



## Some beautiful paths can't be discovered without adventure...

Himalayan Paths, a visionary sustainable adventure company, was founded by Padmashri Premlata Agarwal, a true pioneer and the first Indian woman to conquer the magnificent challenge of climbing the seven summits—the highest peaks on each of the seven continents. With an illustrious background as a former senior officer of Tata Steel Adventure Foundation, Agarwal's unwavering passion for mountaineering became the catalyst for establishing this extraordinary enterprise.

At Himalayan Paths, our mission is to provide purpose-driven activities that offer a sustainable and enriching travel adventure experience. We curate unforgettable journeys that seamlessly blend thrilling outdoor activities, captivating excursions, and entertaining team challenges. Moreover, our carefully crafted leadership workshops equip participants with invaluable skills, endowing them with a distinct competitive advantage in both their personal and academic lives.

By immersing yourself in the Himalayan Path, you embark on a transformative expedition where every step taken fosters a deep connection with nature and promotes environmental sustainability. Our commitment to responsible tourism ensures that each adventure is not only exhilarating but also leaves a positive impact on the communities and ecosystems we encounter.

Join us at Himalayan Paths as we explore the untamed beauty of the mountains, push the boundaries of personal growth, and embark on a sustainable journey that transcends boundaries, both geographically and within ourselves.



*"Within every human being resides a primal spirit, an unwavering longing for adventure. It is an innate calling to venture into the unknown, conquer the impossible, and embrace the boundless possibilities that await. Through steady determination, we rise above challenges, pushing our limits and persevering with relentless effort, to reach our goals and unlock the extraordinary potential that lies within us"*

## HIMALAYAN PATHS

101, Sigma, Srinath Residency, Marine Drive Road, Kadma, Jamshedpur, Jharkhand, India -831005



+91 9031110011



[himalayanpaths.in@gmail.com](mailto:himalayanpaths.in@gmail.com)



[www.himalayanpaths.com](http://www.himalayanpaths.com)



**DAY 1**

# ARRIVAL IN KATHMANDU

Upon your arrival at Kathmandu International Airport, our guide and staff will warmly welcome you. They will ensure a smooth transfer to your designated hotels situated in the heart of Kathmandu city. Once you've settled into your hotel rooms and refreshed after your flight, you will have the opportunity to connect with fellow members of the Everest Base Camp trekking group later in the evening. During this group briefing, our experienced guides will provide valuable information about the hotels, trekking details, local lodges, overland transportation, and essential do's and don'ts to ensure a successful and enjoyable trekking experience.





## SCENIC ROAD JOURNEY TO RAMECHHAP



# DAY 2-3

## EARLY MORNING FLIGHT TO LUKLA AND TREK TO PHAKDING

Following a hearty breakfast and preparing our luggage in line with trekking requirements, we will set out on a road journey to Ramechhap. During peak seasons, such as March, April, May, October, and November, direct flights from Kathmandu to Lukla may be redirected to Ramechhap/Manthali airport due to increased air traffic. Given the challenging nature of the 5-6 hour road trip through hilly terrain, it is advisable to arrive early in Ramechhap. We will then take the opportunity to rest at a lodge in Ramechhap and catch an early 20-minute flight to Lukla, ensuring a more comfortable and efficient journey.

Rising early, we embark on a scenic 20-minute flight from Manthali/Ramechhap airport to the renowned Tenzing Hillary Airport in Lukla. Upon arrival, our trekking adventure begins as we set off from Lukla to Phakding. The initial part of the journey involves a gentle ascent and descent, followed by a winding trail that leads us through charming Sherpa farming villages steeped in Buddhist culture and traditions. Along the way, you'll come across rows of Mani (prayer) monuments and sizeable prayer wheels, enhancing the spiritual atmosphere. Our enjoyable first-day trek concludes in Phakding, a moderately sized village situated by the picturesque Dudh Kosi River, offering numerous comfortable lodges for an overnight stay.

STARTING LOCATION: LUKLA (2,840 M/9,317.585 FT)

ENDING LOCATION: PHAKDING (2,610 M/8,562.992 FT)

WALKING DISTANCE: 7.5 KM/4.6 MILES

WALKING DURATION: 3:00 HRS.

ELEVATION DECLINES: -230 M/-754.593 FT



# DAY 4-5

(142.0 km) via Mid-Hill Hwy

## TREK TO NAMCHE

Today's trek takes us to the renowned Namche Bazaar, where the altitude gradually rises along the way. Our morning journey begins as we follow the river, crossing it several times before reaching Monjo village, near the entrance of Sagarmatha National Park. We continue our walk through the river valley, surrounded by lush woodlands of tall rhododendron, pine, and fir trees.

After crossing a high bridge, there's a challenging ascent to Namche Bazaar, offering breathtaking views of Everest, Lhotse, and Kongde peaks. Situated at 4,440 meters, Namche Bazaar is the main town and village of Khumbu. It's an ideal place for a rest day to acclimatize, and a vibrant Saturday market livens up the town once a week.

This trek segment, from Phakding to Namche Bazaar, involves a substantial elevation gain, making it one of the more strenuous days. However, the reward is spending the next two nights in the lively and bustling town of Namche Bazaar, the heart of the Sagarmatha National Park experience

## ACCLIMATION DAY IN NAMCHE,

Rest day for acclimatization before heading to higher terrain, morning after breakfast with options for hike to Everest View Hotel or walk on top of Namche, where you can catch super landscapes scenery with Mt. Everest, Lhotse, Amadablam with series of high peaks, here enjoy visiting National Park Museum which provides you much information of Khumbu region, Sherpa history-culture- flora and fauna including detail on mountaineering.

- PHAKDING ELEVATION: 8,563 FEET / 2,610 METERS
- ENDING POINT: NAMCHE BAZAAR
- NAMCHE BAZAAR ELEVATION: 11,286 FEET / 3,440 METERS
- DISTANCE: 6.8 MILES / 10.9 KILOMETERS
- DURATION: 7 HOURS
- ELEVATION GAIN: 3,986 FEET / 1,215 METERS





## TREK TO TENGBOCHE/ DEBOCHE

On this segment of the Everest Base Camp trek, you'll journey from Namche Bazaar to Tengboche, ascending almost 4,000 feet in elevation. This challenging day promises stunning views of the Everest Mountain Range. After enjoying Namche in the morning, you'll descend to the Imjatse River at PhunkiTenga for a refreshing break. In the afternoon, an uphill trek through an alpine forest brings you to the Thyangboche Monastery, where you can witness monks at prayer and enjoy breathtaking mountain panoramas. Thyangboche also hosts the colorful 'Mani-Rimdu' festival in October, featuring masked dances to ward off evil spirits. Following your visit to Thyangboche village, a short descent of 20 minutes will lead you to your camp in Deboche.

STARTING POINT: NAMCHE BAZAAR

NAMCHE BAZAAR ELEVATION: 11,286 FEET / 3,440 METERS

ENDING POINT: TENGBOCHE

TENGBOCHE ELEVATION: 12,664 FEET / 3,860 METERS

DISTANCE: 6.0 MILES / 9.6 KILOMETERS

DURATION: 5 HOURS



## DAY 6-7

## TREK TO DINGBOCHE,

On this leg of the Everest Base Camp trek, you'll travel from Tengboche to Dingboche, surrounded by breathtaking natural landscapes and mountain panoramas. Departing Tengboche, you'll initially descend through a lush forest, passing the small village of Deboche, which provides an alternative overnight stay option.

As you progress, the path gains elevation, leading you past a wall of inscribed stones and a suspension bridge that guides you to the left side of the valley, granting expansive views of Ama Dablam and the encircling peaks. You'll traverse through Pangboche, soaking in vistas of the Everest Mountain Range before ascending further along a relatively moderate slope. Ama Dablam remains in view, and the distant peaks, including Everest, Lhotse, and Nuptse, become more prominent.

As you continue your journey, you'll pass Shomare, the final village before reaching Dingboche, all the while enjoying varied perspectives of Ama Dablam. The trail meanders along the valley's side, crossing another river before you approach Dingboche, where you'll find your teahouse for a two-night stay, concluding an unforgettable day in the Himalayan mountains.

PHAKDING ELEVATION: 8,563 FEET / 2,610 METERS

ENDING POINT: NAMCHE BAZAAR

NAMCHE BAZAAR ELEVATION: 11,286 FEET / 3,440 METERS

DISTANCE: 6.8 MILES / 10.9 KILOMETERS

DURATION: 7 HOURS

ELEVATION GAIN: 3,986 FEET / 1,215 METERS





# DAY 8-9

## ACCLIMATIZE DAY IN DINGBOCHE,

Dingboche provides another essential rest day for acclimatization as you ascend to higher elevations. It's your safe haven to stay in and acclimatize before heading to Lobuche. This charming village is an excellent base for leisurely hikes and strolls. Climbing a nearby hill rewards you with stunning vistas of the surrounding peaks, including the majestic Mt. Makalu on the eastern horizon.

Spend the day on a scenic excursion, and in the afternoon, take the opportunity to catch up with your diary or simply relax while gazing at the captivating views of Amadablam's North Face and other towering mountains. Moreover, you have the option to climb Nangkartshang Peak, conveniently located just behind the town, for even more spectacular views and a deeper connection with the Himalayan landscape. This rest day ensures you're well-prepared for the next stages of your journey.

## TREK TO LOBUCHE,

The trek from Dingboche to Lobuche on the Everest Base Camp route is characterized by remarkable scenery and a unique encounter with the Khumbu Glacier. Beginning the day's journey, you'll ascend to a ridge adorned with prayer flags and stupas, enjoying a gradual uphill walk with magnificent vistas. Eventually, you'll reach Thugla, a place where the Khumbu Glacier flows into a roaring river, perfect for a rest and lunch break.

In the afternoon, the path leads to a steep ascent at Thugla Hill, adorned with memorials to climbers who tragically lost their lives while conquering the peaks of Khumbu and Everest. Afterward, you'll continue walking for a few more hours on a gentle incline, reaching Lobuche for your overnight stay, with stunning views of Nuptse and Lobuche peaks.

This leg of the trek also marks the first sighting of the Khumbu Glacier, which you'll follow alongside for a significant portion of the day. While the ascent is not too strenuous, remember that you're at high altitude (approximately 15,000 feet), so proceed at a measured pace to conserve energy. This guide provides essential details regarding distance, elevation gain, duration, and what to anticipate along the trail, ensuring you're well-prepared for your journey.

STARTING POINT: DINGBOCHE  
DINGBOCHE ELEVATION: 14,469 FEET / 4,410 METERS  
ENDING POINT: LOBUCHE  
LOBUCHE ELEVATION: 16,109 FEET / 4,910 METERS  
DISTANCE: 4.9 MILES / 7.9 KILOMETERS  
DURATION: 5 HOURS





**DAY 10-11**

# TREK TO GORAKSHEP & EVEREST BASE CAMP

(142.0 km via Mid-Hill Hwy)

Today's Everest Base Camp trek can be divided into two main sections. First, you'll embark on the journey from Lobuche to Gorak Shep. Then, the second part of the day features the round-trip hike to Everest Base Camp from Gorak Shep.

In the morning, you'll follow an open, expansive valley with a gradual climb that takes you above the Khumbu glaciers. Along the way, you'll traverse moraine dunes, eventually reaching Gorakshep, a location marked by a few lodges at the crossroads of the Everest Base Camp and Kalapatthar routes. It's worth noting that Gorakshep served as a base camp for Everest expeditions from the early 1950s to the late 1970s, before the current base camp was established further away.

From Gorakshep, a few hours of walking across moraine and glacier will lead you to your ultimate destination, Everest Base Camp. Here, you'll be treated to panoramic views of towering peaks, including Nuptse-Lo la, Nuptse, the formidable Khumbu Ice Falls, and sprawling glaciers. During the high mountaineering season, this area bustles with climbers and their crews, with many camps set up on top of the moraine and glaciers.

After this remarkable experience, you'll return to Gorakshep for the highest overnight stay of your adventure, carrying with you fantastic memories of the day's trek to Everest Base Camp.

## HIKE KALAPATTHAR AND TREK TO LOBUCHE

The Everest Base Camp trek wouldn't be complete without ascending Kala Patthar. This peak, standing at 18,176 feet (5,540 meters), looms over the quaint village of Gorak Shep and ranks among the best vantage points in Sagarmatha National Park to witness the awe-inspiring view of Mount Everest itself.

In the morning, you'll embark on the climb to Kala Patthar, which reaches an elevation of over 5,545 meters. This is the highest point of the trek and offers an incredible panorama of mountains, with Mount Everest seemingly within arm's reach. After savoring the breathtaking scenery, you'll return to Gorakshep for breakfast and then retrace your steps, following the same route back to Lobuche.

## HELICOPTER RETURN PARTICIPANTS

- DAY 11: HIKE KALAPATTHAR AND TREK DOWN TO PHERICHE HIMALAYAN LODGE (COMMAN BATH)
- DAY 12: FLY BACK TO KATHMANDU BY CHOPPER , NIGHT STAY AT LO MUSTANG HOTEL
- DAY 13: DEPART FOR HOME





## DAY 12-16

### DAY 12 TREK TO DEBOCHE 16 KM, 7 - 8 HOURS WALK,

Today after breakfast we follow the same route we came through till thukla after that we go right to pheriche after Pheriche walk leads down with short climb and then a long descend to reach Pangboche village with unique views of Amadablam at close distance. From Pangboche walk downhill to cross a bridge over Imjatse Rive and then an half an hour walk to deboche.

### DAY 13 TREK TO MONJO 15 KM, 8 - 9 HOURS WALK,

After climbing up to tengboche within green vegetation and tree lines, with time here to relax and enjoy the scenic views, and then head downhill to PhunkiTenga with climb for an hour to reach a small place at Kyanjinma route Namche, a pleasant peaceful spot facing views of Everest AmaDablam and Tharmasarku with other range of peaks.

### DAY 14 TREK TO LUKLA 13 KM, 6 HOURS WALK,

Our last day walk of the adventure where trek follows on the same trail back to Lukla past Monjo, Phakding and Ghat villages crossing few times over DudhKosi, with last final climb to reach Lukla town for last overnight stop around high scenic Khumbu and Everest region.

### DAY 15 FLY BACK RAMECHHAP AND DRIVE TO KATHMANDU

The flight from Lukla to Manthali is a 20-minute flight. After that, it is about a 5 to 6 hour drive to Kathmandu. Please note that the driving hours may vary according to the highway traffic condition. You'll be transferred to the hotel in Kathmandu

### DAY 16 DEPART FOR HOME

On your last day in Nepal, you'll check out from your hotel. After an incredible experience and adventure on the Everest Base Camp trek, you'll be transferred to Kathmandu International Airport for your journey back home or to your respective destination.





## **NOTE: FLIGHT DELAYS IN KATHMANDU AND LUKLA**

The primary mode of transport to and from Lukla's airstrip is the Twin Otter aircraft, a service known for its reliability. However, please be aware that flights to and from Lukla may sometimes be canceled due to mountain weather conditions or technical issues. In such cases, we can arrange a helicopter charter to ensure you stay on schedule for your international flight. This option is subject to the agreement of group members and payment for the helicopter service based on the prevailing rates set by the aviation company. It's worth noting that the helicopter can operate with a visibility of 1500m, while the Twin Otter requires 5000m visibility, as per Nepal's Civil Aviation rules.

The cost of the helicopter service is to be settled directly if it's used. Payment can be made in US dollars, traveler's cheques, or credit cards (Visa and MasterCard only). You'll receive a receipt for your payment, which you can then submit to your travel insurance for reimbursement. The cost will be shared among the participants as per the current rates established by the aviation company.

We strongly recommend arriving in Kathmandu a day ahead of your trek's start to allow for rest and time to acquire any necessary trekking equipment. Similarly, it's advisable to plan for a few extra days after completing your trek, as your flight to Kathmandu or Lukla may experience delays due to adverse weather conditions. Having some additional buffer days beyond the trip schedule will help ensure you don't miss your international flight.

### **INCLUDES**

- Team Leader
- Airport transfers
- 2 nights' accommodation in Kathmandu on B/B basis
- Flights from Kathmandu to Lukla/ Ramachhap and back, for 16 Days trip
- Flights from Kathmandu to Lukla/ Ramachhap one way while going , for 12 Days trip 1
- Professional Certified Trekking Guide
- 1 Assistant Guide on every 8 Participants
- Porter to carry maximum 10 kgs of load per participant
- Tea -house accommodation during the trek, mostly attached bath wherever possible
- All meals during the trek (B/L/D) as per itinerary
- All Government and Local Permits
- First aid kit

### **EXCLUDES**

- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Personal gear
- All meals in Kathmandu except breakfast.
- Extra beverages mineral water & hot water during the trek.
- Personal expenses during trek like wi-fi, battery charging, hot water bath, etc.
- Emergency Medical Evacuation/Helicopter rescue.
- Tips for guides and porters
- Any extra costs incurred or hotel/ lodge stay, Guide, porter cost due to extension/change of the itinerary, flight delays/cancellations at Lukla/ Ramechhap or Kathmandu Airport or enroute the trek/expedition etc. factors beyond the control of the organizers of this event. All additional cost if incurred will have to be paid by the participant
- Anything not mentioned in the cost includes section
- Evacuation or cancellation of trip due to natural calamity or any unforeseen circumstances
- Drinks, Travel Insurance, and anything else not mentioned in Inclusions.



# PREMLATA AGRAWAL

## Founder of Himalayan Paths

An intrepid adventurer who began mountaineering in her late 30s, Premlata Agrawal is the first Indian woman to scale the Seven Summits, the seven highest continental peaks of the world. She was awarded the Padma Shri by the Government of India in 2013 and the Tenzing Norgay National Adventure Award, the highest award in the field of adventure sports, in 2017 for her achievements in the field of Mountaineering. On May 20, 2011, she became the oldest Indian woman to have scaled the world's tallest peak, Mount Everest at the age of 48 years.

Being a true icon in the mountaineering community, Tata Steel retained her in the adventure sports department to further motivate future adventurers. With her unwavering commitment to the sport and unflinching courage, she infused her passion, grit, and determination of being an adventurer and a mountaineer to students, women, and the youth of the country by taking them on multiple treks and expeditions.

Her 20 years of dedication to mountaineering is a testament to the human spirit's boundless potential for greatness, as she has shown time and again that with grit, determination, and a fierce will to succeed, anything is impossible. This has also won her multiple accolades over the years-

Today, after moving on from Tata Steel and with a heart full of passion and a soul that craves adventure, Padmashree Premlata Agrawal has devoted her life to the pursuit of mountaineering excellence. She has started her institution called "Himalayan Paths" with the vision of unleashing the untouched potential within the students, youth and women of our country.

- FIRST INDIAN WOMEN TO CLIMB THE SEVEN SUMMITS
- FIRST INDIAN WOMEN TO CLIMB MOUNT DENALI THE HIGHEST PEAK OF NORTH AMERICA
- FIRST INDIAN WOMEN TO CLIMB MOUNT CARSTENST PYRAMID THE HIGHEST PEAK IN AUSTRALASIA
- OLDEST INDIAN WOMAN MOUNTAINEER TO CLIMB EVEREST (2011)
- FIRST FROM JHARKHAND TO CLIMB MOUNT EVEREST
- AWARDED PADMA SRI IN 2013
- AWARDED TENZING NATIONAL ADVENTURE AWARD 2017

*There's no substitute for taking action  
I never dreamed about success,  
I worked for it.*

*Premlata*

## **TRIP COST FOR 12 DAYS HELICOPTER RETURN TRIP KATHMANNDU TO BASE CAMP**

### **1) FOR INDIAN CITIZENS COST:**

- INR 1,07000/- FRM KATHMANDU TO EVEREST BASE CAMP
- RETURN HELICOPTER / FLIGHT COST FROM BASE CAMP TO KATHMANDU ON THE PREVALING RATES OF AIRLINE AGENCIES.
- ANY ADDITIONAL COST OF EXTENTION OF TRIP TO WALK BACK IN CASE HELICOPTER SERVICE NOT AVAILABLE
- ACCOMMODATION: PER PERSON BASED ON TWIN SHARING BASIS
- BOOKING AMOUNT: INR 25,000 NON-REFUNDABLE – FIRST COME FIRST SERVE BASIS
- BALANCE AMOUNT: TO BE PAID BEFORE 60 DAYS OF STARTING DAY OF EXPEDITION
- GST OF 5% WILL BE ADDITIONAL ON ALL COSTS

### **2) FOR FOREIGN NATIONALS COST:**

- US\$ 1800 PLUS RETURN HELICOPTER / FLIGHT COST FROM BASE CAMP TO KATHMANDU
- BOOKING AMOUNT: US\$ 800 NON-REFUNDABLE
- BALANCE AMOUNT: US\$ 1000 TO BE PAID BEFORE 60 DAYS OF STARTING DAY OF EXPEDITION
- GST OF 5% WILL BE ADDITIONAL ON ALL COSTS

- 1. Participants registered for the 12 Days EBC trek must cover any additional helicopter or flight costs for their return from the base camp at prevailing rates in Nepal.**
- 2. No refunds or adjustments will be made if the participant changes their plan from a 16-day plan to a 12-day plan. All additional cost of the 12 days return cost as per itinerary will have to be paid by the participant**
- 3. In case the Participant change their plan from 12 day to 16 days plan or If helicopters are unavailable for returns from Base Camp, Gorekshep, or the next stop, and participants wish to take a helicopter from a further stop or continue with the 16-day plan, they will need to cover additional costs for flight, porters, guides, lodges, and food and any other travel. These costs can exceed the fixed trip cost for 16 days due to higher prices for last-minute bookings. Therefore, it is advisable to book a 16-day program and opt for a helicopter return if desired.**

## **TRIP COST FOR 16 DAYS TRIP KATHMANNDU TO KATHMANDU**

### **1) FOR INDIAN CITIZENS**

- Cost: INR 1,19000/- per participant From Kathmandu arrival to departure
- Accommodation: per person based on twin sharing basis
- Booking Amount: INR 25,000 Non-refundable – First come first serve basis
- Balance Amount: to be paid before 60 days of starting day of expedition
- GST OF 5% will be additional on all costs

### **2) FOR FOREIGN CITIZENS**

**Cost: US\$ 1898 per person based on twin sharing basis**

**Booking Amount: US\$ 700 Non-refundable**

**Balance Amount: US\$ 1098 to be paid before 60 days of starting day of expedition**

**GST OF 5% will be additional on all costs**

### **CANCELLATION POLICY**

- BOOKING AMOUNT /REGISTRATION AMOUNT WILL NOT BE REFUNDABLE IN ANY CIRCUMSTANCES.
- THE CANCELLATION CHARGES ARE EXPRESSED HEREAFTER AS A PERCENTAGE OF THE TOTAL TOUR PRICE EXCLUDING BOOKING AMOUNT
- CANCELLATION 31 DAYS AND MORE BEFORE TRIP DATE: 30% OF COST OF SERVICES BOOKED EXCLUDING BOOKING AMOUNT.
- CANCELLATION WITHIN 30 DAYS PRIOR TO TRIP DATE: LOSS OF DEPOSIT REGISTRATION/ BOOKING AMOUNT WILL NOT BE REFUNDED IN ANY CIRCUMSTANCES OTHER THAN CANCELLATION OF TREK BY THE COMPANY
- THE PARTICIPANT IS STRONGLY ADVISED TO TAKE OUT CANCELLATION INSURANCE AT THE TIME OF MAKING THE BOOKING.
- PLEASE NOTE THAT NO REFUNDS WILL BE MADE IF YOU VOLUNTARILY LEAVE A TRIP FOR ANY REASON BEFORE OR AFTER THE TRIP HAS BEGUN.