

A high-altitude mountain landscape with snow-covered peaks and rocky terrain. The sky is blue with some white clouds. The text is overlaid on the image.

WILD WOMEN
expeditions

TREK TO EVEREST BASE CAMP

18 DAYS

For more information please contact: adventure@wildwomenexpeditions.com or call 1 (888) 993-1222.



EXPERIENCE NEPAL

From the moment your plane touches the tarmac into Lukla, the natural jitters begin. Your heart is supposed to thump wildly in the Himalayas!

Magical, transformative days lie ahead as you experience a carefully curated itinerary of dreams.

Yes, the air will be thin. The ascents will be demanding and taxing—and overwhelmingly rewarding. The glow of sunrise on the storied face of Everest is one that will be tattooed all over your heart for a lifetime.

Experience the buzz of Kathmandu, the serenity of tiny Nepalese mountain villages and the fever pitch of the candy-coloured Namche Bazaar. Visit Buddhist pilgrimage sites and the famed Monkey Temple where the animated holy rhesus macaque monkeys tumble about under the vibrant prayer flags.

This trip will test your mettle on suspension bridges that are designed to turn your knees into wobbly Jell-O. Test your quivering quads on big elevation gains where the blue sheep graze nonchalantly. Take five and swallow the 360 Himalayan views from the tea houses while swapping travel stories with your Wild Women pack and fellow trekkers.

Mornings will be a treasured time of reflection—filled with prayers reverberating from nearby monasteries. The panoramas are on a continuous reel: The Matterhorn. Mother's Necklace. It's Into Thin Air—in 3D! This is the top of the world and a dream that's unattainable to many because of the grit, grind and stamina it requires.

If you're looking for a hard core physical adventure with spiritual renewal braided in, trekking to Everest Base Camp should be on your radar.

Please note: this is no walk in the park! You must commit to a serious and dedicated training program prior to this trip. Our Adventure Experts can help you with suggested plans and resources to ensure that you are in optimal condition and prepared for this adventure.



Your dream is unfolding! When you arrive at Tribhuvan International Airport (KTM) in Kathmandu, you will feel the rush of altitude immediately (it sits at 1,337m/4,386ft elevation). You are being hugged by the Himalayas towering around you! Norbu, our local driver, will pick you up at the airport (your airport transfer is included) upon arrival and whisk you directly to the Address Kathmandu Hotel, your first basecamp! Please plan to arrive in Kathmandu before the 4PM rendezvous.

Relax, nap, stretch, pinch yourself, freshen up! At 4pm, you will meet your fellow steely Wild Women trek and city tour guides in the hotel lobby for trip orientation before heading out together for dinner. Please be aware that food is a spiritual and incredibly precious commodity in Nepal, especially up high in the mountainous area. Access to fresh produce is extremely difficult and cherished. Culturally, it's highly respectful to only order what you can eat and to avoid wasting any food. Our local guides can share more information about how we can ensure a culturally sensitive and rewarding experience while in Nepal.

Meals Included: Dinner

Tonight's Sweet Sleep: The Address Kathmandu Hotel



Today, we'll explore enchanting Kathmandu. Our city tour guide will share colourful stories, bites of history and Nepalese culture as we walk the city and visit iconic sites such as the Buddhist beacon-Boudhanath Stupa. The stupa's massive mandala makes it one of the largest spherical stupas in Nepal and the world!

The Swayambhunath Temple (more commonly known as the "Monkey Temple" by travellers) will be our next stop. Swayambhunath is dramatically located on a hilltop-365 steep steps lead the way. The ornate temples and vibrant prayer flags and animated monkeys who call the Swayambhunath home make for an unforgettable encounter.

Here, we'll overlook big slices of Kathmandu valley with panoramic views of the city as well. The Buddhist pilgrimage site has stood as a hallmark of unswerving faith and harmony for centuries. The glory of Kathmandu Valley is said to have started from this historic point and for Tibetans and followers of Tibetan Buddhism, it is second only to Boudha. The hundreds of monkeys that congregate here are considered holy to Tibetan Buddhists and Hindus. According to tall tales, Manjushree, the bodhisattva of wisdom, was in the process of raising the temple hill when the lice in his hair transformed into these monkeys. Swayambhunath means "self-arisen" and is derived from that legend.

In the city centre, we will visit Patan Durbar Square which is a designated UNESCO Heritage Site. It was previously the royal palace and the opulence of the nobility is obvious in the elaborate courtyards, pagoda temples and traditional Newari architecture. After absorbing a big gulp of history we will have lunch in Patan, the famed city of artisans. Repoussé and the lost wax process continue here and the talent can be witnessed in the stunning local sculptures that are found amongst the Buddhist monasteries and Hindu temples.

After lunch we will drive to Mulkot and check into our accommodations. The Mulkot Mirror Wall is an unexpected sight along the twisting highway. Here, a retaining wall is covered with thousands of mirrors of all sizes—they are oblation (offering) to the almighty goddess Seti Devi Mata in hopes that she will protect travellers from accidents.

This evening, there will be no monkeying around! We'll go for an evening walk around Mulkot and pack for the trek ahead by organizing our belongings between a daypack and trek duffle bag. Any additional, unnecessary luggage can be left safely at our hotel. Dinner tonight will be at our hotel.

Meals Included: Breakfast, Lunch, Dinner
Tonight's Sweet Sleep: Mulkot Hotel



We'll have an early start (4AM!) in order to grab the first flight to Lukla (6AM) out of Ramechhap Airport.

*Please note that flights into Lukla are subject to many factors and if the airlines are not operating flights by 1 AM, each member must be ready to pay up to an additional \$650 US (using credit card is ok) for a helicopter flight to maintain the scheduled itinerary.

Upon arrival, a porter will be on standby to collect and organize our luggage (to transport to Hotel Khumbu Resort) while we have breakfast.

We officially begin our Everest trek with three hours of downhill walking to our lodge in the town of Phakding where we'll dream of Chomolungma (the Tibetan name for Everest) which means "Mother Goddess of the World."

We will be sharing the trails with many mules and Dzo (a cross between a yak and a cow), charged-up trekkers and locals alike as the landscape unrolls. This is day one of thirteen incredible days spent trekking!

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Lodge in Phakding

The skinny:

- Trek Route: Lukla (elevation: 2,880m/ 9,449ft) to Phakding (elevation: 2,610m/8563ft)
- Trek Distance: 9km/5.6 miles
- Elevation Loss: About 270m/885ft
- Elevation Gain: About 190m/623ft
- Estimated Hiking Time: 3-4 hours



Today's section is the one we hear the most about. The long, consistently steep inclines as well as a number of very high suspension bridges are prominently featured in movies and documentaries. We'll be crossing those very bridges and it's 100% expected that you have sweaty palms and rattled nerves!

In the morning, we will begin trekking alongside the Dudh Koshi river, with gradual ups and downs until Jorsalle. Here, we'll enter

Sagarmatha National Park, a protected area of the Himalayas that is home to elusive species like the snow leopard, musk deer and red panda.

After lunch, our trek will continue along the Dudh Koshi, one of the highest rivers in terms of elevation. Once we reach the iconic Hillary suspension bridge (125m/410ft) to climb up to Namche Bazaar.

Today's mantra is "steady, steady" or "bsatari, bsatari", if you want to self-talk in a new language! It's important that we climb at our own rhythm and pace as this quivering grueling climb takes about 3 challenging hours to conquer. The path to Namche is very well traveled so we'll be part of a continual foot traffic parade of locals, other tourists, yaks and porters. Once we arrive in Namche Bazaar, all nerves and flushed cheeks, we'll relish in the huge accomplishment of the climb!

We'll do nothing but relax this evening and gather for a refuelling (gruelling = a refuelling reward) group dinner. Tonight is totally free range—you can wander the Namche Bazaar, lean into some yoga or meditation or journal about the monumental accomplishments of the day.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: SherpaLand Hotel

The skinny:

- Trek Route: Phakding (elevation: 2,610m/ 8,563ft)/ to Namche Bazaar (elevation: 3,535m/ 11,595ft)
- Trek Distance: About 9km/5.6 miles
- Elevation Gain: About 925m/ 3,032ft
- Estimated Hiking Time: 5-6 hours



A typical acclimatization day consists of a short hike around the valley to adjust to the increasingly thin air, then returning to a lower elevation (Kyangjuma) to sleep.

Today's hike is an exploration hike up towards Sherpa's historic settlement which is known as Khumjung village. On this hike, you will be able to reach up to 3,875m (12,713ft) at Shyangboche La before we descend to 3,790m (12,434ft) at

Shyangboche La before we descend to 3,790m (12,434ft) at Khumjung village. In the village, we will embrace the serenity of the monastery. We will enjoy lunch in the village before descending down to Kyangjuma (3,600m/11,811ft). After we arrive, we can indulge in free time and absorb the views of Ama Dablam, Thamserku, Kangtega, and Taboche. If Mother Nature plays nice, on a clear day, we'll be privy to a dazzling sunset show over these mighty peaks.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Amadablam Guest House in Kyangjuma

The skinny:

- Trek Route: Namche Bazaar (elev. 3,410m/11,595ft) to Shyangbouche Hill (elev. 3,900m/12,795ft)
- Trek Distance: 5km (3 miles) return—nothing like yesterday's hamstring tenderizer!
- Elevation Gain: About 160m (525ft)



The early bird gets the worm and a startling sunrise view over the Amadablam and surrounding jagged peaks. We'll enjoy a super scenic breakfast and drink in the view of these peaks over steaming cups of tea. After breakfast, we'll embark on a gentle descent down to Phungi Thenga. Here, we'll take a short tea break to revive before we trek to Tengboche where we'll stop for lunch (we'll also be spending the night in Tengboche).

We'll rest and digest for a bit before visiting the local monastery.

In the evening, we'll take a short acclimatization hike. Depending on the day, we will have the opportunity to observe a prayer ceremony in the evening or, possibly in the morning.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Tashidelek in Tengboche

The skinny:

- Trek Route: Kyangjuma(elev. 3,600m/ 11,811ft) to Tengboche (elev.3850m/12,628ft)
- Trek Distance: 6km/ 3.72 miles
- Elevation Gain: 285m/ 935 ft
- Estimated Hiking Time: 4 walking hours



We will be gently stirred this morning by the reverberating prayer music from the monastery as the marmalade sun rises on Langur Himal, Mt Everest and the surrounding peaks. After breakfast, our trail will take us downhill and continue very gradually up and down hills before crossing the river. We'll gradually head uphill towards Pangboche and follow the gradient upwards towards the Imja Valley where the mighty Island peak will pull us ahead. We'll arrive an hour later in Dingboche.

Our views will become more expansive with vast valleys and winding streams ribboning far below us. Spectacular surprise views seem to sit in wait around each corner. There will be some wide open flat areas that will offer relief for weary hikers with the incentive of magnificent, magnetic landscapes ahead.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Good Luck in Dingboche

The skinny:

- Trek Route: Tengboche (elevation: 3,850m/ 12,628ft) to Dingboche (4,350m/ 14,268ft)
- Trek Distance: 14.5 km/9 miles
- Elevation Gain: 500m/1,640ft
- Estimated Hiking Time: 6 hours (give or take a few selfies)



Our focus will be another vital day of acclimatization. We will embark on a 3 hour hike to a lookout above Dingboche where we will aim to reach a height of 4,900m (16,076ft) gaining 500m (1,640ft).

The drop in oxygen content in the air will be palpable now with our breathing becoming slightly more difficult on the uphill sections of the trail. There's a reason why Jon Krakauer called his book Into Thin Air! Luckily, there are no balloons to blow-up for a birthday party.

From our summit, we'll be able to observe Makalu, the fifth highest mountain, as well as the stretched out ranges of Langur Himal (which is connected between Mt. Nuptse and Mt. Lhotse). Enjoy the life-affirming 360-degree mountain views! We'll return to Dingboche and have the rest of the day to play. Relax, doodle, drink endless cups of tea and definitely have a sweet fix at the local bakery.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Good Luck in Dingboche

The skinny:

- Trek Route: Dingboche (elevation: 4,350m/14,268ft) to the lookout (4,900m/16,076ft)
- Trek Distance: 3km/1.86 miles
- Elevation: 500m/1,640ft of ascent and descent
- Estimated Hiking Time: 3-4 hours



After breakfast, we will enjoy a casual hike above Pheriche up to Thugla. The trail snakes back towards the Khumbu valley and continues on a long and slow trek across an elevated route with enormous views. This stretch usually takes about 2 hours.

After lunch in Thugla, we'll have a steep climb up the moraine over Thukla Pass to the Everest Climber memorial (300m/984ft gain).

Thugla to Lobuche involves a steady 3 hours of trekking beside glass-clear flowing streams in glacier-scraped valleys. We'll then climb into the open plains above the ice flows sandwiched between the massive mountain ranges.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel National Park, Lobuche (or similar)

The skinny:

- Trek Route: Dingboche (4,350m/14,268ft) to Lobuche (4,950m/16,210ft)
- Trek Distance: 12km/7.5 miles
- Elevation Gain: 600m/1,942ft
- Estimated Hiking Time: 5-6 hours
- Calories Burned: Bazillions



It will be an early bird start to our hike today because we are going ALL THE WAY to Everest Base Camp! Insert goosebumps here! Today's trek is transformative and will be deeply stitched into your heart. We'll be crossing a lot of loose rock and glacial moraine so we can't get too distracted! The up and down trail into Gorak Shep will take approximately 3 hours.

We will have lunch at Gorak Shep, a small settlement that sits on the edge of a unique frozen lakebed that's covered with sand.

Nourished, we'll continue an additional 3 hours to reach the famed Everest Base Camp. Don't worry, we will be sure to spend some time enjoying the fever pitch and adrenaline of the camp. It's not every day that you get to be in the belly of the world's highest mountain! The Base Camp area is basically a big glacier and dusty clutter of tumbled rocks. But, wow! This is the kind of dust we're going to miss!

The hike back to Gorak Shep will take another 2 hours but the distraction of what we've experienced at the camp will swallow up that time in one big smile. After a solid day of 7 or 8 hours of hiking, it's time to celebrate (or sleep) and recharge.

This is an extremely challenging day for most people due to the unrelenting elevation gain, altitude and unstable, rough terrain of the Khumbu Glacier moraine.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Yeti Home in Gorak Shep

The skinny:

- Trek Route: Lobuche (4,950m/ 16,210ft) to Gorakshep (5,160 m/16,925ft) to Base Camp (elev. 5,364 m/ 17,598 ft) and back down to Gorakshep (5,160 m/ 16,925ft)
- Trek Distance: 10km/6.2 miles
- Elevation Gain: 414m/1,358ft
- Elevation Loss: 204m/670ft
- Estimated Hiking Time: 7 to 8 hours
- Swear words and prayers: approximately a dozen



This morning you can choose to ambitiously trek up to Kalapathar or enjoy a lazy and deserved sleep-in. No judgment! For those who wish to hike Kalapathar (5,643m/18,513 ft) we will wake up shockingly early (3am) but the reward is unmatched. We will have front row seats to sunrise over Everest.

This is a difficult 3 hour uphill hike of 1.2km (0.7 mile) with an elevation gain and descent of 485m (1,591ft).

It's a tough slog but well worth the sweat and challenge for the uninterrupted once-in-a-lifetime views of Everest in the early morn. Upon return to Gorak Shep, we'll join the sleepyheads for breakfast.

Today we will make our way steadily downhill past the Everest Climbers' Memorial and to Thugla for lunch. The last part of our day will be spent following timeworn local tracks that run parallel to Chola glacier-fed streams along the valley floor. Views of Ama Dablam will tempt us in the distance as we muscle our way to our lodge in Pheriche.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Everest Trekkers in Pherich

The skinny:

- Trek Route: Gorakshep (elevation: 5,160m/16,925ft) to Pheriche (4,371m/ 14,336 ft)
- Trek Distance: 13 km/8 miles
- Elevation Loss: 789 m/2,588 ft
- Estimated Hiking Time: 5-6 hours
- Heart Rate: Enough to explode a Fitbit



The hike to Pangboche will take us steadily downhill for the most part. The last part of the day we snake along the valley floor following local tracks that run parallel to streams formed by the melting ice of the mountains. We'll have a half day to rest after EBC but if we are feeling energetic and eager to explore more, there is an alternative 4-hour (roundtrip) hike towards Amadablam Base Camp that we can knock off after lunch. It is a magnificent hike to see some different parts of the Everest Region.

If lady luck is on our side, we might be able to spot the stocky blue sheep distractedly grazing on the slope of Pangboche trail. Native to the high Himalayas, their coat colour can appear slate blue. Really, it's not the elevation getting to us!

Because of the void of trees and vegetation, the views are uninterrupted. We'll also have clear views to spot the startling rainbow plumage of the Danphe pheasant (also referred to as the Himalayan monal)-Nepal's national bird.

Upon arrival in Pangboche, we can check into our rooms, sing in the hot showers and totally mellow out for the evening.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Sonam in Pangboche

The skinny:

- Trek Route: Pheriche (elevation: 4,371m/ 14,336 ft) to Pangboche (elevation: 3,985m/ 13,074ft)
- Trek Distance: 11km/7 miles
- Elevation Gain: 440m/ 1,444ft
- Elevation Loss: 386m/ 1,266ft
- Estimated Hiking Time: 6-7 hours
- Danphe pheasant sightings: ____



We will awake in Pangboche to steaming cups of tea and knock-out views of Tamcherku, Kongde, Ama Dablam, Kantega and countless smaller peaks. After breakfast, we will walk the high trail to Phortse, the Khumbu's 'Sherpa village' where we will see locals industriously working in the tidy potato fields.

Fun fact: 9 out of every 10 households in Phortse has a family member who has climbed Everest (most of them have multiple times). After lunch, we will drop down to the river (not in the river) and slice through Phortse Thunga as we approach the 400 m (1,312 ft) climb to Mong La. We'll walk slowly and savour these last, precious views of the grand Himalaya!

At Mong La, if the weather cooperates, we will have a heartbreaking view of the Himalayan ranges and "Mother's Necklace" (Ama Dablam). Ama Dablam is one of the beautiful mountains in Everest region with a shocking altitude of 6,812 m (22,349 ft). For westerners, it's known best as the "Matterhorn" (and for those of a certain age, as the carnival ride guaranteed to spin your stomach contents).

The long ridges on each side of Ama Dablam appear like the arms of a mother (ama) protecting her child. The hanging glacier has a likeness to the dablam, the traditional double-pendant worn by Sherpa women that protects pictures of the gods.

With satiated spirits and entwined in Mother's Necklace, we'll gather for dinner and then drift to sleep with a full memory card in our heads!

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Hilltop guesthouse in Mong La

The skinny:

- Trek Route: Phortse (elevation: 3,810m/12,500ft) to Mong La (elevation: 3,970m/13,021ft)
- Trek Distance: 3km/1.8 miles
- Elevation Gain: 400m/ 1,312ft
- Estimated Hiking Time: 4-5 hours



We'll have breakfast and 360-degree views of all the peaks we've seen for the last 10 days. We'll add to your fluid camera reel (it's impossible not to!) as we descend. Today is your last day to swallow up every bit of the Himalayas that surround us. When we reach Namche Bazaar we'll stop for lunch and reminisce about how far we've come!

Recharged with protein and carbs, we'll have a steep walk down Namche hill and the Hillary suspension bridge. We'll pass resilient yows struggling uphill with supplies and smiling trekkers heading in the opposite direction with their hearts and dreams on their Gore-tex sleeves.

We were that same smiley group, full of anticipation and nerves just a week ago! It's important to maintain our pace and be mindful of the slippery gravel path as we follow the now-familiar "Milky White" or Dudh Koshi river.

We'll arrive in Monjo for a celebratory dinner and another rock solid sleep.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Monjo Guest House in Monjo

The skinny:

- Trek Route: Mong La (elevation: 3,970m/13,021ft) to Monjo (elevation: 2,800m/ 9,186ft)
- Trek Distance: 11 km/6.8 miles
- Elevation Loss: 1,170 m/ 3,838 ft
- Estimated Hiking Time: 6-7 hours



We continue on today, rejuvenated after a healing sleep at this low altitude. We'll pass through tiny mountain villages, crossing the final suspension bridges that lead us back to Lukla.

We'll check into our Lukla lodge rooms for a quick reboot. Depending on our arrival time, there might be free time to explore the local shops or slug back a well-deserved Sherpa Himalayan Red or signature Everest beer. Seems mandatory, right?

In the evening, we all have dinner together and you can thank everyone who has supported your trek to Everest Base Camp.

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Hotel Buddha Lodge in Lukla

The skinny:

- Trek Route: Monjo (elevation: 2,800m/ 9,186ft) to Lukla (elevation: 2,880m/ 9,186ft)
- Trek Distance: 12km/7.4 miles
- Elevation Loss: About 190m/623ft
- Elevation Gain: About 270m/885ft
- Estimated Hiking Time: 4-5 hours
- Celebratory Everest beers drank: ____



We'll plan to be ready for takeoff at the Lukla airport by 6am. Our group is scheduled for the first morning flight back to the buzz of Kathmandu, however, Lukla is notorious for flight delays. If our flights are delayed or canceled due to high winds and the notorious mountain weather, we will have the day to explore Lukla or relax at the hotel, so it's really win-win!

Meals Included: Breakfast, Lunch, Dinner

Tonight's Sweet Sleep: Lodge in Lukla or The Address Hotel

The skinny:

- Flight Time: 35 minutes approx.
- Elevation: none!
- Revelations? A lot, probably.



This is a built-in flex day in case of inclement weather in Lukla and also the perfect opportunity to relax and take in Pashupatinath now that we have conquered the basecamp!

We'll visit the Pashupatinath Temple, a sacred temple and cremation site where the last rites of Hindu are performed. It's a designated UNESCO World Heritage Site and the

ceremonial cremations are powerful to witness. Our guide will take us across the river where we can quietly observe them from the vantage point on the hill.

Breakfast will be included today as well as our (sigh) farewell dinner.

- Soundtrack: "Ain't No Mountain High Enough" by Marvin Gaye

Meals Included: Breakfast, Dinner

Tonight's Sweet Sleep: The Address Hotel

Other Notes: Lunch on your own



We'll gather for our last breakfast together (included) and reminisce about how far we've come. Please book your flights for after 12pm today. Note: the airport shuttle to (KTM) for departing flights is included.

Sigh.

As you reach cruising altitude, let the valleys and peaks below remind you of all that you accomplished with your crew of fearless Wild Women. You trekked to Everest Base Camp! You are a legend. Some people move mountains. Some people make mountains out of molehills. You climbed one!

Where next?

**Please note: trip interruption insurance is required in case of flight and/or helicopter delays from Lukla to Kathmandu. We cannot guarantee the day or time of our return flight to Lukla. Trip interruption must cover the cost of rescheduling your flights should you miss your originally planned departure from Kathmandu.*

Reminder: You must have access to \$650 US for the helicopter in/out of Lukla in case of airline delays/cancellations so the group can maintain the scheduled itinerary. Credit card or cash recommended.

Meals Included: Breakfast

EVACUATION PROCEDURE

This is an active adventure trip. We would like you to be comfortable with the following:

- Walking up and down hill, over uneven terrain for 4-5 hours
- Cycling at a moderate pace for 2-4 hours, with breaks
- Being in and on the water as there may be unexpected swims
- Not comfortable swimming? Please let us know!
- Physical Rating: 3 of 5. Moderate > A good level of fitness is required

EVACUATION PROCEDURE

In the unlikely event that a group member must descend the mountain due to altitude sickness, illness or injury, trek staff will accompany them down the trail to lower elevation and support their return to Kathmandu. Provisions are available for a pony/horse ride (non-severe cases) or a helicopter ride (only for severe cases) to decrease the altitude level. We will be able to designate the trekking guides and porters for the mid-travel departures.

Guides will be in constant contact with the office in Kathmandu and in case of emergency, quick response is possible. The arrangement of the emergency evacuation by any means is the responsibility of Peak Endeavour Nepal Trekking's guides and porters.

Once the group member is down off the trail, they will be accompanied to the hospital and later returned to the Hotel Address. Extra nights off the trail are at the group members' expense, as are meals, bottled water, and any other items or excursions during this time as well as any additional fees associated with evacuation such as helicopter rescue.

The group member can then choose:

1. To remain in Kathmandu and await the group's return.
2. Depart anytime.

In either case, the Wild Women Expeditions guide and office staff and the local partner/guide must be notified of their decision.

A TYPICAL DAY: What to expect (and not expect!)

Mornings will be early-but night owls are welcome! Before breakfast, you will be required to pack your gear into your trek duffel which will then be taken by the porters and not be available to you until you reach your next accommodation that afternoon/evening.

After a wholesome breakfast (though you may not have your usual appetite due to the altitude) we are usually on the trail between 7.30 -8am, depending upon the duration, challenge and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about one hour. Some of our staff will walk ahead and select a suitable and usually scenic place to stop. The afternoon walk is usually a little shorter and we try to reach our next accommodation by around 3.30 - 4.30 pm. Once we arrive, a nourishing and rejuvenating afternoon tea will be prepared. From the time your tea is steeped until dinner is served, there is free time to rest, journal, doodle, massage your feet or explore the surrounding area.

Dinner is typically served between 6-7 pm. Trekking evenings afford some of the best memories of your trek-whether it's simply swapping stories, playing cards, chatting with the crew or joining in some impromptu singing and dancing with the locals. Much of the enjoyment of an expedition is in the journey-you'll see!

IS THIS TRIP RIGHT FOR ME?

This is an active adventure trip. We would like you to be comfortable with the following:

- Hiking over rough, uneven and very rock terrain for an average of 6-8 hours per day for 13 days covering 62km/38.58mi one way, which is 124km/77.16mi return.
- Climbing uphill (gaining 200m-900m everyday for 8 days and descending down hill (200-900m) everyday for 5 days on the return.
- Carrying a 20-30L daypack weighing 5kg/10lbs every day for 13 days.
- Hiking at altitude (above 3000m/10,000feet).
- Flying in small airplanes (twin otter) or helicopters and landing on mountain runways.
- Sleeping in very basic accommodations (unheated, shared sleeping rooms and shared bathrooms with squat toilets).
- Physical Rating: 5 of 5 - Extremely Challenging > Serious fitness level required.

WHAT'S INCLUDED

- Airport transfers for arrival and departure
- All ground transportation as outlined in the itinerary
- 3-4 nights in Kathmandu in a 3-star hotel
- 12-13 nights in Nepalese mountain lodges during the trek (unheated twin rooms, shared bathrooms with squat or western toilets), shared showers (solar or propane-heated hot water for extra cost), power and wifi available (for extra cost)
- -20C sleeping bag for mountain lodge stays
- Breakfast, lunch and dinner from Day 2 to Day 16, breakfast ONLY on Day 17 + 18
- 4 litres of bottled water per day (per person), hot drinks at each meal, and 1 litre of hot water before bed
- An experienced, awesome, English-speaking female trek guide and city tour guide plus two male assistant guides
- 1 male porter per every 2 women (including their daily wages, insurance, equipment, food, and lodging)
- Sagarmatha National Park permit, TIMS permit and PRM Fees (Pasang Lhamu Rural Municipality)
- Return domestic airfare Kathmandu-Lukla
- Wild Women Expeditions Trek duffel bag
- Optional single private room upgrade (*in Kathmandu only), subject to availability
- Not included but required: Each woman must have \$550 US available in cash for the helicopter in/out of Lukla in case of airline delays/cancellations so the group can maintain the scheduled itinerary
- All applicable taxes are included in the trip price

ITINERARY DISCLAIMER

Wild Women Expeditions and our local partners intend to adhere to the described itinerary. This is only a general guide to follow on your tour of the region. Our itineraries are subject to change, as we cannot predict the weather or other environmental conditions. We are continually striving to make improvements to all our trips based on feedback from Wild Women members, guides, partners, and other research. We reserve the right to alter itineraries based on the above at any time.

*Itinerary version as of October 5, 2023