imjatse Valley with its awesome views. This afternoon we'll have a briefing from the Himalayan Rescue Association about high altitude sickness and what to look out for. Overnight at a local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 09 Dingboche to Loboche (4928m) via Dugla (4595m) 05 hrs trek.

From Dingboche, the trail now heads towards the north. The path is gradual for about 40 -50 minutes before we reach the Mani prayer stupa. From here the trail is gentle, overlooking Pheriche village. Today's trek offers beautiful views of Mount Taweche and Ama Dablam and, to the north, Pokalde (5741 m), Kongma-tse (5820 m), and the great wall of Nuptse. After a pleasant trek of around 1 1/2 to 2 hours, the trail from Pheriche joins Dugla right before a small wooden bridge over the rushing river of Khumbu glacier. Dugla is the only place with tea houses before Loboche. From Dugla, a steep one-hour ascent brings us to the top, where we can view Mount Pumori, as well as the other peaks west of Everest. This is an ideal spot for a short break after the strenuous climb. Close to here we will also see a number of memorials for the climbers who sadly perished in expeditions in the mountains of this region. From here, it's a 1 1/2 to 2 hours gradual ascent before we arrive at Loboche. Loboche comes as a surprise, as it's situated in a corner well-hidden and sheltered from the wind, with just a handful of teahouses. Overnight in a local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 10 Trek to Gorakshep (5288m), Everest Base Camp (5364m) and return to Gorakshep

It's a good easy trail from Gorakshep to Everest Base Camp as the trail ascends and descends along glacial paths. We follow the trail as it meanders past huge rock boulders until we reach iconic Everest Base Camp. Here, standing at the foot of mighty Everest, we can also enjoy magnificent views of Nuptse, Khumbutse, Pumori and the other Everest range of mountains visible from Base Camp. After a short sightseeing at Base Camp we return back to Gorakshep where we rest for the night. Overnight at local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 11 Gorakshep to Kalapathar (5664m) to Pheriche 06 hours trek.

This morning it's an early start as we hike up to Kalapathar viewpoint for more magnificent views of Everest. A fairly easy trail leads us to the top of Kalapathar, which translates as 'Rocky Mountain' in Nepalese. Enjoy the close up views of the world's tallest mountain along with the other mighty Himalayan peaks that surround Everest. After spending some time at the summit of Kalapathar, we trek back to Gorakshep before making our way towards Pheriche where we'll rest tonight. Overnight local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 12 Pheriche to Namche (3446m) 06 hrs trek.

The trail from Pheriche descends towards the Imja Khola river, crossing a bridge. We follow the gradual trail to Debouche for around an hour, then from Debouche the trail climbs for around forty minutes to reach Tengboche. From Tengboche the route then steeply descends to Phunki Thangka through the pine and rhododendron forest before ascending to the ridge, passing some small villages and joining at Shanasha and Kyanjuma. Around another two hours trek brings us back to Namche Bazaar. Overnight at a local teahouse lodge.

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 13 Namche to Lukla (2840m) 04 hrs trek.

This is our last day on trek and we'll take it leisurely to make the most of the beautiful scenic views and surrounding landscape. Apart from a few short uphill sections, the only long climb today will be just before Lukla, when the trail climbs for around 45 minutes from a place called Choplung. Reaching Lukla, there's time to rest, relax and explore the local area before a final dinner with your Sherpa crew and porters. Overnight at a local teahouse lodge..

**Overnight: Local teahouse mountain lodge (Meals: B, L, D)**

Day 14 Fly Lukla to Ramechhap, drive to Kathmandu

This morning it's time for the short flight, around 20 minutes, back to Ramechhap. Flights from Lukla are usually scheduled in the morning as in the afternoon the wind usually picks up and can cause delays. Enjoy the panoramic views of the snow-capped peaks during your flight. Arriving at Ramechhap, it's time for the scenic transfer drive of around 4-5 hours back to Kathmandu. After checking in to your hotel, the rest of your day and evening is at leisure to rest, relax, explore the local area and celebrate your achievement of reaching iconic Everest Base Camp! Overnight at your hotel.

**Overnight: Hotel (Meals: B)**

Day15 Guided sightseeing Kathmandu

Today is a chance to explore some of the key cultural and heritage sites of Kathmandu. After your breakfast, you'll be met by your guide before heading to nearby Kathmandu Durbar Square, an impressive World Heritage Site and hugely important place in Nepalese history and culture. You'll be able to visit the ancient palace complex and the temple of the Living Goddess of Nepal, the Kumari. You'll also visit Hanuman Dhoka and Kasthamandap Temple. From here, we'll drive to Pashupatinath Temple, the holiest shrine for Hindus, situated on the banks of the holy Bagmati River and an important cremation site. We'll also visit Boudhnath Stupa, an important Tibetan Buddhist pilgrimage site and the centre of Tibetan pilgrimage in Nepal. The huge stupa is one of the largest dome stupas in the world and is surrounded by many small monasteries, shops and cafes. We'll also visit Patan, also known as the City of Fine Arts, just outside Kathmandu City where you'll be able to explore the spectacular Durbar Square and beautiful temples and palaces. After time to explore, we'll return to



your hotel where the rest of your evening is at leisure to rest and relax, explore locally and do any last minute shopping before your departure tomorrow.

There are also various options if you'd like to add a short one or several days extension to your trip - perhaps a few days wildlife safari in Chitwan National Park or try some activities such as white-water rafting, zip lining or paragliding. Speak to one of our team and we'll be happy to help. Overnight at your hotel in Kathmandu.

#### **Overnight: Hotel (Meals: B)**

Day 16 Depart Kathmandu.

This morning is free until time to check out and your transfer to the International Airport for your departure flight home or onward to your next destination.

#### **(Meals: B)**

***Please note** - the above trek itinerary should be taken only as a guide; it could change due to weather, trail conditions or other unforeseen conditions. Some of the days on the itinerary include rest and acclimatisation days to ensure you have time to properly and safely acclimatise before we trek to higher altitudes. During these days you can explore locally, opt to join some of the guided short excursions to nearby viewpoints and other sites or simply relax at the lodge or (for example in Namche) at a local café.*

### **Our trip grading system**

#### **Challenging**

This trip is graded challenging. Our challenging trekking holidays can involve anything from 10 to 30 days continuously on trek, often in remote and high altitude areas. Rest days are included but there may be up to 7 consecutive days of hard walking. Most treks reach altitudes of at least 4,900m/16,000ft or above and will include a great deal of ascent and descent. This type of trekking holiday is suitable for individuals with a reasonable to good level of fitness with a good level of stamina. You don't need any experience to do this trek and you don't need to be super fit however the fitter and more prepared you are, the more you will enjoy the trek.

The majority of our challenging grade treks tea house mountain lodge accommodation or in the most remote regions, fully catered camping style. On camping style treks we provide a fully catered camping service with separate sleeping, kitchen and toilet tents, all required camp equipment and utensils and a full camp crew including cook and porters, in addition to your professional, experienced local guide.

#### **Trip altitude**

*Important - please be aware that this trip involves trekking at altitude. All our itineraries are carefully designed to optimise acclimatisation to high altitudes, however participants on this trek are likely to experience some symptoms of being at altitude. The detailed trip information we provide when you book your holiday includes comprehensive advice on safe travel at altitude and all our guides are experienced and professional in recognising and managing symptoms of altitude, in addition to all our trips incorporating gradual ascents and rest and acclimatisation days. If you would like further information or advice on travel at altitude prior to booking, please contact our office to speak to an experienced member of our team. Alternatively, we recommend visiting [www.medex.org.uk](http://www.medex.org.uk) as a useful source of information.*

## What's included in the price?

One Himalaya aims to offer the best value for money and aim to ensure all the key elements of your holiday are included. In some places such as Kathmandu, where there is a wide range of local restaurants, cafes and bars, we include breakfast only options in your hotel stay to allow you to choose from the variety of options available in your hotel or local area. During days on trek, all meals are included, either from the teahouse lodges or prepared by your camp crew.

- ✓ Airport welcome and transfers on arrival and departure by private vehicle
- ✓ Complimentary welcome dinner and cultural show at one of the finest traditional restaurants in Kathmandu.
- ✓ 03 nights good quality hotel accommodation (3 or 5 star as per pricing options) in Kathmandu, twin or double share, bed and breakfast basis.
- ✓ 01 night best available/good 3 star hotel accommodation in Ramechhap, twin or double share, bed and breakfast basis
- ✓ Domestic flight from Ramechhap to Lukla return, including airport transfers.
- ✓ 01 professional English-speaking local Sherpa trekking guide.
- ✓ 11 nights twin share accommodation in best available local teahouse mountain lodges during days on trek
- ✓ All necessary trekking (TIMS) and National Park entrance fees.
- ✓ Group first aid kit during days on trek, carried by your guide.
- ✓ 01 porter per two trekkers during days on trek)
- ✓ All meals during days on trek, breakfast, lunch and dinner, including tea and coffee.
- ✓ Insurance and expenses for guide and porters.
- ✓ Guided sightseeing in Kathmandu with by private AC Vehicle and including all entrance fees (one time entry) to sites visited.
- ✓ 01 English speaking professional local city guide during the sightseeing in Kathmandu.
- ✓ Complimentary One Himalaya t-Shirt and buff (subject to availability).
- ✓ FREE 80 litre One Himalaya duffel bag, for use during days on trek.

## Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. All airport transfers required as part of your itinerary are also included in the price of your trip. Please contact us if you require any further information.

## What's not included in the price?

❖ Nepal Visa – available in advance or on arrival at Kathmandu Airport	❖ Additional accommodation, activities or transport not included in the itinerary or before/after the dates specified (available on request)
❖ International Flights – available on request for UK departures	❖ Personal trekking gear such as trekking pole, sleeping bag etc (full kit list provided on booking or available on request)
❖ Travel Insurance - please note it is a condition of booking all trips that you have appropriate travel insurance in place. Visit our website <a href="https://one-himalaya.com/travel-insurance.html">https://one-himalaya.com/travel-insurance.html</a> for more information	❖ Expenses incurred as a result of flight delays/cancellation, strikes, weather conditions or other events outside of our control
❖ Lunch and dinner in Kathmandu	❖ Personal expenses such as soft and alcoholic beverages, laundry, tips for guides, drivers, porters and cook, snacks and souvenirs, wifi on trek etc.
❖ Anything not mentioned in the above inclusions or itinerary	

## Your accommodation

We work with a wide range of hotels and other accommodation options across Nepal, India, Tibet and Bhutan. Where a specific hotel is named in the itinerary, we will aim to secure that hotel, however all hotels and accommodation are subject to availability at the time of booking. If the first choice or named hotel is not available, we will book a suitable alternative of a similar standard and will always confirm the hotel with you at or shortly after confirmation.

## Meal arrangements

Bed and breakfast in Kathmandu and Ramechhap, all meals (breakfast, lunch, dinner plus tea/coffee) during days on trek, selected from teahouse lodge menus.

## Flight arrangements

We work with a wide range of airlines to offer the widest choice of departure flights from the UK. The 'Flight from' price is based on the best fare available at the time of printing. Airfares are subject to change and availability, and this should be used only as a guide price. If you would like us to help with your flight booking, we will always aim at the time of booking, to get the best possible price for the flights you need. We advise booking as early as you can, for the best chance of getting the best fares, particularly during the Spring and Autumn peak travel times.

Flights booked through One Himalaya are protected through our ATOL licence number 12415.

Please call us on +44 (0)28207 68975 for flight options including from regional UK airports, Business Class options, airport hotels and stopovers.

## Additional information

Bookings and information: Call: 028207 68975

Email: [hello@one-himalaya.com](mailto:hello@one-himalaya.com)

Visit: [www.one-himalaya.com](http://www.one-himalaya.com)

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When we receive your booking confirmation, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and other useful information. If you have queries at any point or would like to discuss anything about your trip, please call us on +44 (0)28207 68975 and we will be pleased to offer advice and suggestions.

### **Important – the nature adventure travel**

Every effort will be made to keep to the itinerary, but we cannot guarantee that things may not change, either before you travel or during your trip. The nature of adventure travel is that it involves an element of the unexpected, particularly in more remote and isolated areas. Factors such as adverse weather conditions, changes to local schedules, road or trail conditions and difficulties with transportation can all contribute to the need to make changes to the itinerary, sometimes at the last minute. Our office team and your Trip Leader will make every effort to maintain the original itinerary and minimise the impact of any changes, but sometimes changes are required, for example taking a slightly different route on trek for better trail conditions. Any changes will be discussed with you but please note that all timings and distances given are approximate and an important aspect and asset to adventure travel is the ability to be flexible and open to change where needed or beneficial!

### **Trip extensions**

#### **Extending your holiday**

A popular option is to add a few days extension to a main holiday – for example adding a few days wildlife safari after a trek or tour, visiting neighbouring regions or spending a few days at a beach, spa or lake resort. Additional activities such as white-water rafting, zip lining, mountain biking, golf or helicopter tours can also be added. If you'd like more inspiration, please visit our website at <https://one-himalaya.com/category/extensions.html> or call us on +44 (0)28207 68975 and we'll be happy to share suggestions.

## Why book with One Himalaya?

- We specialise in tailor made, luxury and adventure travel in the Himalayas, a region we're passionate about promoting and sharing. We also have extensive knowledge and contacts across all the regions where we operate and our team have over 20 years' first hand knowledge and experience of planning and operating the very best Himalayan travel experiences for our worldwide clients.
- Designed for you – the majority of our trips are tailor made (in addition to a few small group trips each year), based on your interests, time and budget with guidance and suggestions from us to make your trip extra special. All the example itineraries and classic trips on our website can be booked and we hope they provide useful inspiration for your travel plans. Each of those can be customised and we also offer a full tailor-made travel service to custom design a travel itinerary just for you, to meet your personal travel requirements and interests.
- We offer an extensive range of trip itineraries from classic tours and treks, to challenging expeditions, exhilarating wildlife safaris and birdwatching trips, relaxing houseboat tours and plantation stays, off the beaten track adventures, specialist interest tours and much more. The trips on our website are for inspiration and represent just a fraction of the types of trips we offer. We also regularly introduce new experiences and itineraries.
- We work closely with our local teams and partners so our knowledge of each region is always up to date, and we can share the latest news and experiences with you. If we don't know the answer to your question, we'll definitely know someone who does!
- We offer 100% financial security for your booking. We're members of the [Travel Trust Association](#) in the UK (member number X0951), which is part of The Travel Network Group. As part of our membership, we operate a Trust Account for all bookings. This means that any payment you make to us is automatically paid into the Trust Account where it is 100% financially protected at all times and is only ever used for your travel booking, providing you with complete financial security when you book with us. Booking with us really does mean 100% financial protection for your booking and peace of mind for you.
- If you're travelling from the UK or elsewhere, we offer great international flight options and fares. We work with a wide range of quality airlines to find you the best routes and airfares to match your travel plans.
- We hold [ATOL licence](#) 12415 which means that all international flight bookings from the UK are fully ATOL protected, giving you complete security when you book with us.
- We offer no cost, no obligation provisional bookings so if you're interested in a trip but not quite sure you're ready to book, simply contact us and we'll hold a provisional booking for a limited time. Once you're ready to book, most of our trips only require a small deposit to confirm, with the balance payable later, closer to your time of travel.
- We offer a No Surcharge Guarantee – once you book with us, we guarantee the price of your holiday will not change.
- When you travel with us, local people really do benefit through creating and supporting local employment opportunities, support for small local organisations and local spend. We passionately believe in travel as a force for good and we work closely with our fantastic local teams and partners to promote sustainable, small-scale travel that enriches the lives of travellers and also benefits local people in the communities and places we travel to.

## One Himalaya – About Us

- We're a small team of travel experts with over twenty years' experience of exploring and promoting the wonderful Himalayan regions of Nepal, India, Bhutan and Tibet. We're passionate about travel and have a special love for the Himalayan regions.
- We're an independent travel company and online tour operator, based on the beautiful Causeway Coast in Northern Ireland, from where we provide bespoke travel services to our clients from the UK, Europe and worldwide.
- We firmly believe in sustainable travel, that respects and protects local people, landscapes, culture, wildlife and habitats. We believe that travel can and should be a force for good, creating positive impact and change for everyone. As part of that ethos, we support a range of small projects and initiatives in the destinations where we operate, that help bring positive benefits and real change to local people's lives.
- We work closely with local communities and partners across the Himalaya and beyond, working together to provide you with the most enjoyable and memorable travel experiences and adventures in Nepal, India, Bhutan and Tibet.
- We focus on providing high quality, personalised service and experiences for our clients, using good quality accommodation and equipment and working with professional, well trained and fairly paid local guides and crews.
- We offer Loyalty Discounts if you've travelled previously with us, on future trip bookings.
- We make it easy to book your holiday – you can book online, call or email us. We offer no obligation hold options on trips and flights and we guarantee no surcharges once you've booked.
- When we receive your booking confirmation we'll send you a detailed trip dossier with all the information about your trip including visa information, vaccinations required, suggested gear and clothing and lots more useful information to ensure you're fully prepared and have a wonderful experience – and we're always available if you have any questions or would like to discuss anything – we love questions, especially if they're about travel!

