

EVEREST, GOKYO AND ISLAND PEAK HAUTE ROUTE

A superb trek in the most beautiful belvederes of Everest : Renjo La (5350 m), Cho La (5300 m), Kala Pattar (5545 m) offers us exceptional views on the biggest glacial environment in the world. This hardly busy itinerary is impressive by its mountain ambiance. This travel will also allow us to dive into the Khumbu sherpa culture : meeting with the inhabitants, nights in the villages, visits of monasteries... An unforgettable immersion...

Optional ascent of the Island Peak, for a first 6000m high peak of dreams. After discovering Kathmandu, we join the Khumbu valley at the feet of Everest. We start to acclimatize on magnificent pathways leading us to Namche Bazar, the heart of the sherpa country. We climb up to the valley of Thame to finally reach the first pass of our adventure, the Renjo Pass at 5365m with a breathtaking view on the four 8000m high summits of which Everest.

We then join the valley of Gokyo, before crossing Cho La (5420m) which allows us to reach the high valley of Everest where we ascend Kala Pattar (5545m) near Everest base camp. We cross one last pass, the Kongma La (5535m) before joining the Island Peak base camp (6189m). Those who feel like ascending can go back and forth in one day, the other will climb Chukung-Ri at 5550m.

We then return to Namche Bazar after an exceptional adventure !

 Region	Great ascent
 Activity	Expedition Summer
 Duration	23 days
 Group	4 to 15 people
 Code	ATVHRIP
 Price	From €4,395
 Level	3/5
 Comfort	3/5
 Language(s)	English

ITINERARY

Day 1 PARIS - KATHMANDU

Flight from Paris to Kathmandu, capital of Nepal.

Accommodation : Airplane

Day 2 KATHMANDU



When we arrive in Kathmandu, we are welcomed at the airport and transferred to our hotel in the city center. Lunch and afternoon as you wish, according to your choice and to the arrival time : rest, sightseeing, or last preparation.

We meet with our guide for the first presentation briefing of our trip.

Welcoming dinner with our guide and the rest of the group.

NB : The welcome dinner might be rescheduled to the last day of our trip in case the whole group hasn't arrive that day.

Hébergement : Hôtel

Day 3 KATHMANDU - LUKLA (2850m) - PHAKDING (2660m)



We return to Kathmandu's airport and take a flight in direction of Khumbu's mountains. We arrive at Lukla's airport, and start our trek ! We cross the village and descend in the valley of Dudh Khosi, that we'll then climb up little by little towards Phakding, tonight's step. The first snowy peaks are already in our sight on each side of the valley, like the Kusum Kanguru (6367m) or the Kongde Ri (6187m).

Positive difference in altitude : 250m | Negative difference in altitude : 420m | Accommodation : Lodge

Day 4 PHAKDING - NAMCHE BAZAR (3440 m)



We pursue our climb of the valley of Dudh Khosi passing from a shore to another on suspended bridges. In Monjo, we officially enter the National Parc of Sagarmatha. To our right, the impressive peak of Thamserku (6623m) overcomes the valley. The pathway is getting steeper when we arrive to the junction between Dudh Khosi and Imja Khola. A great ascent is waiting for us to join Namche Bazar, the big market town of the region.

Positive difference in altitude : 1200m | Negative difference in altitude : 350m | Altitude Max : 3440m | Accommodation : Lodge

Day 5 NAMCHE BAZAR - THAME (3820 m)



We leave the classic (and popular) pathway of the Everest base camp to move towards the West in the valley of Bhote Koshi. A balcony path on the left shore, facing the Kongde Ri, allows us to climb up the valley between pine forests and typical villages. We thus cross the villages of Thamo and Samde before joining the riverside and Thame, sherpa village preserved from tourism. We are at the feet of Sundur Ri, at the junction between the valley of Tashi Labsta La, the entry gate of the Rolwaling valley, and Bhote Koshi's one, descending from the Nangpa La glacier (leading to Tibet).

Positive difference in altitude : 700m | Negative difference in altitude : 350m | Altitude Max : 3820m | Accommodation : Lodge

📍 Day 6 **THAME - SUNDER RI (4830M) - THAME (3800M)**

Active acclimatization day. We climb up to Sunder Ri, ideal acclimatization walk for the next steps. We slowly ascend and admire splendid panoramas on the valleys of Nangpa La and Tashi Labsta La. A great collection of peaks are standing in front of us : Thamserku (6623m), Kangtega (6782m), Kusum Kanguru (6367m), Kongde Ri ridges (6187 m) and to the North a summit taller than 8000m high, Cho Ovu (8201m) ! Before returning to Thame, we have the possibility to visit the monastery of the village.

Positive difference in altitude : 980m | Negative difference in altitude : 980m | Altitude Max : 4830m | Accommodation : Lodge

📍 Day 7 **THAME - LUMDE (4365 M)**



Today is a short step to join the base camp of our first high pass, the Renjo La. We climb up the valley of Bhote Koshi by a pathway on the right shore, and pass sheepfolds and yaks, wandering freely in the surroundings. We arrive in Lumde, located at the feet of the first slopes of Renjo La.

Positive difference in altitude : 600m | Negative difference in altitude : 70m | Altitude Max : 5365m | Accommodation : Lodge

📍 Day 8 **LUMDE - RENJO LA (5 350 M) - GOKYO (4 790 M)**



We start today early in the morning to reach the top of the pass before the wind comes up. After a regular climb, we join two pretty lakes in the middle of a spectacular mountain circus. Then, the slope gets steeper and we arrive on a completely mineral terrain. The pathway rises lacing and we'll get to the top of Renjo La in an hour and a half. A breathtaking view is waiting for us : facing us, a 180° panorama with three summits over 8000m and countless peaks over 7000m ! From left to right : Cho Oyu (8201 m), Gyachung Kang (7952 m), Pumori (7161 m), Everest (8848 m), Lhotse (8516 m), Nuptse (7861 m), Makalu (8485 m), Cholatse (6440 m) and Taboche (6542 m)... Difficult to have a better view then this...

After enjoying this unforgettable view, we leave the Rolwaling summits in our backs and descend towards Gokyo and its superb glacial lake.

Positive difference in altitude : 1050m | Negative difference in altitude : 650m | Altitude Max : 5350m | Accommodation : Lodge

📍 Day 9 **GOKYO - GOKYO RI (5357M)- DRAGNAG (4 690 M)**



For the most motivated, you can wake up when the sun rises to ascend Gokyo Ri (count around 5 hours walk back and forth and 570m difference in altitude). Back at the lodge, you have some rest before starting a short day, perfect to recover before tackling the second pass, the Cho La, the next day. We cross the moraines of the immense glacier bordering Gokyo, and enjoy the incredible view on the Cho Oyu. Arrival in Dragnag and rest our weary feet.

NB : GOkyo Ri ascent is totally optional. We recommend it when weather conditions weren't good the day before (panorama more or less similar of the Renjo La one). In the contrary case, it might be preferable to keep our strengths for the next steps or to leave our body more time to acclimatize slowly to the important altitude. In case of doubt, the guide will advise you on the more appropriate choice.

Positive difference in altitude : 100m | Negative difference in altitude : 200m | Accommodation : Lodge

📍 Day 10 **DRAGNAG - CHO LA (5 350 M) - DZONGLA (4 840 M)**

Today we ascend the second high pass of this trek : the Cho La. From Dragnag, the rise starts slowly towards a first pass. A small descend allows us to join a small valley separating us from the final climb : a pretty steep slope in screes which imposes a safe and slow pace. We evolve in a great glacial ambiance once at the pass, at the feet of the Lobuche summits. At first, the descend is technical : glacial passage for around 20 minutes (flat, but slippery !) before getting back in screes. After 200m steep descent, we arrive on a plateau, and then to the hamlet of Dzongla, facing the impressive North face of Cholatse.

Positive difference in altitude : 770m | Negative difference in altitude : 610m | Altitude Max : 5350m | Accommodation : Lodge

📍 Day 11 **DZONGLA - LOBUCHÉ (4 940 M)**



Today is a short walking day to recover from our efforts the day before. We descend the valley of Cho La Khola to join the large valley of Khumbu. We climb up the valley in the North direction and with the South side of Pumori (7161m) facing us. We walk slowly through the last pastures which, little by little, leave place to a mineral universe of high mountain.

Arrival to Lobuche and free end of day. You have the possibility to wander freely in the surroundings, notably on the ridge that overcomes the village : it offers a pretty view on the valley and on Nuptse's ridges (7861m).

Positive difference in altitude : 250m | Negative difference in altitude : 150m | Accommodation : Lodge

📍 Day 12 **LOBUCHE - EVEREST BASE CAMP (5 364 M) - GORAKSHEP (5164 M)**



A memorable day for mountain lovers, the "pilgrimage" to Everest base camp !

We climb up moraines of the valley facing Pumori and soon pass Gorak Shep, where we'll sleep tonight. We ascend to the feet of the "Ice Fall", famous seracs fall located on the path between the Everest base camp and the camp 1. We descend on the ridge and step onto the glacial plateau on which the base camp is settled. We are surrounded by Pumori and Nuptse, the glacial circus around us is impressive. After savoring the moment, we then return on our tracks to join the touristic hamlet of Gorak Shep.

NB : The back and forth trek to the base camp is optional

Positive difference in altitude : 500m | Negative difference in altitude : 200m | Altitude Max : 5364m | Accommodation : Lodge

📍 Day 13 **GORAKSHEP - KALA PATTAR (5 545M) - LOBUCHÉ (4940M)**



Early morning wake up to ascend Kala Pattar, the "black hill" overcoming Gorak Shep. The ascent doesn't have technical difficulties, but the altitude imposes an easy pace. In the night, we climb up the pathway rising progressively until the summit marked by a cairn and prayer flags at 5600m. From there, we enjoy the most beautiful panorama on the Everest massif, the roof of the world in our sight... We then get back down to Gorak Shep, and get back on our path until we reach Lobuche.

Positive difference in altitude : 450m | Negative difference in altitude : 600m | Altitude Max : 5545m | Accommodation : Lodge

📍 Day 14 **LOBUCHE - KONGMA LA (5 535 M) - CHUKUNG (4 730 M)**



Today, we ascend the third pass, the Kongma La, peaking at 5535m. After crossing the moraine of the Khumbu glacier, we start ascending the pass. The slope is pretty steep and soon the pathway leads its way across screes. We perceive the prayer flags marking the summit of the pass. From the Khotse to the Ama Dablam, passing by the pyramid of Makalu, it is once again an unforgettable panorama just in front of us ! A long descent is waiting for us in an astonishing environment, facing the splendid Ama Dablam. When getting out of the valley the pathway branches off towards the East leading to Chukung.

NB : In case of fatigue, it is possible to get round the Kongma La pass and to take the pathway towards Pheriche and Dingboche to join Chukung. This possibility might be necessary in case of snowy or bad weather.

Positive difference in altitude : 650m | Negative difference in altitude : 800m | Altitude Max : 5535m | Accommodation : Lodge

📍 Day 15 **CHUKUNG - CAMP DE BASE DE L'ISLAND PEAK (5100M)**

From Chukung, we climb up towards the Island Peak base camp, small village of tents located at the feet of the East side of the mountain. The pathway offers a fabulous view, surrounded by the ridges of Lhotse and Ama Dablam. After lunch, we'll check up on technical aspects waiting for us the next day. We'll train ascending with a fixed rope. We have dinner early this evening, the night will be short...

Positive difference in altitude : 250m | Accommodation : Camp or Lodge

📍 Day 16 **CAMP DE BASE - ISLAND PEAK (6 189M) - CHUKHUNG**



We leave in the night to ascend the Island Peak. At first, we evolve on a pretty steep rocky terrain until we find the glacier, at around 5800m altitude. From there, we put on our crampons and take our ice axe in our hands for the next step. According to the seasons, we cross crevices more or less large to join the glacial plateau at the feet of the peaking ridge. The final climb towards the top is steep : we'll have to use the fixed ropes. We'll make it to the top , at 6189m ! Up there, we'll enjoy the panoramic view on the Nuptse, Baruntse and Ama Dablam summits, and savor the moment before getting back on our tracks... Once we're back at the camp, we'll have a well deserved rest before pursuing the descent to Chukung.

Positive difference in altitude : 1100m | Negative difference in altitude : 1500m | Altitude Max : 6189m | Accommodation : Lodge

📍 Day 17 **CHUKUNG - TENGBOCHE (3840)**



We start today by descending towards Namche Bazar. We first pass the village of Dingboche, which has managed to maintain its traditional agricultural activity. We then arrive to the junction between the valley of Imha Khola and Khumbu. We walk along the river until we reach Deboche. One last slope will lead us to Tengboche, famous for its Buddhist monastery located in an astonishing environment. From there, the view on Ama Dablam is fantastic !

Positive difference in altitude : 100m | Negative difference in altitude : 1000m | Accommodation : Lodge

📍 Day 18 **TENGBOCHE - NAMCHE (3440 M)**



We pursue descending with the silhouette of Ama Dablam in our backs. We descend in the small valley until we join Imja khola, 600m lower. The pathway climbs then back up abruptly on the opposite side to join a balcony path which gets around the mountain to finally lead us to Namche Bazar.

NB : Depending on the group's fatigue, the guide can decide to extend the step, in order to reduce the walking time of the following day.

Positive difference in altitude : 650m | Negative difference in altitude : 1050m | Accommodation : Lodge

📍 Day 19 **NAMCHE - PHAKDING - LUKLA (2800m)**

Today we descend to Lukla. We get down to the Namche Bazar big slope and walk along the Dudh Koshi to join Phakding. One last climb will lead us to Lukla.

Positive difference in altitude : 350m | Negative difference in altitude : 950m | Altitude Max : 2800m | Accommodation : Lodge

📍 Day 20 **FLIGHT KULKA - KATHMANDU**



Early morning to take a domestic flight back to Kathmandu. Transfer and settlement in the hotel before enjoying the rest of the day freely. [Meals at your own convenience]

NB : In case of bad weather conditions, the flight might be rescheduled for the next morning.

Accommodation : Hotel

📍 Day 21 **KATHMANDU**



Free day in the nepalese capital. From the hotel, it is possible to visit on foot the touristic neighborhood of Thamel, the old town, as well as Durbar Square and historical monuments listed in the World Heritage. Historical sites of the valley of Kathmandu are also accessible with a taxi. [Meals at your own convenience]

NB : This day can be used as a spare day in case our Lukla Kathmandu flight is cancelled the day before (planes don't take off is the weather is bad).

Option "Visit the valley of Kathmandu" (to pay when registering) : we offer a guided tour of the principal sites of the valley of Kathmandu : Bhaktapur, Pashupatinath and Boddnath. In case of cancellation of our flight Kulka - Kathmandu, fees will be refunded.

Accommodation : Hotel

📍 Day 22 KATHMANDU - PARIS



Last morning in Kathmandu. You have the opportunity to purchase your last souvenirs, pursue visiting the capital freely, or rest. For those having a night flight, transfer to Kathmandu's airport in the evening. Night at the hotel for those leaving the next morning. [Meals at your own convenience]

Accommodation : Airplane/hotel

📍 Day 23 ARRIVAL IN PARIS

Arrival in Paris depending on the group's flight. We'll say goodbye after a wonderful and unforgettable adventure, with our heads full of incredible memories...

ITINERARY CHANGE

The program can be modified by your guide due to weather conditions or participants physical conditions. For safety reasons and to ensure a uniform level corresponding to the one announced, the supervision and organisation boards have the right to interrupt your participation if your technical or physical level are lower than the one required. The interruption will not give you any right of refund or payment of compensation.

DATES & PRICES

International departures:

No departure for now

Trip code: ATVHRIP

Included

- The international and domestic flights
- A high mountain guide's supervision
- Ground transportation
- The detailed excursions in the itinerary : National Parc, TIMS, Island Peak...
- Safety equipment necessary to the trip : first aid kit, hyperbaric chamber and satellite phone (only in case of emergency)
- The access to a specialized medical service in altitude 24/7 (in case of emergency only)

Not included

- Visa fees
- Travel insurance
- Registration fees : 18€
- Transfers to the airport (if your flight is different than the group's one)

Notes

To be paid on the spot :

- Drinks and mineral water during the trip, also during meals
- Meals mentioned as "free" in the itinerary (around 10€ per meal)
- Showers in the lodges (from 2 to 8€ per shower)
- Entrance in the cultural sites of Kathmandu (optional visits, from 30 to 45€)

Terms and conditions

Booking conditions

Booking a trip with Montagne Expedition implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Montagne Expedition reserves the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Montagne Expedition requires written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.

- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Canarias receive your cancellation or modification request in writing

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Montagne Expedition may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Montagne Expedition reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel for any reason with Montagne Expedition, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Montagne Expedition as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

- Nepalese french and english speaking guide from our partner Atalante, assisted by a sherpa in high altitude, specialized in the Island Peak for the ascent
- Carrier : a team of carriers will ensure the portage of the group's bagages. The portage is a historic tradition : the mountain pathways are craggy and no vehicle can have access. Only animals and humans can pass. Thank you for limiting your trekking bags to 12.5kg per person.

Food

Meals

The tradition nepalese meal is the 'dal bhat' : rice and lentils with a few spicy vegetables. In Kathmandu, it is possible to eat a large variety of meals, but in the mountains, the choice is limited.

Lodges offer menus with very few choice (for example : dal bhat, fried noodles, momos, fried rice, pasta with tomato sauce, fried potatoes...).

On our group travels we have 3 meals and a snack per day. We do our best to offer you the most varied meals as possible. Please note that meal is rare and not recommended for our occidental stomachs.

In Kathmandu, meals are generally free : everyone is free to enjoy the variety of the capital's restaurants depending on your tastes.

Drinks

WATER : please note that running water in Nepal isn't drinkable. During your trip, drinks, including lineral watern are at your own charge.

In the mountains, there are two cases depending on your trip :

- For treks in lodges, you will be able to fill up your bottles, but it is mandatory to treat is with purifying tables (micropur or hydrochlonazone) or to filter it. It is also possible to buy mineral water in lodges (please avoid buying plastic water bottles as much as possible, the recycling of plastic being impossible up there).
- For camp travels, boiled water will be at your disposal every day to fill up your bottles.

Accommodation

- In Kathmandu, you will sleep in a comfortable 3-star hotel (local norms) located near the city-center. You will be in twin rooms with air conditioning and private bathroom (hot water available)
- Lodges during the trek : nepalese houses fitted to welcome hikers. Most of the time, we find twin rooms (2 individual beds per room), with 5-6 centimeters thick mattresses and pillows. In certain altitude lodges, rooms can be dormitories from 3 to 6 beds. Rooms aren't heated : plan to bring a sleeping bag adapted to cold temperatures and potentially glacial temperatures over 5000m altitude (-15°C).

Sanitaries are collective and hot showers, when there are, cost 2 to 8 euros.

Night in the base camp of the Island Peal : camp night with foam mattresses. No blankets.

Transportation

1. International transport

- In Nepal, we will use the regular flights between Paris and Kathmandu with Qatar Airways and Oman Air, companies with whom we buy a stock of places (allotments) from Paris on certain dates, in order to guarantee as long as possible the best prices and the best flight schedule. Depending on availabilities when registering, we can also offer you to fly with other companies. A direct flight to Kathmandu doesn't exist : every company has a stop over (in Doha with Qatar Airways and in Mascate with Oman Air).

We prefer night flights when possible : on a Saturday departure, the arrival is on Sunday. Departures fro certain province towns are possible : transfer to Paris, either with national flights or TGV (SNCF ticket included in the flight price).

2. Transfers in the country

- Terrestrial transfers in private minibus
- Domestic flights between Kathmandu and Lukla

In accordance with our information and transparency duty towards our travellers, we inform you that the European Commission has registered the 5th of December 2013 every airlines from Nepal on the list of air transporters forbidden in the European Union. This prohibition is theoretic as no nepalese company flies to Europe.

Tips

Clients usually pay for the guides' drinks : you might find it practical to make a group kitty at the beginning of your stay (no obligation).

Supplied equipment

A hyperbaric chamber will follow every step that has a night over 4000m.

Here is the material provided by the camps :

- 3 spaces tents for 2 people
- "mess" tent for meals quipped with tables and chairs as well as the necessary items to cook
- Equipped kitchen tent for cooks
- Toilet tent

Vital equipment

- Telescopic walking poles
- Sleeping bag (T° comfort -15°C/-20°C)
- Survival blanket
- Toilet bag (prefer natural and biodegradable products)
- Fast drying towel
- Thermos (2L minimum)
- Water purifying tables
- category 4 sunglasses, type glacier
- Total protection sun cream
- Headlamp and extra batteries
- Biodegradable toilet paper

Vital equipment for the trek and ascent of the Island Peak :

- Alpinism crampons
- ALpinisme helmet
- Climbing harness
- Ice axe
- A descender
- Three screwing carabiners
- A self locking ascent handle (type Jumar)
- Belt ring of 120cm minimum
- A climbing rope
- A small rope of 8mm diameter, 1m long

Helpful equipment

Plan to bring a mountain walking equipment adapted to varied temperatures (+30°C in low altitude, -20°C under 5000m !)

Recommended clothes for trekking days :

- Hat or cap
- Warm bonnet
- Scarf

- Synthetic T-shirt
- Thermic under clothes for the night and days in high altitude
- Polar jacket
- Jacket adapted to high mountain trek : wind stopper, waterproof and breathable
- Thick jacket for the night
- Walking shorts and trousers
- Walking shoes adapted to high mountain : robust, comfortable, waterproof and that fit crampons
- Sandals for evenings or when crossing rivers
- Hiking socks
- Warm gloves

For the Island Peak ascent :

- Adapted outfit to alpinism in cold temperatures (-20°C)
- Alpinisme isolating and waterproof shoes, adapted to very cold conditions

Luggage

- Large format travel bag (front opening or backpack). Important : an 80L "duffel bag" will be given to you at your arrival in Kathmandu. The carriers will be in charge to carry them with your belongings at every step of the trek. Ideally, please do not exceed 12kg of belongings each to avoid overloading the carriers. The rest of your bagages will stay at the hotel in Kathmandu.
- 25/40L backpack for the day, containing your belongings for the day (jacket and additional layers, head lamp, pharmacy, food, etc.). Important : nepalese mountain flights (Pokhara- Jomsom, Katmandou-Lukla...) have strict demands in terms of luggage. They are systematically weighed at your registration. Also, on our trips, the maximum allowed weight is 15kg per person (cargo + cabin), 20kg for the travellers doing a "trekking peak" ascent over 6000m altitude.

Please make sure not to exceed this limit, otherwise the additional kilos will be invoiced directly at the airport.

Medicine

Your guide has a pharmacy of first urgency.

Plan with your doctor your personal pharmacy:

- Personal medicine
- Pain reliever (preferably paracetamol)
- Double skin
- Elastoplast
- Local disinfectant
- Anti-inflammatory
- Antispasmodic
- Anti-diarrheal
- Anti-vomiting
- Intestinal antiseptic
- Eyewash
- Light sleeping pills
- Earplugs
- Broad spectrum antibiotic
- Vitamins C

Non-exhaustive list.

Mandatory vaccines

No mandatory vaccines for Nepal. The advised vaccines are typhoid fever, hepatitis 1 and B, meningitis A and C, as well as the vaccine against the Japanese encephalitis only in the Terai area.

Make sure to be up to date on the standard vaccinations : polio, tetanus, OCG, etc... Most of the hospitals have a service for tropical and infectious diseases.

For more information, please contact your closest hospital.

Weather

Average temperature during the day : 15 to 25°C.

Average temperature during the night : 0 to 5°C. Possible extreme up to -10°C during the night at the Gokyo lake and at the Island Peak base camp.

On this itinerary in particular, the snowfall on Renjo La and Cho La are difficult to predict. Heavy snowfalls can make the pass passage impossible. In that case, we will work around the passes low in the valley.

General : The Nepalese climat is typical of the countries submissive to the monsoon : the dry season (October to May) is followed by a humid season (June to September). It can be very hot in summit in Kathmandu, where the thermometer often reach 30°C and more. However, the average temperature rarely exceeds 5°C in this same town in January. The weather is very cold and dry in the altitude. Pokhara has a much softer climat then Kathmandu, but it is very warm and humid during the monsoon.

Sustainable tourism

We do our best to offer trips subscribed to the principles of responsible and sustainable tourism. Our aim is to allow visitors to discover the many facets of the mountains by taking you off the beaten path and getting you in touch with its nature and residents, while ensuring that your visits do not have a negative effect on its natural environment and people.

- Most of our accommodations are run by locals, thus ensuring that the largest part of the revenue generated through your trip will stay within the region.
- France is known for its exquisite cuisine. The art of cooking and the joy of eating are part of everyday life. Each region has its particular foods and flavors which we would like you to explore and appreciate.
- Water is a precious and rare good. Our team and those travelling with us are thus advised to use it with consideration and avoid excessive water use where possible.
- Please try to recycle your waste whenever possible, even though recycling may not be a well-known concept in all areas.
- Be cautious and respectful when hiking. Make sure to wear suitable footwear and avoid picking flowers, moving stones or lighting fires.