



Mountain Travel Nepal

EST. NEPAL 1964 *the original trekking company*

Everest Foothills Camping Trek

2023 Trip Information

2023 FIXED DEPARTURE TREKS

Dates:

Trip 1: 19th September - 25th September

Trip 2: 27th September - 3rd October

Trip 3: 30th October - 6th November

Trip 4: 8th October - 14th October

Trip 5: 30th October - 5th November

Trek duration: 7 days

Departure from: Kathmandu

Price: US\$ 1670 per person on sharing basis



This stunning trek takes you on a 6 days adventure in the green foothills below Mount Everest. If it is your first time trekking in Nepal, this is a great opportunity to do an easy trek with spectacular views of the entire Himalayan range from East to West in Nepal. Though famous for offering the best view of Mount Everest according to Sir Edmund Hillary, this off the beaten track route is little used by trekkers and you will have the trails to yourself. Nights will be spent in the comfort of our exclusive camp.

Trek Outline

We meet in Kathmandu, the capital of Nepal, two days before departure to the mountains for introductions to the other team members and your guide. Here we will give you a briefing on trek preparations and we will answer any questions you may have. After the meeting, your guide will be available to help you with any last minute shopping or packing tips.

For your first days in Kathmandu, we will be happy to help you with your hotel booking, sightseeing arrangements or any activities you may be interested in. Let us know in advance and we will make sure that your stay is made as easy and

comfortable as possible.

On departure day our car will pick you up in the morning to take you to the domestic airport, from where we fly to Phaplu, a small village approximately 250km East of Kathmandu. Alternatively, you can drive to Phaplu by jeep, which is a scenic, yet strenuous 12 hour drive.

Arriving in the early afternoon or evening depending on the mode of transportation, we will spend the rest of the day exploring Phaplu, visiting the locals and its surroundings. We stay the night at a local guesthouse.



We start the trek early the following morning, where a steep descend through the pine forest and paddy fields awaits. After approximately one hour we reach the Solu Khola river. From here we follow the newly established road for a little bit, before turning off on a small trail up to the village Boldok. After a steep climb above Boldok, we enjoy a simple but filling lunch.

From here the trail continues steeply up through the pine forest. The occasional openings in the forest will reveal stunning views of the green Phaplu valley and Mount Numbur and Gauri Shankar to the north. After 3-4 hours from the river, we reach our camp site on the top of the ridge. From here we can get the first glimpse of the Everest massif.

Next morning, get up early to catch the first morning rays on the Himalayas. Tea and coffee will be served in your tent and you can sit in comfort and take in the beauty. After a hearty breakfast we start the day with a gradual ascend along the ridge. We pass through more pine forest shifting with rhododendron and open meadows. After approximately two hours the trail

flattens a bit, and the walking gets easier. As we keep following the ridge the landscape opens we have a view of the green foothills and valleys to the south and the great Himalayas to the North.

We reach the camp in the early afternoon. The camp site is used by local herders for their night shelter. There are a few dried out lakes in the area, which only contain water during the monsoon. Today we have lunch in camp. Light snacks will be provided on the way.

Spend the afternoon exploring the area, reading a book, or maybe you want to help preparing for the camp fire.

The following morning starts the ascend of Pikey Peak. The trail is wide and stone steps make it easy to walk, but you will most probably feel the effect of the altitude here which slows you down. We take plenty of small breaks on the way to catch our breath and enjoy the panoramic view of Mount Everest, Mount Lhotse, and Makalu and Kanchenjunga to



the East among other iconic peaks. After enjoying the stunning views of the Himalayas, we start the descend towards Yase Bhanjyang. It takes about an hour to reach this pass below us, where we find a small tea house.

Here we stop for a well deserved lunch, a cup of tea and a chat with the owner, before continuing along the trail which ascends steeply for a short while. The trail flattens shortly after leaving the tea house, and we can enjoy views down towards the valley of Lhoding towards Lukla. We follow the trail along the side of the mountain towards the North-East.

Our camp for the night is located at an altitude of 3500 meters on the side of the mountain, where a big meadow provides a beautiful space for our tents, surrounded by green forest protecting us from the wind. This is a great place to light up a campfire and share epic travel stories.

The following morning offers a lovely walk down through the forest to the river. We continue through several small settlements along the trail East towards Junbesi. The land here is cultivated with maize, potato, apple, and wheat.

We reach our camp early, and after lunch we visit the village Junbesi. In Junbesi we enjoy our lunch and if you wish we can take look around, visit the local monastery and the Hillary School, founded by Sir Edmund Hillary. If time and energy permit, we will make the hike to the famous Thubten Choeling Monastery.

On our final trek day we have a leisurely 3-4 hour walk ahead of us back to Phaplu. We follow the river Junbesi Khola for a couple of hours before making the final climb up to our guesthouse in Phaplu.

After a good rest and breakfast in Phaplu we fly or drive back to Kathmandu on the last morning.



Itinerary

- Day 1. Fly or drive to Phaplu. Explore the village. Overnight stay at local guesthouse.
- Day 2. Start Trek to Tenkharka. 3000 meters, 4-5 hours walking.
- Day 3. Trek to Suke Pokhari 3600 meters, 3-4 hours walking.
- Day 4. Trek to Pamu Danda (morning ascend of Pikey Peak, 4000 meters) 3500 meters, 5 hours walking.
- Day 5. Trek to River Camp 2700 meters, and hike to Thokten Choeling Monastery and back to camp. 3 hours/7 hours walking.
- Day 6. Trek to Phaplu, 2500 meters 3-4 hours walking. Overnight at local guesthouse.
- Day 7. Fly or drive back to Kathmandu.





Private Groups VS Fixed Departure

If you are a group of 6 or more people, we can arrange this trek on your convenient dates. This will be a private departure, just for your group.

If you are just 1-3 people traveling together, please sign up for one of our fixed departures, where you will be joining a small group of other trekkers. The maximum group size will be 6 people.

If you need any help – or recommendation for arranging hotels, activities, transport, etc. for your trip in Nepal, please feel free to contact our team in Kathmandu at any time.

Why choose Mountain Travel Nepal

Pioneering the industry since 1964, Mountain Travel Nepal has some of the most experienced guides in the country. We create bespoke treks for the discerning intrepid traveller. Our signature full-service camping treks and expeditions are curated to deliver on your dreams.

Our destinations are truly off-the-beaten-track, and our team serves you with the utmost pride and professionalism.

Join us for an unparalleled Himalayan experience that allows for a deep connection with nature and authentic interactions with the world around you.

The Food

We focus on combining taste, healthiness and sustainability. Each meal has been thoughtfully crafted in order to give you the energy you need for an active day.

We cater to vegetarians and vegans, and will adapt the menu to any dietary restrictions you may have.

The Equipment

We will provide all communal equipment including sleeping tent, dining tent, toilet and shower tent, chairs and tables. We also provide your personal sleeping bag and camping bed. For your personal equipment we will provide a detailed list of required equipment.



Trek's Price

The price for the 7 days/6 nights full service camping trek is US\$ 1670 per person.

The price includes the following:

- Service of one English speaking trekking guide
- Service of two assistant guides
- Service of one cook
- Service of full porter team of 15+ porters
- All meals on trek
- All tea/coffees on trek
- All communal camping equipment (sleeping tent, dining tent, chairs, tables, shower tent, toilet tent, etc.)
- Personal equipment: sleeping bag, liner, camp cot
- Mountain Travel duffel bag (which you may keep after trek)
- All necessary trekking permits
- Trek staff insurance
- Applicable Government taxes

The above cost does not include:

- Transfer to and from trek (by plane or by jeep to and from Phaplu)
- Hotel accommodation and meals in Kathmandu
- Any purchases of a personal nature such as bar bills, laundry, etc.
- Personal insurance in case of emergency
- Air travel to and from Nepal
- Entry visas for Nepal
- Personal clothing and trekking equipment
- Any rescue costs or costs of early departure
- Gratuities to guides and Sherpa staff

Deposit

All bookings are made in good faith. Once we have received your booking we will send you an invoice giving payment details. We will require an advance deposit of US\$ 200 per person in order to hold your booking on a secure basis with the balance to be paid prior to your arrival in Nepal.



Our Cancellation Policy

Arrangements may be cancelled at any time. The cancellation must be communicated to us in writing.

Since cancellation incurs administrative costs, we will retain any deposit paid and in addition will apply cancellation charges as follows:

Period before departure within which written cancellation is received, and sum of cancellation charge shown as a percentage of the package price:

- More than 60 days: Deposit only
- 31-60 days: 50%
- 15-30 days: 75%
- Less than 15 days: 100%

Passport Copy and Photograph

For the trekking permit we will need your passport photograph and a copy of your passport

Book This Trek

Join us on this trek by sending an e-mail to info@mountaintravelnepal.com with subject line "Everest Foothills Camping Trek" and the following information:

- Your full name
- Which fixed departure date you prefer
- How many people you are

We will get back to you within 24 hours to finalize the booking and help you with any other arrangements you may need.

For any questions feel free to write to us or call us at any time! Our phone number is: +977 1 4511225

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