

# The EBC File



## Overview

**Dates**  
01<sup>st</sup> to 16<sup>th</sup> Oct 2011

**Program Duration**  
16 Days / 15 Nights

**Mode**  
Tea-House Trek

**Accommodation Style**  
Hotel / Tea-House

**Price Per Person**  
INR 42,500/- + 2.575% Tax  
(Excluding any air-fare)



- Nepal
- 
- Kathmandu
- 
- Adventure Nepal
- 
- The Everest Base Camp
- 
- Itinerary
- 
- Bring Along
- 
- Guidelines
- 
- Contact Us



Facts

**Country Name (Conventional) : The Federal Democratic Republic of Nepal**

**Country Name (short) : Nepal**

**Capital : Kathmandu**

**Currency : Rupee (Nepalese Rupee - NPR)**

**INR 1 = NPR 1.60**

**Time Difference : IST + 00:15**

**Population : 29, 519, 114 (2008)**

**Languages spoken : Nepali, Hindi, English apart from 90 other regional languages.**

**Indian Embassy : P.O. Box - 292, 336, Kapurdhara Marg, Kathmandu, Nepal**

**E-mail: [consular@eoiktm.org](mailto:consular@eoiktm.org)**

**Ph: 00 – 977 – 1 - 4440653**

**Geography : Landlocked between China and India, Nepal contains eight of world's 10 highest peaks, including Mount Everest & Kanchenjunga on the borders with China and India respectively. The topography is varied, from forested flat lands at 70mts to a snow capped point at the top of the world at 8850mts.**



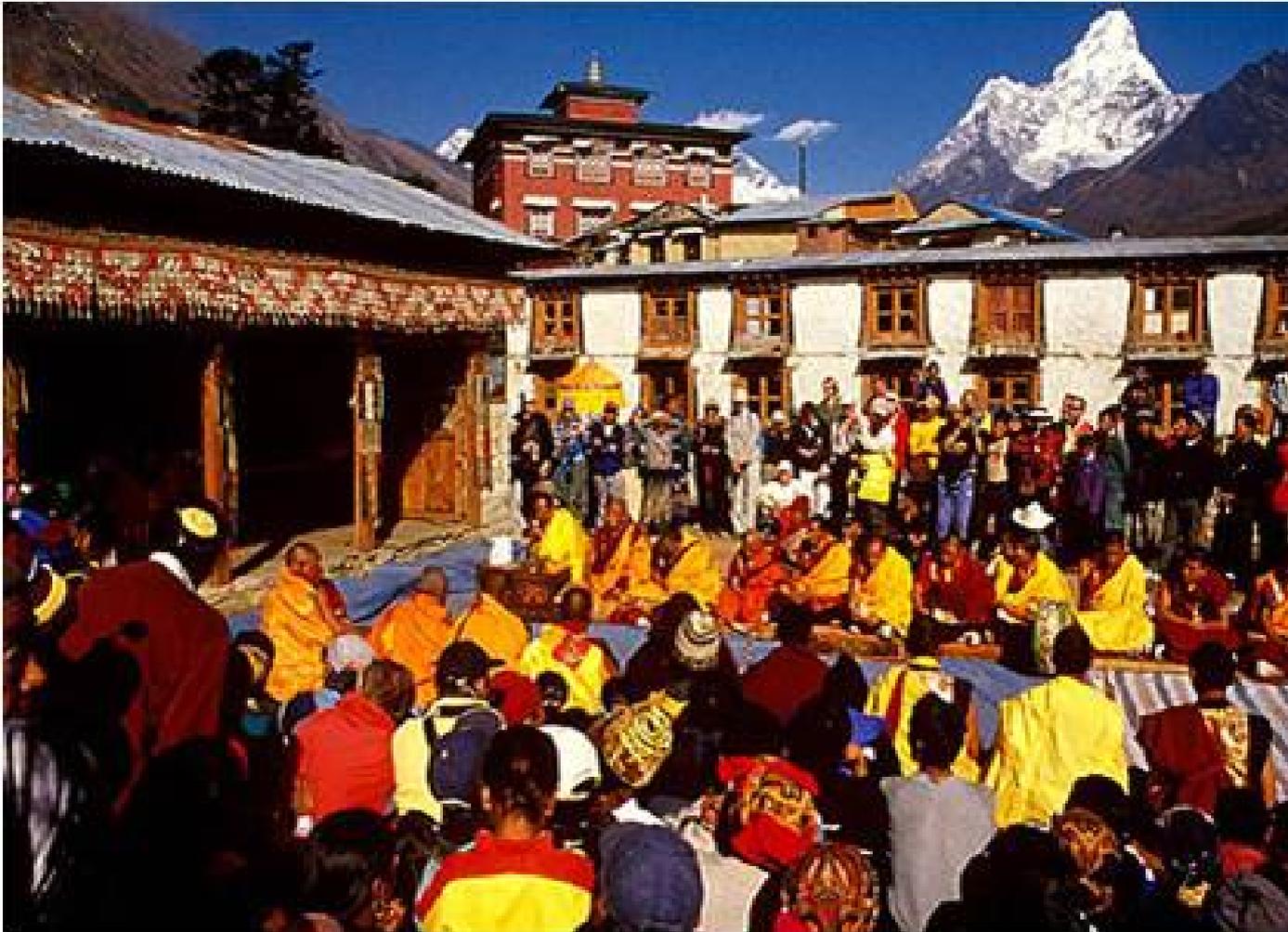
### Religion

Hindu and Buddhist traditions in Nepal go back to more than two millennia. In Lumbini, Buddha was born, and the Pashupatinath Temple in Kathmandu, is an old and famous Shiva Temple of Hindus. Nepal has several other temples and Buddhist monasteries as well as places of worship of other religious groups. Traditionally, Nepalese philosophical thoughts are ingrained with the Hindu and Buddhist philosophical ethos and traditions. Islam and Christianity too are part of the religious 'kaleidoscope'.



### Art & Craft

**Nepalese art and craft reflect the religious themes of Hinduism and Buddhism and certain location-specific depictions. Nepalese sculptures are also of very high quality. The workmanship in the royal durbars of Kathmandu, Lalitpur and Bhaktapur palaces testify this fact. The handicraft industry is one of the major cottage industries of Nepal, and it helps to generate good revenues.**



### Festivals

Several of the festivals of Nepal last from one day to several days. Dashain is the longest and the most important festival of Nepal. Generally Dashain falls in late September to mid October, right after the end of the monsoon season in Nepal. It is "a day of Victory over Demons". Tihar is another important festival of Nepal. Other important festivals include 'Buddha Jayanti' (the celebration of the birth of Buddha), 'Maha Shivratri' (a festival of Lord Shiva). Sherpas mostly located at higher altitudes particularly in the Everest region at Tengboche monastery, celebrate 'Mani Rimdu', for the good of the world.



### Food and Drinks

Nepal being a multi-cultural, multi-ethnic nation, diversity is observed in eating and drinking habits as well.

However, a typical hill-region staple food consist of Dal-Bhat (lentil soup and cooked rice) with Tarkari (vegetable curries). That apart there is also a considerable Tibetan influence which manifests itself in the form of hot steaming 'Momos' and 'Thukpa'.



Kathmandu

**Kathmandu, the capital of Nepal, is also its largest city. The city is located in the Kathmandu valley, that also contains two other cities, Patan and Bhaktapur. The city of Kathmandu is named after a structure in Durbar Square called Kaasthmandap. In Sanskrit, Kaasth is 'wood' and Mandap is 'covered shelter.' The city is noted for its many Buddhist and Hindu temples, many dating back to the 17<sup>th</sup> century. A former kingdom, the Shah King's palace stands right next to Thamel – the tourist hub of the country.**

Thamel

Thamel is a popular tourist destination. A small world within itself, Thamel is famous for the most attractive hotels and shopping centers. It consists of two parallel streets just to the west of the palace. Ason Bazaar, Durbar Square, Samakushi and Swayambhunath are a mere 10 to 30 minutes walk from Thamel. Thamel also acts as the pre-base camp for mountaineers. It boasts a wide range of mountaineering gear shops, foreign money exchange booths, pubs, clubs and nightlife along with the innumerable travel lodges and guest houses.





### Trekking and Mountaineering

With eight of the world's ten highest peaks along with the highest one, Mt. Everest within its perimeters, Nepal is a delight for trekkers and mountaineers alike. Treks vary from short 2-3day routes to month long routes, from low alpine meadows to the glacial terrains with rarified air. Full scale mountaineering expeditions take place on peaks ranging from 6000mts to 8850mts.



### Kayaking & White Water Rafting

The mighty mountains of Nepal harbor some prominent glacial cache's. The melt from the same has been the source to many a white watered rivers. With rapids ranging from a Grade I to a Grade V plus, rivers such as the Kali, Rapti, Seti, Karnali, Kosi are an absolute haven for the White Water babies!



### Mountain Biking

Nepal offers excellent opportunities for Mountain biking. With a combination of superb dirt tracks, green meadows and isolated villages along the route it is quite an eventful drama to watch the snow capped mountains unfold for the view.



### Bungee Jumping

To add to the adrenaline rush, Nepal also has on offer it's share of high rise Bungee Jumps. Along the Sino-Nepalese border and in a gorge over the Bhoti Kosi, one of Nepal's wildest rivers, is Asia's highest Bungee Jump platform, standing tall at a whopping 500ft! *Now who would want to miss that?*



### Jungle Safari's

Nepal has quite a few wildlife parks within its boundaries. The topographic variation from the dense tropical flat lands to snow capped mountains offers an impressive host line, some of which include the Asian Rhino, Asian Elephant, Red Panda, Clouded Leopard, Snow Leopard, Brown Bear and the not to be missed Royal Bengal Tiger.

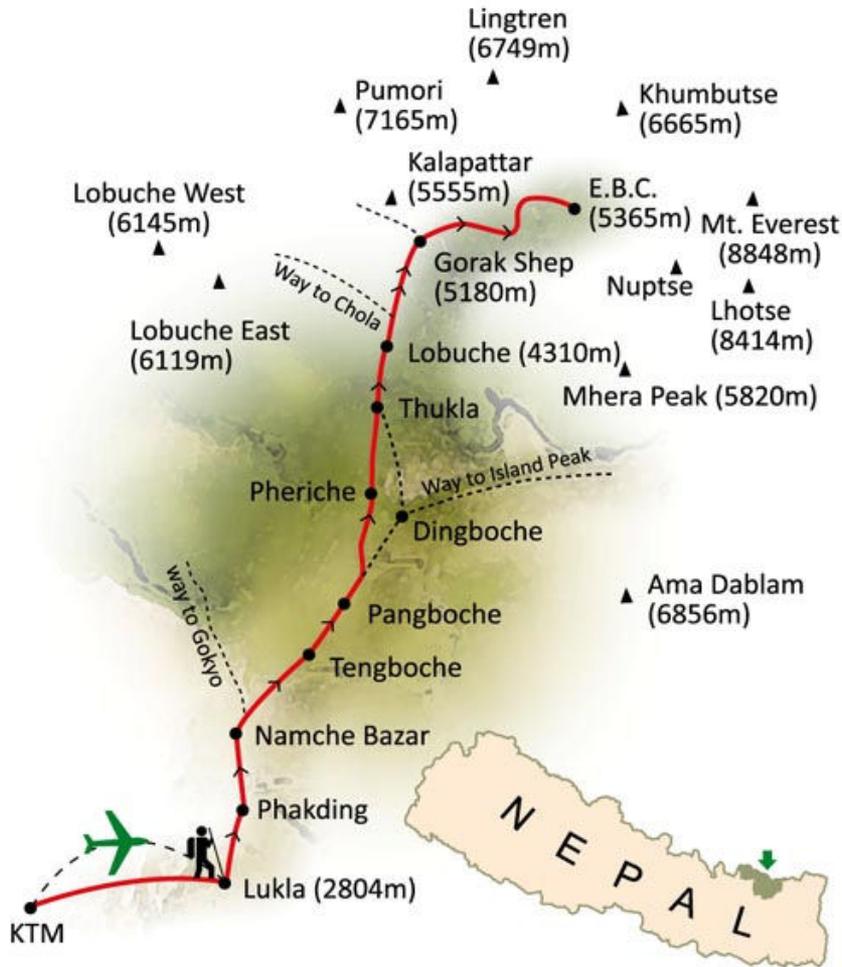


### Paragliding

The hub of Paragliding in Nepal is Pokhara with commanding views of three of the world's 8000mts peaks. The monsoons as the 'high-fliers' say, leave behind favorable conditions for them to spread their wings. Definitely a hot spot for Paragliding, this one is!



There are two base camps, on the opposite sides of Mt. Everest. To the South in Nepal, and to the North in China. Both being used by climbers during their expeditions from either side. Supplies are carried to the camps by Sherpas or Porters, and with help of animals. Climbers typically rest at base camp for several days for acclimatization; to reduce the risks and severity of altitude sickness. The Base Camp is located at a height of 5365mts above sea level. A typical trek to the Base Camp entails not less than 14 days on the to and fro circuit. Ideal time for a trek to the Everest Base Camp is from March to June and September to November.



Route

- Kathmandu (1400mts) > Lukla (2804mts) >
- > Phakding(2600mts) > Namche Bazaar (3440mts)>
- > Tengboche (3867mts) > Dingboche (4260mts) >
- > Lobuche (4930mts) > Gorakshep (5180mts) >
- > EBC (5365mts) > Gorakshep (5180mts) >
- > Kala Pathar (5555mts) > Lobuche (4930mts) >
- Pengboche (3930mts) > Namche Bazaar (3440mts) >
- > Lukla (2886mts) > Kathmandu (1400mts)

<u>Days</u>	<u>Itinerary</u>	<u>Activity</u>	<u>Meals</u>	<u>O/N</u>
1	Arrive Kathmandu	Day at leisure	NA	Hotel
2	Kathmandu - Lukla - Phakding	Fly / Trek	B, L, D	Tea-House
3	Phakding - Namche Bazaar	Trek	B, L, D	Tea-House
4	Namche Bazaar	Acclimatize	B, L, D	Tea-House
5	Namche Bazaar - Khumjung	Trek	B, L, D	Tea-House
6	Khumjung - Thengboche	Trek	B, L, D	Tea-House
7	Thengboche - Dingboche	Trek	B, L, D	Tea-House
8	Dingboche	Acclimatize	B, L, D	Tea-House
9	Dingboche – Lobuche	Trek	B, L, D	Tea-House
10	Lobuche – Kala Pathar	Trek	B, L, D	Tea-House
11	Gorakshep – EBC - Lobuche	Trek	B, L, D	Tea-House
12	Lobuche - Thengboche	Trek	B, L, D	Tea-House
13	Thengboche - Monjo	Trek	B, L, D	Tea-House
14	Monjo - Lukla	Fly	B	Tea-House
15	Lukla - Kathmandu	Day at leisure	B	Hotel
16	Depart Kathmandu	NA	B	NA

**Bring Along**

Sr. No	Equipment Required	Quantity
1	T-SHIRTS (preferably dry-fits)	03
2	TRACK LOWERS	02
3	THERMAL INNERS (Upper & Lower)	02
4	WINDPROOF SUIT (Upper & Lower)	01
5	SWEAT SHIRT	01
6	SHORTS	01
7	TREKKING BOOTS (Avoid Brand New Boots!)	01
8	SUN CAP & BALACLAVA	01 + 01
9	TOILETRIES	As per use
10	TOWEL	01
11	FLASHLIGHTS (preferably head torch) WITH EXTRA BATTERIES	01

Sr. No	Equipment Required	Quantity
12	SUNSCREEN, minimum 50spf	01
13	SUN GLASSES	01
14	DOWN JACKET	01
15	PERSONAL MEDICATION, if any	As per use
16	DUFFEL BAG - LARGE	01
17	DAY PACK	01
18	SEWING KIT	01
19	PEN KNIFE	01
20	COTTON SOCKS (min. pairs)	06
21	WOOLLEN SOCKS (min. pairs)	03
22	WATER PROOF SUIT, PONCHO OR UMBRELLA	01

## Guidelines

- Synapses reserves the right to revise the itinerary and cost of the event if the situation so desires due to unforeseen circumstances.
- The event is subject to 'Force Majeure' conditions.
- Requests for cancellations / refunds to be made in written.
- While there is no last date for payments, however, making reservations at the earliest will only contribute to getting positive confirmations.
- Indian citizens under the aegis of SAARC countries do not need a visa for Nepal. However it is required that individuals carry their passports.
- Participating members are required to be covered under a General Health Insurance and specifically Personal Accident Plan, which also covers accidents while travelling abroad with a minimum cover of at least INR 10 lacs.
- Participants in particular need to have an insurance policy that covers evacuation by helicopter in the event of any emergency.
- We recognize risk as part of the environment where we travel. This outlook helps us to be more aware and maintain our safety standards accordingly.
- Participants are required to maintain a basic level of fitness which entails running up to 5kms / 30mins every day. The 'stamina building' for the trek should begin well in advance, by at least 02 months.
- Certain equipment such as the Windproof Suits or Down Jackets may not be readily available in the market. These however are very important for the trek as they help in sustaining against the wind chill and extreme cold factors. We can assist you with procuring the same on rent or on purchase. Do let us know if the need be so.

## The Price Per Person is INR 42,500/- + 2.575% Service Tax

\* Pls Note: Participants will have to pay additionally for the Kathmandu – Lukla – Kathmandu return air fare. As per current charts the cost of one return ticket is \$165. This price is subject to change.

### The Price Includes –

- All meals during trek
- Accommodation during trek on local lodge
- English speaking local expert guide, porters
- Sagarmatha National park fees
- Trekking Information Management System fees
- 3 nights accommodation at 3 star hotel in Kathmandu on twin sharing with breakfast
- Airport transfers and escort
- Equipment & clothing for porter & staffs
- Insurance for all staff & porters

### The Price Does Not Include –

- International flight & departure tax
- Lunch & dinner in Kathmandu
- Personal gears & clothing (available on hire)
- Tips, any expenses of personal nature, your insurance.
- Anything not covered / listed in the inclusions above.
- Return airfare between Kathmandu and Lukla

## **BOOKING CONDITIONS –**

- 1) It is a fundamental condition that you acknowledge that this is an adventure tour. This requires some flexibility. The day to day itinerary can be taken as a guideline only. We cannot be held responsible for any delays caused by international or domestic flights, strikes, Government regulations, weather or natural casualties etc. In such cases, **Synapses Adventures Pvt. Ltd.** shall be responsible for providing suitable alternatives which could be decided upon mutual agreement. If an agreement cannot be reached, **Synapses Adventures Pvt. Ltd.** shall be only responsible for refund after deducting expenses already incurred.
- 2) Your booking will be confirmed by email once we have received the deposit of USD 300 (or equivalent in INR) and the signed copy of booking form and contract.  
The balance is due no later than two months prior to departure. If you book a tour less than 2 month prior to departure, you must send the full payment within 7 days of confirmation by us.
- 3) If you cancel, the following scale of charges will apply:

## **CANCELLATION POLICY (CHARGE INCURRED) –**

1. If 2 months before departure - loss of deposit (US\$ 400 or equivalent in INR)
2. If 29 days to 2 months before departure - 40% of total trip cost
3. If 10 to 28 days before departure - 80% of total trip cost
4. If Less than 10 days before departure - 100% of total trip cost

E-mail your details and queries to: [connect@synapses.in](mailto:connect@synapses.in)

log on : [www.synapses.in](http://www.synapses.in)

Synapses 1021, Sector 29, Noida (NCR), Uttar Pradesh, INDIA (201301 )

Tel: +91 120 4355178 | Fax: +91 120 4257027

**Our planet has never been as vulnerable as it is today.  
We have taken a pledge to carry with us, at all times, our commitment to conservation.**