20 Day Journey To Everest

Kathmandu
Bhaktapur
Lukla
Lobuche
Gorakshep
Tengboche Monastery
Namche Bazaar
Everest Base Camp

www.inspiringvacations.com
20 Day Journey To Everest

FROM
$3,999
PER PERSON, TWIN SHARE

Everest, the name alone suggests adventure and beauty in equal parts. Your trek begins in a lush and dazzling wooded valley & ascends through remote villages full of character. Savour incredible vistas of the world's highest mountain & take pride in your accomplishment as you reach Everest Base Camp.

Book Now

TOUR ITINERARY

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
DAY 1
Destination Kathmandu
Meals included Dinner
Hotel Mandala Boutique Hotel, or similar

Welcome to Nepal! You’ll be flying into the Tribhuvan International Airport in Kathmandu, the largest metropolis in Nepal and the country’s capital. You’ll be welcomed in the Nepalese traditional style by our representative, who will assist in transferring you to your boutique hotel before briefing you on your tour logistics. After settling in at the hotel, we’ll enjoy a typical Nepali dinner served in the evening.

DAY 2
Destination Kathmandu
Meals included Breakfast
Hotel Mandala Boutique Hotel, or similar

After breakfast this morning we’ll join our guide for a sightseeing tour of Kathmandu Valley. We’ll drive to Swayambhunath, a famous Buddhist stupa also known as Monkey Temple, where you can admire stunning views of the mountains and surrounding valley. Swayambhunath is among the most ancient of all the holy shrines in Nepal and attracts Buddhists and tourists from around the globe. Its lofty white dome and glittering golden spire are visible from far and wide. Next on our tour today is Pashupatinath, dedicated to Lord Shiva, which is often recognised as the most famous temple for Hindus in the Indian subcontinent. After our visit to Pashupatinath we will explore the UNESCO World Heritage-listed Patan Durbar Square. One of the most glorious examples of traditional Nepalese architecture, this historical landmark features centuries-old temples as well an ancient royal palace. This evening is free for you to relax and prepare for the beginning of your trek tomorrow.

DAY 3
Destination Lukla - trek - Phakding
Meals included Breakfast, Lunch, Dinner
Hotel Local Teahouse, or similar

Today we will be taking a very scenic flight to Lukla from Kathmandu. Lukla is a small rural town that sits at an altitude of 2,845m and is the main gateway for those seeking to visit the Himalayas. Upon arrival we will meet our trekking crew, and following a short tea break we’ll begin our trek northwards up to the valley of Dudh Kosi. We’ll descend from the small plateau into the lushly forested valley where we’ll see the glacier-fed river and catch glimpses of the snow-capped mountains. The trek is a brief and easy one today. However, the difference in altitude between Lukla and Kathmandu

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
can prove difficult to acclimatise to for some. After lunch we’ll continue trekking north along the trail, crossing several streams as we make our way towards Phakding, which sits at 2,650m. We will spend our first night in this picturesque settlement, which offers extraordinary views of the surrounding mountain landscape.

Note: flight delays in Kathmandu and Lukla
Lukla Airport is situated within a valley surrounded by high mountains. Due to this reason, landing and taking off from Lukla is considered to be difficult and technical. The weather in the Everest region is unpredictable and is likely to change every few hours, with the potential to result in flight delays or cancellation.

**DAY 4**

- Destination: Phakding - trek - Namche Bazaar
- Meals included: Breakfast, Lunch, Dinner
- Hotel: Local Teahouse, or similar

Today your magnificent trek continues as we begin our hike to Namche Bazaar (3,440m) through lush farmland and charming mountain settlements. We’ll follow the Dudh Kosi River northwards on a trail that takes us through otherworldly forests of rhododendron, giant fir and magnolia trees. We will then cross the west fork of the river, the Bhote Kosi, and start the steep climb towards Namche Bazaar. Namche is a Sherpa village and an important trading center. Locals from various nearby villages gather here during the weekly bazaar and sell fresh produce, as well as homemade yak cheese and butter. Here we will be warmly welcomed by locals as we settle in for the next two nights.

**DAY 5**

- Destination: Namche Bazaar
- Meals included: Breakfast, Lunch, Dinner
- Hotel: Local Teahouse, or similar

Today is set aside for rest, trekking preparation and acclimatisation. Enjoy your free time in Namche, or explore the enchanting nearby villages of Thamo or Syangboche. We suggest you stay active even during this rest day so that you can prepare for the trekking that lies ahead.

**DAY 6**

- Destination: Namche Bazaar - trek - Phortse
- Meals included: Breakfast, Lunch, Dinner
- Hotel: Local Teahouse, or similar

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
Today we leave Namche to continue our trek towards Everest Base Camp. The views of the neighbouring mountain, Ama Dablam, are spectacular as it rises 6,856m from the valley below. Upon arriving at the tiny settlement of Mong La, we’ll pause for lunch at the aptly named Mountain View Lodge & Restaurant. From here you can see Phortse, the village where we will be staying tonight. After lunch it’s a very steep downhill climb to the river below and then up again to reach Phortse (3,800m). Primarily a farming village, Phortse produces potatoes and buckwheat. In the trekking season many local men are employed as trekking and mountain guides, while the women stay home to look after the family, run the lodges and tend to the yaks and land.

**DAY 7**

<table>
<thead>
<tr>
<th>Destination</th>
<th>Phortse - trek - Dingbuche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals included</td>
<td>Breakfast, Lunch, Dinner</td>
</tr>
<tr>
<td>Hotel</td>
<td>Local Teahouse, or similar</td>
</tr>
</tbody>
</table>

After breakfast we continue our trek uphill out of Phortse, enjoying marvellous views looking back at the village. The path wraps around the side of a steep slope, but with sturdy stone steps built directly into the cliff face. The views looking across the Imja Khola Valley to Tengboche, a Tibetan Buddhist monastery, are breathtaking. You’ll also have a clear view of the sharp slopes and jagged peaks of Thamserku Mountain (6,623m) rising from the valley behind Tengboche. Upon arrival in the beautiful village of Panboche we’ll enjoy some lunch and rest our feet. Panboche is situated high in the Himalayans, inhabited mainly by Sherpas and surrounded by fields that grow vegetables for the lodges. After our lunch we will continue on to the village of Dingboche (4,410m) where we’ll be staying for two nights for further acclimatisation. Dingboche is nestled into a small protected valley, the Chukhung Valley, surrounded by imposing snow-capped mountains.

**DAY 8**

<table>
<thead>
<tr>
<th>Destination</th>
<th>Dingboche</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals included</td>
<td>Breakfast, Lunch, Dinner</td>
</tr>
<tr>
<td>Hotel</td>
<td>Local Teahouse, or similar</td>
</tr>
</tbody>
</table>

Today is another acclimatisation day. You may use your free time to hike up the Imja Khola River to Chhukung or Nagarzhang Peak, a small summer settlement offering incredible views. From here you can see vistas including Island Peak, Lhotse, Ama Dablam and the fluted ice walls that flank the Amphu Lapcha pass. Ensure you remain active today and prepare yourself for the next leg of the journey.
### DAY 9
**Destination**  Dingboche - trek - Lobuche  
**Meals included**  Breakfast, Lunch, Dinner  
**Hotel**  Local Teahouse, or similar

The ascent towards Everest Base Camp continues today through storybook alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. With elevations of 4,900m to 7,600m, Khumbu Glacier is the highest glacier in the world. Today our trek ends at Lobuche (4,910m), a small settlement and one of the last overnight stops with lodging on the trail to Base Camp. Here the view is straight towards neighbouring Nuptse Mountain and the sunset is truly magnificent.

### DAY 10
**Destination**  Lobuche - trek - Everest Base Camp  
**Meals included**  Breakfast, Lunch, Dinner  
**Hotel**  Local Teahouse, or similar

Today we trek to Gorak Shep (5,140m), the final stop before Everest Base Camp (5,364m). Gorak Shep was the original base camp for climbers in the 1950s before it was moved closer to the base of the mountain. The higher altitude makes this day’s trekking quite challenging. We will climb the magnificent Khumbu Glacier and cross the Changri Glacier to reach Gorak Shep. The views are truly unforgettable and bring to mind TS Eliot’s famous quote, ‘The journey, not the destination matters’. After a short break here, we will begin our final push to Everest Base Camp. Upon arrival at Base Camp, you’ll forget all about how sore you may be while you pose for photos and celebrate your incredible achievement with the rest of the group. This is truly a remarkable moment.

### DAY 11
**Destination**  Everest Base Camp - trek - Pheriche  
**Meals included**  Breakfast, Lunch, Dinner  
**Hotel**  Local Teahouse, or similar

Our adventure is far from over! Early this morning your guides will check that everyone has acclimatised fully - if that is the case then the group will continue on towards Kala Patthar at sunrise, which at 5,550m altitude is higher still than Everest Base Camp. For many, this landmark proves the most memorable stop, offering an excellent viewpoint of the Everest region, with panoramic vistas of the front of Mount Everest and Mount Pomori. The ascent of Kala Patthar begins at Gorak Shep, and upon our return to this small settlement we will enjoy breakfast, soaking in more of the heavenly views and continuing to revel in the glow of our success. We will then be trekking back down to the village of Pheriche (4,240m), perched above the Tsola River, where we will spend the night.

---

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.

Call 1300 88 66 88  Email support@inspiringvacations.com.au  
www.inspiringvacations.com  Page 5
DAY 12
Destination  Pheriche - trek - Namche
Meals included  Breakfast, Lunch, Dinner
Hotel  Local Teahouse, or similar

Following breakfast this morning we continue our descent towards the village of Tengboche where we can explore the extraordinary monastery. Tengboche Monastery is one of the most famous in Nepal, likely due to its unrivalled backdrop of Mount Ama Dablam. After exploring the monastery, we’ll trek further downhill to Phungi Thanga Village, where we’ll enjoy our lunch. Following this we then cross an exhilarating suspension bridge and trek along trails that snake towards Namche (3,440m). We will again get to experience the gorgeous views Namche has to offer - the Dudh Koshi River rushes below us and the peaks of Thamserku, Kantega, Ama Dablam, Lhotse and Everest rise in front. We’ll be surrounded by mani walls (intricately carved stone structures), chorten (stupas), and suspension bridges that dot the river. Soak it all in during our final evening of this unforgettable trek.

DAY 13
Destination  Namche - trek - Lukla
Meals included  Breakfast, Lunch, Dinner
Hotel  Local Teahouse, or similar

Today is slightly bittersweet as we begin our final descent. The landscape will gradually change and become greener and more lush. We’ll pass stunning waterfalls and glistening streams and you may find yourself slowing down to take in as much as possible. We’ll cross the vertiginous Hillary Bridge and some now-familiar villages. Today’s final trek is long and leisurely as we make our way back to Lukla where we began. Upon completion, we’ll celebrate our adventures at a local teahouse and gaze back at the jagged peaks of the mountain we’ve enjoyed. Tonight we bid adieu to our incredible trekking crew and thank them for their role in our accomplishment.

DAY 14
Destination  Lukla ➔ Kathmandu
Meals included  Breakfast
Hotel  Mandala Boutique Hotel, or similar

Our trek may be over, but our fantastic tour is far from complete! Today we enjoy another scenic flight from Lukla back to Kathmandu. Upon arrival we’ll enjoy a well-deserved free afternoon. Enjoy the panoramic mountain views and spend the rest of the day as you please - sightseeing, exploring, shopping or just relaxing in Kathmandu’s numerous cafés and rooftop restaurants. We’re sure everyone will be sleeping deeply tonight back at your boutique hotel.

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
### DAY 15
**Destination:** Kathmandu
**Meals included:** Breakfast
**Hotel:** Mandala Boutique Hotel, or similar

Today is another free day to spend at leisure, or to account for any flight cancellations out of Lukla due to bad weather. Feel free to continue exploring, shopping, sightseeing or relaxing. Perhaps you’ll head back to your favourite local café to rest your feet and reminisce with the new friends you’ve made on your trip.

### DAY 16
**Destination:** Kathmandu → Khopasi - trek - Balthali
**Meals included:** Breakfast
**Hotel:** Balthali Mountain Resort, or similar

This morning begins with a wonderful sightseeing tour of Boudhanath, one of the largest stupas in the world. Built in the 14th century, this huge monument is said to have been created just after the passing of Buddha. Each side of the base of the stupa tower is decorated with massive pairs of eyes, representing the Buddha’s all-knowing nature. From here we will drive to Khopasi, where we get back on our feet again to trek to tonight’s accommodation, passing through scenic villages and magical countryside. After we arrive at Balthali Village the afternoon is yours to spend at leisure, or to take the optional walking tour.

### DAY 17
**Destination:** Balthali
**Meals included:** Breakfast
**Hotel:** Balthali Mountain Resort, or similar

Today is a free day to rest or explore the nearby villages. Balthali sits at the convergence of the Roshi and Ladku rivers, and the area is a prime example of a Nepali village, surrounded by terraced rice fields and charming thatched farmhouses.

### DAY 18
**Destination:** Balthali - trek - Khopasi → Bhaktapur
**Meals included:** Breakfast
**Hotel:** Vajra Guesthouse, or similar

After breakfast this morning we’ll be trekking back to Khopasi where we will meet our transport and carry on to the

---

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
The medieval town of Bhaktapur. This exquisite ancient town is full of incredible wood, metal and stone artwork, as well as magnificent architecture. Bhaktapur is also noted as the site of well-preserved palace courtyards and towering temples. It’s also listed as a UNESCO World Heritage Site. Upon arrival, you’ll have the rest of the day free to relax and explore.

<table>
<thead>
<tr>
<th>DAY 19</th>
<th>Destination</th>
<th>Bhaktapur 🗺 Kathmandu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals included</td>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Accommodation</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>

This morning we drive back to Kathmandu for your final day in Nepal. Upon arrival enjoy free time to do as you like. Our local guide can advise you on the best shops in the area to pick up any last minute souvenirs. At the appropriate time, our airport representative will bring you to the airport for your return flight home. We hope you have had a fantastic time and will be heading home with many memories of your incredible trekking adventure.

<table>
<thead>
<tr>
<th>DAY 20</th>
<th>Destination</th>
<th>Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals included</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accommodation</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>

Arrive home today.
Inclusions

WHAT’S INCLUDED

- Return international airfares with a full-service airline
- Return airport transfers
- Return internal flights between Kathmandu and Lukla
- 18 nights accommodation in comfortable hotels in Kathmandu and local teahouses during your trek
- Breakfast daily, 11 lunches and 11 dinners
- The services of a professional trekking team including guide and porters
- Acclimatisation days in Namche Bazaar and Dingboche
- Incredible sightseeing in the Kathmandu Valley, including spectacular views of Everest
- Trekking off the main trail to the traditional Sherpa village of Phortse
- All entry fees, national park permits and TIMS Card
- 24/7 customer service and your own Dedicated Support Agent

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.

Call 1300 88 66 88 Email support@inspiringvacations.com.au  www.inspiringvacations.com
TOUR ITINERARY

SIGHTSEEING HIGHLIGHTS

- Kathmandu - Visit Buddhist stupa Swayambhunath, the most ancient and enigmatic of all holy shrines in the Kathmandu Valley
- Kathmandu - Visit Pashupatinath, temple of Lord Shiva, one of the most famous Hindu temples in the Indian subcontinent
- Trek to Phakding (2,845m) - Enjoy tantalising views of the valley of Dudh koshi
- Trek to Namche Bazaar (3,440m) - The largest Sherpa village and the gateway to Mount Everest, walking through magnificent forests of rhododendron and magnolia trees
- Trek to Phortse (3,800m) - A quaint farming village that enjoys views of towering Ama Dablam (6,812m) from the valley below
- Trek to Dingboche (4,410m) - Enjoy magical views across Imja Khola Valley to Tengboche, an old monastery, and lunch at Pangboche, a beautiful village situated high in the Himalayas
- Trek to Lobuche (4,910m) - Ascend towards Base Camp through alpine meadows and yak pastures, towards the end of the moraine of the Khumbu Glacier
- Trek to Gorakshep (5,140m) - Your most challenging climb, crossing Khumbu and Changri Glacier, offers the most rewarding views
- Climb to Kala Patthar (5,550m) and trek to Pheriche (4,240m) - Marvel at panoramic sunrise views and vistas of the Everest region
- Descend back via Namche Bazaar and Tengboche to Lukla - Enjoy beautiful waterfalls and streams as the landscape becomes greener
- Balthali - Relax in this scenic mountain village, where you can see 800-year-old temples
- Bhaktapur - Trek to Khopasi and drive to Bhaktapur, an enchanting medieval town full of Nepalese art and architecture

Fine Print

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
HOW TO BOOK & PAYMENTS

Deposit & Payments

- Book now and secure your package with only a $100 deposit per person.
- Pay a 2nd instalment of $2099 per person within 28 days.
- You will then be invoiced for final payment 90 days prior to departure.

Booking Process

- Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)
- Then select the purple 'Book now' tab of the tour you have selected
- Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests
- Click the purple 'Proceed to Secure Checkout' tab
- Enter your credit card or PayPal details to secure your deposit/payment
- Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking
- Your booking is confirmed once your Booking Form is submitted and you can begin the countdown to your Inspiring Vacation!
- You will then be allocated and contacted by one of our Dedicated Support Agent’s (within 48 hours) who will support you right up until you return from your journey

FLIGHTS, UPGRADES & EXTENSIONS

Airfare Information

- Full-service airline used will be China Southern or similar
- Flights are not direct and include a maximum of two connections
- If you would like to travel with a preferred airline, please ensure you mention this in the special request field. Please note that appropriate fare and tax difference will be applicable in order to confirm your request.
- Perth Customers - Full-service airline used will be Singapore Airlines
- Adelaide customers will likely require two stops in either direction
- All tickets will include 20 kilos checked baggage per person, along with 7 kilos of hand luggage.
- Despite the airlines baggage allowance, we recommend travelling with 20 kilos per person due to restrictions with internal flights (where applicable), as well as coach and train transportation. Also, you will be responsible for handling your luggage at all times as the services of porters is not included. If travelling over this amount, you
will be liable for any excess baggage fees enforced by the airline, payable direct.

- Once ticketed, flights are non-refundable; any changes will be subject to the airline rules and change fees
- Full names as per passport (including all middle names) are required
- Any airline schedule changes or cancellations are beyond our control

**Premium Economy or Business Class upgrades**

- Premium Economy upgrade available from an additional $2,100 per person (subject to availability).
- Business Class upgrade available from an additional $3,100 per person (subject to availability).

Please specify this as a ‘Special Request’ when completing your booking and you will be quoted for the additional fare. In the event your selection is unavailable, or that you are dissatisfied with the quote, you will be provided with a full refund.

**Land Only discount**

A reduction of $800 per person applies if you wish to arrange your own airfares. To purchase a land-only fare, please select this option in the booking process under ‘Departure City’.

Please note, if you are not arriving or departing as per the group itinerary, airport transfers are also no longer included. If you would like us to arrange this service for you, please refer to the ‘Extra services’ section for pricing.

**Extending Your Stay**

Some customers like to enhance their holiday by extending their stay pre- and/or post-tour or including a stopover in another destination. If you wish to do so, please follow these steps:

1. Once you have logged in to your account, click on ‘Book Now’ and complete the required fields until you reach the ‘Special Requests’ free text field.
2. Here, please specify your preferred flight arrangements and/or preferred airline. Be sure to mention if you would like us to also quote additional nights’ accommodation, with the number of nights needed.
3. After finalising your purchase by processing your deposit payment, please proceed to submit your booking form with all traveller details. Your booking will then be assigned to your Dedicated Support Agent who will be in contact with you via email to verify your request.
By choosing to extend your stay, please note that a supplement of $150 per person, plus applicable fare and tax differences will apply. We will contact you via email with a quote and proposed flight itinerary, and then proceed with collecting the additional payment required to confirm your request.

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
**Extra Services**

**Airport Chauffeur**
Take the hassle out of getting to the airport with private chauffeur transfers to and from your home airport. Your personal chauffeur will meet and greet you, attend to your luggage and drive you to your destination in a luxury vehicle.

- Within 30km of airport: $139 per vehicle (max 2 guests)
- Outside 30km of airport: You may add this option to your booking and the final price will be adjusted based on the transfer distance.

Additional surcharges may apply depending on pick-up time, tolls and government levies.

Airport Chauffeur can be selected once you have finalised your tour purchase and paid your deposit. When completing your Passenger Booking Form, you will be asked if you would like to add this service, where any applicable cost will be added to your final balance.

**Pre and Post Tour Accommodation** (deviating from group flights forfeits your group airport transfers)

- Pre-tour accommodation: $99 per room per night for double/twin/single including breakfast and transfer
- Post-tour accommodation: $99 per room per night for double/twin/single including breakfast and transfer

**Airport Lounges**
Escape busy airport terminals and relax at a cosy and catered lounge instead. Departure lounge access in Sydney $70 per person (up to 6 hours); Melbourne & Brisbane $55 per person (up to 3 hours).

Airport lounge passes can be selected once you have finalised your tour purchase and paid your deposit. When completing your Passenger Booking Form, you will be asked if you would like to add this service, where any applicable cost will be added to your final balance.

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
EXCLUSIONS

- Visas
- Travel insurance (compulsory - must include emergency evacuation cover)
- Tipping
- Anything not mentioned in the itinerary
- Optional activities
- Personal expenses
- Hot shower and battery costs
- Additional costs due to illness or rescue
- Any flight changes

IMPORTANT INFORMATION

**Fitness Requirements**

While the tour itinerary should give you some guidance and overview to the expected requirements, to determine if this tour is right for you we categorise each of our tours in terms of their intensity. These guidelines are to ensure that each tour group is conducted as expected and to ensure the overall satisfaction of all Inspiring Vacations customers.

As a general rule, porterage is not included, therefore at all times you are expected to handle your own luggage where help may not be available.

This particular tour is categorised as a “5”:

5 – Physically Demanding Tour: A strong level of fitness and mobility is required for you to enjoy all aspects of the itinerary. The tour has been designed to include all of the major sightseeing and attractions of the country and is therefore considered fast paced, with minimal free time and some long days of travelling. You would be required to move freely on your own up and down stairs, get on and off the coach with ease, as well as being able to participate in all scheduled sightseeing that may be conducted on uneven ground and mountainous terrain. If travelling above an altitude of 3000m, you will be required to complete a medical clearance form. This tour is not suitable if you require a walker and wheelchair or any other physical ailments that may impact your overall enjoyment. If you are interested one of these tours, we suggest calling our team to discuss your requirements so we can suggest other, more suitable tours for you.

**Tipping**

A friendly reminder that tipping is not included in your package. However, tipping is expected on all services provided by your guide/porter for this particular package and destination, given the level of effort and exertion required to assist travellers on their journey. It is suggested to $10-15 per day per couple for the guide and $6-8 per couple per
day for porters. Tipping is a way of saying 'thank you' and showing your appreciation for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. Normally the tips are given at the end of the trek and this is best done as a group rather than from individuals. The level of tipping should be determined by the group as a whole with everyone contributing an equal amount that all are comfortable with.

At the end of a trek, many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

Accommodation
The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only; all efforts will be made to meet your preferences, however, any changes are beyond our control.

Single Supplement
Not available.

Triple Share
Not available.

Travel Insurance
Travel insurance is required to protect yourself against the unexpected.

We have partnered with nib to offer our customers competitive rates for their travel insurance. You can book comprehensive or budget cover simply by clicking HERE to arrange your policy.

Visa & Passport Information
It is the travellers' responsibility to ensure they have a valid passport. The passport must be valid for a minimum of 6 months from your intended date of return to Australia.

A visa is required for entry into Nepal. For further information please click HERE.
Tour Documentation
Final documentation, including e-tickets and hotel details, will be provided approximately 30 days prior to travel.

Group Size
2-16 people.

Children
From 14 years if fit and able.

Tour Length
The total length of the tour in days includes time spent in flight and is subject to change depending on the flight schedule, please refer to the day by day itinerary for the time spent on land.

The information provided in this document is subject to change and may be affected by unforeseen events outside the control of Inspiring Vacations. Where changes to your itinerary or bookings occur, appropriate advice or instructions will be sent to your email address.
CHANGE OF MIND GUARANTEE - EFFECTIVE FROM 13 MARCH 2020

Refundable deposit within 28 days of purchase:

For cancellations made within 28 days of paying the deposit on any tour, your deposit can be refunded in full or can be transferred to a new booking should you decide to change to another package or destination. Please note this change of mind guarantee does not apply for bookings made within 90 days of departure, after which time our standard 48 hour cooling off period applies. After this time, your booking becomes non-refundable.

All cancellation or change requests must be advised in writing to our Customer Service Team at support@inspiringvacations.com prior to the cut-off period, to allow us sufficient time to respond and action your request. Should we not hear from you following this time period, your booking becomes non-refundable and you will be issued with a reminder for the second installment due for your booking.

Refund times will vary and the timeframe of which will be advised at the time of cancellation. Any refund of deposit will be issued back to the original form of payment.

Any bookings made prior to 13 March 2020 must abide by the original payment term conditions.

Transferrable second installment up until 90 days before scheduled departure:

Following the second installment payment and up until 90 days before your departure only, should you wish to postpone your travel or transfer to another package, we can provide you with a credit note of the current balance paid on your booking, to be used to rebook within 18 months of the credit being issued.

Any change request must be advised in writing to our Customer Service Team at support@inspiringvacations.com prior to the cut-off period specified, to allow us sufficient time to respond and action your request. Should we not hear from you once inside 90 days of scheduled departure, your booking remains non-refundable and becomes non-transferrable, and you will be issued with a reminder for the final balance due for your booking.

Any bookings made prior to 13 March 2020 must abide by the original payment term conditions.

Please refer to our full Terms and Conditions for more details