

Three Passes Trek - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

| Contents | Page | | Page |
|--|------|--|------|
| Fitness & Training | 1 | Your Dietary Requirements | 8 |
| Training Weekends | 1 | Vaccinations & Prophylaxis | 8 |
| Equipment | 2 | Tourist Visa | 9 |
| Flights | 4 | Travel Insurance | 9 |
| Description & Detailed Itinerary | 4 | Safety Standards | 9 |
| Expedition Costs | 6 | About Nepal | 9 |
| Spending Money & Tips | 7 | Discounts | 10 |
| Weather | 7 | Why Choose Earth's Edge | 10 |
| Altitude Considerations | 8 | Expedition FAQ | 11 |
| Your Medical History | 8 | | |

Fitness & Training:

We have classified the Three Passes Trek as a level 6 expedition. For more information about our levels system [click here](#). We expect participants to have a very good level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. This is a relatively long trek and good stamina is essential. It is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Hillwalking: Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

[Back to Top](#)


Training Weekends:

We hold training weekends prior to all expeditions, where you will meet an Earth's Edge expedition leader and your fellow adventurers! An experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

[Back to Top](#)

Equipment:

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to web@greatoutdoors.ie and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

| EQUIPMENT CHECKLIST |  |
|---|---|
| Trekking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters. | |
| Ice grips/cleats. These are spikes similar to what you would find on golf shoes. They can be attached to your normal hiking boots if it gets icy. | |
| Runners or sandals (to wear in transit & at lower altitude when not trekking). | |
| Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking. | |
| Heavyweight hiking socks x 2. | |
| Lightweight liner socks (for summit nights). | |
| Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable. | |
| Shorts x 1. | |
| Lightweight trousers x 1. | |
| Synthetic/wool/silk long johns (for night time use and summit night). | |
| Waterproof trousers (N.B. make sure the trousers have zips to the knee at least). | |
| Long sleeve base layers x 2 (silk, wool, or synthetic). | |
| Short sleeve base layer x 2 (as above). | |
| Mid-weight fleece x 2. | |
| A down jacket. It must be heavy weight with a hood (at least 600 grams in weight). | |
| Waterproof jacket. | |
| Waterproof poncho. | |
| A fleece hat to wear in the mornings and evenings. | |
| A balaclava/a buff. | |
| Category 3 or 4 sunglasses. | |
| A sun hat with a wide brim to cover the face and neck. | |
| A pair of lightweight wool or synthetic liner gloves. | |
| A pair of heavy mountaineering gloves. | |
| A pair of down mitts. | |
| Walking poles. | |
| Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch. | |
| Duffel bag (90 litres) or large rucksack to carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team. | |
| Dry bags. To organise and water proof your equipment inside your bags. | |
| Water bottles: Three wide mouth 1 litre water bottles. If you wish to bring a water bladder to use at lower elevations you can but it will not work at high altitude so you need bottles. | |
| A warm sleeping bag (comfort rating of -15°C or lower). | |
| A sleeping bag liner (This helps to keep your sleeping bag clean and adds an extra season). | |
| Suncream at least factor 30. | |
| SPF lip balm. | |
| Insect repellent, deet based products are best. | |
| Hand sanitiser. You need to have enough supplies for the duration of your expedition. | |

| | |
|---|--|
| Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful. | |
| Toilet roll (2 rolls) and tissues (no toilet paper is provided in tea houses) | |
| Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> ● Rehydration salts ● Plasters ● Compeed ● Paracetamol ● Ibuprofen ● Buscopan ● Throat lozenges ● Nasal spray ● Decongestant such as Sudafed ● Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i> | |
| Personal medication. Please carry any medication you are currently taking on a regular basis such as: <ul style="list-style-type: none"> ● Asthma inhalers ● Nutritional supplements ● Blood pressure tablets If you suffer or have suffered from any skin condition, bring appropriate creams such as: <ul style="list-style-type: none"> ● Canesten ● Zovirax ● Anusol ● Hydrocortisone 1% | |
| Small towel for washing. | |
| Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate. | |
| Headtorch with spare batteries. | |
| A spare set of clothes to wear after you finish the expedition. | |
| A photocopy of your travel insurance and passport. | |
| Passport Photo's x 2 for climbing permit. | |
| Your vaccination booklet. | |
| OPTIONAL ITEMS | |
| Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document. | |
| We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification. | |
| Power adaptor – Plug type C is used in Nepal. | |
| Ear plugs. | |
| For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended. | |
| A camera. | |
| A book and/or writing paper. | |
| Hand warmer sachets. | |

[Back to Top](#)

Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

[Back to Top](#)

Description & Detailed Itinerary:

Our 23-day Three Passes Trek itinerary takes a much less travelled, circular route to Everest Base Camp. Although tough, with a number of long days, this trek offers the very best of what the Khumbu region has to offer, and is a truly rewarding experience for those with a bit more time and a good level of fitness. As a level 6 expedition, it is much more demanding than our “standard” 18-day Everest Base Camp expedition (Level 4).

From Namche Bazaar we head west along an incredibly scenic but more remote route in a clockwise direction, following the traditional trading route with Tibet along the Bhote Khosi river. We visit the small villages of Thame and Lungden, making time to take in the traditional Nepalese way of life as we acclimatise. Each night we stay in locally run tea houses, enjoying the warm welcome of our hosts and the inviting heat of the stove as we remove our boots after a long day's trekking. We spend two nights in Gokyo village, known for its glorious turquoise coloured lakes and, of course, reach Everest Base Camp (5,364m) on Day 14 of the trek. The final leg of our journey takes us over Kongma La, the highest of the three passes to reach Chukkung before we start the descent back to Lukla.

Although it is a trek all the way, there are many challenges and this trek should not be underestimated. We cross three high passes; the Renjo La (5,360m), Cho La (5,420m), and Kongma La (5,535m) all of which offer panoramic views across the imposing Himalayas. Optional, but absolutely worthwhile, is the chance to summit three (non-technical) peaks; Gokyo Ri (5,360m), Kala Patthar (5,550m) and Chukkung Ri (5,550m).

Day 1: Depart Dublin

Depart Dublin for Kathmandu. Overnight flight.

Day 2: Arrive in Kathmandu

Arrive in Kathmandu. On arrival, explore Kathmandu or relax in the hotel. There will be a full expedition briefing given by the expedition leader in the afternoon. Overnight hotel.

Day 3: Transfer to Ramechhap 5 hrs, Fly Ramechhap to Lukla, 35 minutes; Trek Lukla to Phakding, 3 hrs

Early morning transfer to Ramechhap. From Ramechhap we take the exciting flight from Ramechhap to Lukla. The views from the 14-seater planes are amazing. From Lukla we trek to the village of Phakding. The trail starts by descending Northwest to the village of Choblung in the Dudh Kosi Valley. From here we follow the Dudh Kosi River (“Milk River”) passing through Ghat and then into Phakding. Overnight tea house. Altitude 2,610m.

Day 4: Trek Phakding to Namche Bazaar, 8 hrs

After breakfast we start walking, following the Dudh Kosi River. After some time we reach the confluence of the Bhote Kosi and Dudh Kosi and cross a large suspension bridge. The trail then ascends through pine forest and some small meadows to reach the distinctive horse-shoe shaped village of Namche Bazaar. It's a tough day on the trail but the possibility of great views of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m), Ama Dablam (6,856m) and Taweche (6,542m) make all the effort worthwhile. Overnight tea house. Altitude 3,440m.

Day 5: Acclimatisation Day in Namche Bazaar

As the name suggests, Namche is famous for its local market. After breakfast we climb to the ridge above the village to marvel at the panoramic views of the Khumbu peaks including Everest, Nuptse and Ama Dablam. If people are feeling strong we have the option of ascending further to the air strip above the village. We then visit the National Park museum with the option of visiting the Sherpa museum too. The rest of the day can be spent exploring this colourful village or relaxing in the tea house. Overnight tea house. Altitude 3,440m.

Day 6: Trek Namche Bazaar to Thame, 4-5 hrs

Today we head off the beaten path towards Tibet, to the small Sherpa village of Thame. Some of the world's most famous mountaineers grew up here, including Apa Sherpa, who summited Everest 21 times, and Tenzing Norgay, who famously summited Everest alongside Sir Edmund Hillary in 1953. It will become noticeably quieter on this part of the trail, allowing us to really immerse ourselves in the beautiful scenery. For those who still have some energy left on

arrival in Thame, there is an option to climb the steep path up to the beautiful Thame monastery, one of the oldest in the region. Overnight tea house. Altitude 3,800m.

Day 7: Trek Thame to Lungden, 5-6 hrs

We leave Thame and follow the traditional trading route with Tibet along the Bhote Khosi ("River From Tibet") up towards Lungden. The views across the region's incredible snow-capped mountains continue to get better and better as we climb. If we are lucky, we may see the strikingly colourful Danphe, the national bird of Nepal. Overnight tea house. Altitude 4,380m.

Day 8: Rest and Acclimatisation Day in Lungden

We spend two nights in Lungden to ensure we are sufficiently acclimatised before our first high pass tomorrow. Overnight tea house. Altitude 4,380m.

Day 9: Trek Lungden to Gokyo via Renjo La Pass, 7-8 hrs

Today is a big day, as the trail takes us across the first of our three high passes - Renjo La Pass (5,360m). From the top of the pass, you'll be rewarded with what may be the most magnificent mountain views yet, including Everest, Cho Oyu, Lhotse and Ama Dablam. Our destination is Gokyo village, on the shore of the third Gokyo Lake. These sparkling, turquoise lakes will undoubtedly have you reaching for your camera time and time again over the next couple of days. Overnight tea house. Altitude 4,790m.

Day 10: Rest and Acclimatisation Day in Gokyo

Although today is a rest day in Gokyo, there are plenty of options to keep us busy. There are six lakes in total, all interconnected and fed by glacial waters. At nearly 5,000m above sea level, the Gokyo lakes are some of the highest freshwater lakes in the world. You may choose to spend your day in Gokyo itself, perhaps hiking up the short trail behind the village to take in some of the views from there. But, if you have the energy, the trek along Nepal's longest glacier, Ngozumba, to the fourth and fifth Gokyo Lakes is well worth the effort. The elevation gain here is limited as you walk alongside the glacier. But, you will get almost unobstructed views of Mount Everest down the valley. It truly is a spectacular sight, which few visitors experience. Overnight tea house. Altitude 4,790m.

Day 11: Ascend Gokyo Ri and trek to Dragnag, 3-7hrs

An early morning start and a steep three hour climb will bring us to the summit of Gokyo Ri (5,360m) for sunrise. Our efforts will be rewarded with expansive views of the surrounding peaks, as well as the Ngozumba glacier and three of the Gokyo lakes below. Some say the views from the top of Gokyo Ri are even better than those from Kala Patthar. We'll let you be the judge! Alternatively, there's an option to stay in Gokyo and take it easy until the afternoon, when we trek across the Ngozumba Glacier, the largest in the Himalayas, to Dragnag. Overnight tea house. Altitude 4,700m.

Day 12: Trek Dragnag to Dzongla via Cho La Pass, 8-9hrs

We set off early towards our second high pass - Cho La (5,420m). Today is one of the longest and more challenging days on the trek. Although it won't be technical, the top of the pass may be icy and slippery in places. The top of the Cho La Pass is marked by prayer flags and cairns, and offers breathtaking scenery in all directions. We cross a small glacier before descending to the grazing pastures in the valley below to Dzongla. Overnight tea house. Altitude 4,830m.

Day 13: Trek Dzongla to Lobuche, 4hrs

It's a short and relatively easy day today, to make up for yesterday's efforts. After breakfast, we enjoy the stunning early morning views in Dzongla before we leave the quiet behind for the comparatively busy Lobuche. It's fairly easy going along a mostly flat path as we rejoin the main Everest trail. Relax for the afternoon in Lobuche before another big day tomorrow. Overnight tea house. Altitude 4,940m.

Day 14: Trek Lobuche to Everest Base Camp to Gorakshep, 9 hrs

We start early and climb almost 300 metres to Gorakshep for lunch. The terrain is rough in places as we pick our way through the Khumbu glacier. From Gorakshep it's two and half hours to reach Everest Base Camp (5,364m). There is a real sense of achievement upon reaching base camp! After taking in the atmosphere and sights we walk back down to Gorakshep. Overnight tea house. Altitude 5,164m.

Day 15: Ascend Kala Patthar. Trek Gorakshep to Lobuche, 8-9hrs

Another optional, but worthwhile, early start for those hoping to summit the trekking peak of Kala Patthar (5,550m) in time for sunrise. It's a tough trek to the top, but Kala Patthar offers some of the best views of Everest in the entire

region. We'll also be able to spot the coloured tents of Everest Base Camp scattered below the Khumbu Glacier and its infamous icefall. Afterwards, we return to Gorakshep for breakfast before retracing our steps back to Lobuche. Overnight tea house. Altitude 4,940m.

Day 16: Trek Lobuche to Chhukung via Kongma La Pass, 8-9hrs

We leave Lobuche early, crossing the Khumbu Glacier before we tackle our last high pass, the challenging Kongma La (5,535m). It's a steep climb, zig zagging on scree, but once again we are rewarded with outstanding panoramic views at the top. Crossing yak pastures, we descend into the beautiful Imja Valley to reach the small settlement of Chhukung. Overnight tea house. Altitude 4,700m.

Day 17: Ascend Chhukung Ri. Trek Chhukung to Pheriche, 8-9hrs

Today marks the final big challenge - the option to trek to the summit of Chhukung Ri (5,550m) early in the morning. The climb is steep, though not technical. We stop regularly to catch our breath and take in the views as we ascend. Although we won't see Mt Everest from here, it does offer majestic views of Ama Dablam, Imja Tse (Island Peak), Lhotse, Nuptse, Makalu, and more. After we descend back down to Chhukung, we make our way to the farming village of Pheriche. Overnight tea house. Altitude 4,371m.

Day 18: Trek Pheriche to Tengboche, 4 hrs

Today we have a relatively easy day as we descend for about four hours to Tengboche, which sits at the top of a ridge with great views up and down the Khumbu Valley. The route offers amazing close-up views of Ama Dablam (6,856m), widely considered one of the most stunning peaks in the world. In the afternoon, we can visit Tengboche monastery, the largest and most significant monastery in the region. Overnight tea house. Altitude 3,860m.

Day 19: Trek Tengboche to Namche Bazaar, 4 hrs

From Tengboche we descend for one hour to reach the Dudh Kosi river once again. We then climb for over an hour and follow the river canyon to Namche Bazaar. In the afternoon, there is plenty of time for shopping in the market. Overnight tea house. Altitude 3,440m.

Day 20: Trek Namche Bazaar to Lukla, 8 hrs

Our last day of walking always brings out mixed emotions. It's a long day with some steep downhill and uphill sections as the trail follows the Dudh Kosi river and then climbs into Lukla. There is plenty of time for reflection and to enjoy the last views of the highest mountains in the world. We say goodbye to our support team in Lukla and enjoy our last dinner on the trail. Overnight tea house. Altitude 2,860m.

Day 21: Fly Lukla to Ramechhap, transfer to Kathmandu

We fly back to Ramechhap in the morning and transfer back to Kathmandu where we check into our hotel. We then have some free time for resting at the hotel or exploring the surrounding area. In the evening, we enjoy a celebratory meal in one of Kathmandu's best restaurants. Overnight hotel.

Day 22: Kathmandu to Dublin

Enjoy a free morning in Kathmandu for some exploration and shopping. In the evening, we depart for Dublin. Overnight flight.

Day 23: Arrive in Dublin

Arrive back in Dublin in the morning. Expedition ends.

[Back to Top](#)

| Expedition Costs: | Euro | Sterling | US Dollar |
|--|-------------|-----------------|------------------|
| Total costs excluding international flights. (Land only) | €4,299 | £3,702 | \$4,766 |
| Total costs including international flights from Dublin. | €5,899 | - | - |

A deposit of €399/£399/\$399 is taken at the time of booking, a part payment of €1,000/£1000/\$1000 is due six months prior to departure and the final balance is due three months prior to departure. Prices in US Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

Expedition Costs Include:

- Return international economy class flights from Dublin to Kathmandu.
- Internal flights in Nepal.
- Experienced expedition leader.
- Experienced expedition doctor.
- Training Weekend.
- Earth's Edge guides and full support team.
- All accommodation based on twin sharing in hotels in Kathmandu, tea houses on the trail and camping at higher elevations.
- All meals and drinking water are included except in Kathmandu and Ramechhap where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

Expedition Costs Exclude:

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

[Back to Top](#)

Spending Money & Tips:

We recommend that you bring €400 in cash and a debit/credit card with you to Nepal. There are ATMs throughout Kathmandu where you can withdraw cash using your card. If you intend on using your card on the trek, we recommend notifying your bank that you will be abroad and possibly using your card. On the trek, it is best to have some Rupees as it is difficult to get change for foreign currency when buying small items. It is possible to convert US Dollars to Nepalese Rupees in or near our Kathmandu hotel. Our recommended tip for the Three Passes Trek is €200, please give your tip to the Earth's Edge expedition leader and they will distribute the tip among all of our Earth's Edge team in Nepal. The recommended spending amount above includes the tip for the Earth's Edge team.

In the event that your group's flights to or from Lukla are cancelled due to inclement weather, additional spending money will be required. The domestic airline will aim to get us on the next available flight when weather conditions are favourable, either later the same day or on one of the following days. While we visit this region when the weather is most favourable, it's essential to note that adverse weather conditions can occur during the trekking season. In some cases, the weather may be too poor for planes to fly but helicopters can operate, as they can fly in less favourable conditions. Should the need arise, the cost of helicopter hire must be covered by you as changes due to weather are outside the control of Earth's Edge and as per our booking conditions, we don't cover costs associated with changes outside our control (Force Majeure). The estimated cost of helicopter hire is in the range of €300 - €600 per person per flight, but this is subject to variation. Please ensure you have access to sufficient additional finances for potential weather-related disruptions during your trek

Whilst on the trail, wifi and hot showers are available in some tea houses at a cost of approx €5 each. Drinking water is provided by Earth's Edge on each day of the trek, this water is filtered and treated with purification tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add concentrated flavour drink.

[Back to Top](#)

Weather:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -20 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the

nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com

Norwegian Meteorological Institute: www.yr.no

[Back to Top](#)

Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your expedition leader and doctor informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

[Back to Top](#)

Your Medical History:

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

[Back to Top](#)

Your Dietary Requirements:

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather

than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

[Back to Top](#)

Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account. When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking.

[Back to Top](#)

Tourist Visa:

At the time of writing, EU passport holders were able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately US \$50 payable in cash upon arrival. You must have at least two free pages in your passport and ensure that your passport is valid for at least six months after you return to Ireland.

[Back to Top](#)

Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 5,550 metres, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go to www.trailfinders.ie/insurance or call their travel insurance phone line +353 1 702 9102

[Back to Top](#)

Safety Standards:

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. Each of our expeditions is supported by our Earth's Edge team of guides, cooks, drivers and muleteers/porters. We select our Earth's Edge team based on their qualifications, experience and references. Our expedition leaders and Earth's Edge team in each of our destinations are familiar with the locations of local medical services and hospitals. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Nepal. Up to date travel advice can be found on the DFA website: www.dfa.ie/travel/travel-advice/a-z-list-of-countries/nepal/.

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

[Back to Top](#)

About Nepal:

| | |
|------------------------|---|
| Area: | 147,181 sq km |
| Population: | 29,000,000 approx. |
| Official Language: | Nepali |
| Religion: | Hinduism (80%), Buddhism (11%), Islam (4%), Kirat (4%), Christianity (0.5%) & Others: (0.5%). |
| Local Time: | GMT +5.45 |
| Local Currency: | Nepali Rupee |
| Currency for Exchange: | EURO, GBP & USD. |
| Where to Exchange: | Most major towns – your Expedition Leader can advise you on arrival. Worn or ripped Rupee notes may prove difficult to use, so beware of this when accepting notes. |

ATMs: Available in larger towns and cities.
Credit Cards: Accepted in larger outlets.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

[Back to Top](#)

Discounts:

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

[Back to Top](#)

Why Choose Earth's Edge:

We are the only company in the world who have an expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 8 trees in Nepal for each person who travels with us in partnership with [Eden Reforestation Projects](#).

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Irish Aviation Authority (IAA) in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.

[*Back to Top*](#)

Expedition FAQ:

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

[*Back to Top*](#)