

## **PREPARING FOR TREKKING AT HIGH ALTITUDES**

### **Before the trip**

- Begin training well in advance
- Train your body to hike at higher altitudes with a light pack, if you can.
- Cycling/Biking and swimming helps to improve your cardiovascular endurance
- Running/jogging helps in improving cardiovascular fitness
- Climbing stairs helps in strengthening leg muscles and lungs
- Exercise and yoga help in body flexibility

### **During the trek**

- Stay hydrated.
- Have snacks to keep your energy levels consistent
- Climb slowly to prevent burn out
- Remain aware of your physical condition
- Focus on deep, even breathing
- Stop and rest every 1,000 feet above your normal **altitude**
- Be **prepared** to turn around

## **ALTITUDE**

While you are walking in higher mountains, we recommend drinking enough water and walking at your own pace. Our itinerary is flexible and is scheduled to allow you time to acclimate sufficiently to the altitude.

In case you feel uneasy or have headaches (due to dehydration) please inform the guide. You will be brought (carried) down to a lower elevation immediately. In extreme cases of altitude sickness we organize helicopter evacuation.

**Daimox** (altitude sickness) medication can be taken on a trek. However, you must discuss this medication with your doctor. If you do take it, please notify your guide, as it may cause side effects.

One of the most effective natural remedies for altitude sickness is to have garlic and cloves. **Garlic helps to thin the blood vessels and enhances the flow of blood in the body.** It also helps to lower the feeling of dizziness and nausea. Similarly, cloves also help the body use oxygen more efficiently.

We require health insurance covering evacuation. Our guides are trained in mountain first aid.

## **FOOD DURING TREKKING**

Regarding food, you can choose the food by menu. You can get Nepali dal bhat, & also continental-food is available. While vegetarian food is common in Nepal, **vegan options** might be more limited, especially in remote trekking areas. However, you can still find suitable meals.

- **Breakfast:** You'll typically get options like porridge (or "tsampa" – a traditional barley flour dish), eggs, toast, pancakes, or muesli with yogurt. Tea or coffee is also served.
- **Lunch:** A typical lunch could include dal bhat (rice with lentil soup), noodle soup, momo (dumplings), or a sandwich, also continental food.
- **Dinner:** Similar to lunch, you'll have a variety of hearty options, including dal bhat, noodle dishes, or stews. Many tea houses also serve pizza or pasta, but the quality may vary. Food is simple but nutritious to fuel your trekking days. Just keep in mind that options might be more limited in remote areas.

If you prefer **gluten free meals**, it will be available at every teahouse, such as lentil soup, Mushroom and Tomato Soup, Dal bhat (Nepali meal), Vegetables, meat items, mash potatoes, potato curries, millet bread & pancake, Buckwheat bread and pancake, corn etc

**Common Vegan Options in Nepal Trekking:** (You can ask for these without butter or milk to ensure they're vegan.)

- **Dal Bhat** – The traditional rice and lentil dish served in most trekking lodges. You can request it without ghee (clarified butter) or yogurt, making it fully vegan. It's often served with vegetables and pickles.
- **Rice & Vegetables** – Most lodges offer rice with stir-fried vegetables or steamed vegetables.
- **Chapati** – Flatbread made from whole wheat flour, which is typically vegan unless served with butter.
- **Vegetable Momos** – Dumplings stuffed with vegetables.
- **Tibetan Bread (Roti)** – A thick flatbread that is usually vegan.
- **Pasta** – Some lodges offer pasta with tomato sauce, which is typically vegan.
- **Fried Rice or Noodles** – Common in Nepalese cuisine, fried rice or noodles with vegetables can be made vegan
- **Soup** – A variety of vegetable soups can be found at many trekking lodges.

## TREKKING CHART

Day	Destination	Ascend/Descend	Kilometer	Duration
1	<b>Kathmandu – Lukla - Phakding</b> 1300m - 2860m - 2610m <b>4265 ft – 9383 ft – 8563 ft</b>	1540m ascend 250m / 820 ft descend	50kms (flight) 8kms / 4.97miles	45min flight 4hrs walk
2	<b>Phakding – Namche Bazaar</b> 2610m - 3440m <b>8563 ft – 11,286 ft</b>	830m / 2,723 ft ascend	11kms/ 6.80 miles	5.5hrs
3	<b>Explore &amp; acclimatization day in Namche Bazaar</b>			
4	<b>Namche Bazaar – Thame</b> 3440m - 3800m <b>11,286 ft – 12,467 ft</b>	360m / 1,181 ft ascend	8kms / 4.97 miles	5hrs
5	<b>Thame - Khumjung</b> 3800m - 3780m <b>12,467 ft - 12,401.6 ft</b>	20m / 65 ft descend	9kms / 5.59 miles	5hrs
6	<b>Khumjung - Tengboche</b> 3780m - 3860m <b>12,401.6 ft - 12,664.04 ft</b>	80m / 262 ft ascend	15kms / 9.3 miles	7/8hrs
7	<b>Tengbouche - Kyangjuma</b> <b>3860m -3500m</b> <b>12,664.04 ft - 11,482.94 feet</b>	360m / 1,181 ft descend	7 kms / 4.3 miles	3-4hrs
8	<b>Kyangjuma - Monjo</b> 3500m - 2840m <b>11,482.94 ft - 9,317.6 ft</b>	660m / 2,165 ft descend	5 kms / 3.1 miles	4hrs
9	<b>Monjo – Lukla</b> 2840m - 2860m <b>9,317.6 ft - 9383 ft</b>	20m / 65 ft descend	10kms / 6.2 miles	5hrs
10	<b>Lukla – Kathmandu</b> 2860m - 1300m <b>9383 ft - 4,265 ft</b>	1560m descend	50kms / 31 miles	45min flight

## **PACKING AND PORTERS**

For your trek, a porter will assist with carrying up to 30 kg (approximately 66 pounds) of belongings for two trekkers, meaning each person has a limit of 15 kg (33 pounds). Please pack only essentials for the porter to carry, such as your sleeping bag, toiletries, and extra trekking clothing. These items should comfortably fit in the porter's backpack.

You are requested to bring a personal daypack (typically 30-40 liters) to carry your own essentials, including water, snacks, sunscreen, a camera, an extra layer, rain gear, and any other personal items.

An 80L trekking bag, as pictured below, will be provided during the trek orientation in Kathmandu for the assistant to carry. At this time, you will also receive a -20 degree sleeping bag.



Female guides will accompany you on your journey from Kathmandu and return with you to Kathmandu. Assistants will join the group from Lukla.

## **ACCOMMODATIONS**

On our 10-day Buddhism and Mt. Everest View trek, we want you to know what to expect when it comes to accommodations.



The cozy teahouses and lodges along the trail are welcoming. Our rooms on this trek will be twins or triples—no single rooms—and each room is scheduled to have a private bathroom. However, we do ask that you remain flexible in case there is a teahouse that has us in rooms with a shared bathroom. Because of the limited number of teahouses in these remote villages—and the popularity of the route—it isn't possible to guarantee single rooms.

All teahouses will have a sleeping mattress and blankets, as pictured above.

Think of it as part of the adventure: sharing space, swapping stories, and building camaraderie with fellow travelers. Many women tell us this becomes one of the most memorable (and fun!) parts of the journey

### **ADDITIONAL EXPENSES**

For the trek, we recommend you budget around US\$ 15 (Rs 2000) per day, per person to cover costs for drink, dessert, wifi, water, laundry, shower and cultural visits.

### **VACCINES**

There are no vaccinations legally required to enter Nepal. We do not recommend or particularly need to take any vaccines before entering Nepal. While hiking you may encounter stray cats and dogs on the way, and advise not to be friendly with them.

### **WINTER TREKKING**

The area you are hiking (Tengboche trek) in November is not very icy or snowy. But due to climate change, the weather has been changing drastically, so we advise taking crampons (shoe spikes to walk on snow). You can buy these in Kathmandu as well.

### **CHARGING DEVICES**

Many teahouses offer solar panel charging for phones and batteries. It's advisable to bring a Type D adapter (Indian Subcontinent style with three round pins).



## **DRINKING WATER**

Teahouses along the trek provide filtered water. Mineral water is available for purchase, costing US\$4-8 depending on average. We recommend using water purification tablets or a filtered water bottle to treat water before drinking. You can also refill water along the trail. Bring two 1-liter bottles for the hike.

Do not drink untreated water.

## **SHOWERS**

Hot showers are available at all teahouses. However, at higher altitudes, we recommend taking a towel bath instead of a full body shower.

## **LAUNDRY SERVICES**

Due to water scarcity, laundry service is not available; however, you may wash undergarments.

## **VISA**

Upon arrival at Kathmandu International Airport, you will need to purchase a Nepal visa. The costs are:

- **15-day (multiple-entry) visa:** US \$30
- **30-day (multiple-entry) visa:** US \$50

## **AVERAGE TEMPERATURES IN NOVEMBER**

At 6,560 feet (2,000 meters) elevation: 39-62°F (4-17°C)

At 9,842 feet (3,000 meters) elevation: 33-59°F (1-15°C)

At 13,123 feet (4,000 meters) elevation: 17-46°F (-8-8°C)

**PACKING LIST**

A detailed packing list will be provided at least 90 days prior to your trip.

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Here's a breakdown of what you need to know for your Himalaya trek:

### **Getting Ready (Before You Go):**

- Start training early!
- Practice hiking with your pack on at higher altitudes.
- Cycling, biking, and swimming are great for your heart.
- Running helps with your cardio too.
- Climbing stairs builds leg muscles and lung power.
- Exercise and yoga will make you more flexible.

### **During the Trek:**

- Hydrate, hydrate, hydrate! Seriously, drink lots of water.
- Snacks are your friends—keep that energy up.
- Don't rush; climb slowly to avoid burning out.
- Pay attention to how your body feels.
- Focus on deep, even breaths.
- Take a break every 1,000 feet you climb above your normal altitude.
- Be ready to turn back if you need to.

### **Altitude Sickness Info:**

- Drink plenty of water and go at your own pace in the higher mountains.
- If you feel weird or get a headache (probably from dehydration), tell your guide right away. They'll get you to a lower elevation.
- In really bad cases, they can arrange a helicopter evacuation.
- They don't really recommend Dexamethasone (altitude sickness meds) because of side effects, but talk to your guide if you want to take it.
- Instead, try garlic soup or garlic bread from the start! Garlic thins your blood and helps with dizziness and nausea. Cloves help your body use oxygen better.
- The itinerary is flexible to help you acclimatize.
- Make sure your health insurance covers evacuation.
- Your guides are trained in mountain first aid.

### **Food on the Trek:**

- You can order from a menu.
- Nepali dal bhat is available, plus some continental options.
- Vegetarian food is common. Vegan options might be trickier in remote spots, but you can usually find something.
- **Breakfast:** Porridge, eggs, toast, pancakes, muesli with yogurt, tea, or coffee.



- **Lunch:** Dal bhat, noodle soup, momos, sandwiches, or continental food.
- **Dinner:** Similar to lunch, like dal bhat, noodle dishes, stews, or even pizza/pasta (quality might vary). Food is simple but will fuel you up!
- **Gluten-free meals are available at every teahouse:** Think lentil soup, mushroom and tomato soup, dal bhat, veggies, meat, mashed potatoes, potato curries, millet bread/pancakes, buckwheat bread/pancakes, corn, etc.
- **Common Vegan Options:** Ask for these without butter or milk!
  - Dal Bhat (rice and lentil dish) – just ask for no ghee or yogurt.
  - Rice & Vegetables (stir-fried or steamed).
  - Chapati (flatbread – usually vegan unless butter is added).
  - Vegetable Momos (dumplings).
  - Tibetan Bread (Roti) – usually vegan.
  - Pasta with tomato sauce (typically vegan).
  - Fried Rice or Noodles with vegetables.
  - Vegetable Soups.

### Trekking Plan (Quick Look):

- **Day 1:** Kathmandu to Lukla (flight) then walk to Phakding (4 hrs walk).
- **Day 2:** Phakding to Namche Bazaar (5.5 hrs walk).
- **Day 3:** Chill and acclimatize in Namche Bazaar.
- **Day 4:** Namche Bazaar to Thame (5 hrs walk).
- **Day 5:** Thame to Khumjung (5 hrs walk).
- **Day 6:** Khumjung to Tengboche (7-8 hrs walk).
- **Day 7:** Tengboche to Kyangjuma (3-4 hrs walk).
- **Day 8:** Kyangjuma to Monjo (4 hrs walk).
- **Day 9:** Monjo to Lukla (5 hrs walk).
- **Day 10:** Lukla to Kathmandu (flight).

### Where You'll Sleep:

- You can't get single rooms on this trek, sorry!
- Teahouses and lodges are comfy, and many have private attached bathrooms, but they usually have twin, triple, or dorm-style rooms.
- There aren't many teahouses, and lots of people trek, so it's tough to get private rooms.
- Think of sharing a room as part of the fun and a chance to meet people!
- Rooms will have mattresses and blankets.
- You'll have attached bathrooms until Tengboche.

### More Helpful Tips:

- **Budget:** Plan for about US\$15 (Rs 2000) per person per day for drinks, dessert, Wi-Fi, water, laundry, showers, and cultural visits.
- **Vaccines:** No vaccines are legally required for Nepal. They don't recommend any specific ones. Don't pet stray cats or dogs!

- **Winter Trekking (November):** The Tengboche area isn't super icy, but weather changes, so bring crampons (shoe spikes) just in case. You can buy them in Kathmandu.
- **Charging:** Most teahouses have solar panels to charge phones and batteries. Bring a Type D adapter (Indian Subcontinent style, three round pins).
- **Water:** You'll get filtered water at every teahouse. Mineral water costs extra (\$4-8 depending on altitude). Use purification tablets or a filter water bottle. Bring two 1-liter bottles to refill.
- **Shower:** You can get hot showers or bucket showers at all teahouses. At higher altitudes, they don't recommend full body showers, but you can do a towel bath.
- **Laundry:** No laundry service due to water scarcity, but you can wash inner clothes.
- **Nepal Visa:** You can get your visa on arrival at Kathmandu International Airport.
  - 15 days (multiple-entry): US\$30
  - 30 days (multiple-entry): US\$50
- **Porters:** Your assistant (porter) will carry 25-30 kg (about 55-66 lbs) for two trekkers. So, you each get a 15 kg (33 lbs) limit for their bag.
- **Your Daypack:** Bring a personal daypack (30-40 liters) for water, snacks, sunscreen, camera, an extra layer, and personal stuff.
- **Trekking Bag (for porter) & Sleeping Bag:** You'll get an 80L trekking bag for the porter and a -20 degree sleeping bag at the trek orientation in Kathmandu (hotel lobby) around 5:30 pm.
- **Guides:** Female guides join you from Kathmandu. Assistants join from Lukla.
- **November Temperatures (Mountains):**
  - 2000m: 4-17°C (39-62°F)
  - 3000m: 1-15°C (33-59°F)
  - 4000m: -8-8°C (17-46°F)
- **Packing List:** A detailed packing list will be sent 90 days before your trip.