

## IMG Custom Nepal and Tibet Treks Spring and Autumn

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IMG's Trekking programs are recognized worldwide as simply outstanding, with a reputation for our highly professional staff of leaders, climbers and Sherpas, first-rate logistics and our resulting safety and success record in the Himalayas.

Whether you're looking for a short, helicopter-supported 16-day Everest Base Camp Express program, or an extended camping trek exploring more remote areas, we can assist!

Over the years we have done custom programs to the [Manaslu](#), [Dhaulagiri](#), [Rolwaling](#), [Annapurna](#), [Kangchenjunga](#), [Gokyo](#), [Dolpo](#), [Hinku/Hongu](#) areas in **Nepal** as well as the [Cho Oyu Trek](#), [Rongbuk Trek](#), and [Kangshung Face Treks](#) in **Tibet**. If you are interested in an "off the beaten path" trek, let us know and we can help you design the perfect itinerary!

The **Everest Treks** are perennial favorites for good reason, with great scenery and lots of flexibility. Spring Season (March, April, May) and Autumn Season (October, November, December) are the most popular times to trek. Drop us a line if our Spring Season [Everest BC Treks](#) or Autumn Season [Three Peaks//Three Passes Trek](#) don't quite line up with your availability.

Below you will find some **sample Trek itineraries** that will help with your planning. If you do not see the itinerary you are thinking about or have something specific that you would like to see, let us know and we will be happy to help.

I'll look forward to hearing from you!

Regards,

Greg Vernovage  
International Program Director  
[Everest@mountainguides.com](mailto:Everest@mountainguides.com)



Gorak Shep with Everest Base Camp in the distance (Bhushan Karnik)

### Everest: Just The Facts

**Summit:**

29,035' • 8850m

**Set Your GPS:**

27° 59' N 86° 56' E

**First Boot-Prints on Top:**

In 1953, Edmund Hillary and Sherpa Tenzing Norgay became the first known summiters of Everest (neither saying who stepped on top first.) Some people speculate about the success of British climbers George Mallory and Andrew Irvine who perished on the north side of the mountain high on a summit attempt in 1924. In 1921, Mallory was part of the first ever expedition to Everest.

**Size Does Matter:**

The elevation of 29,035' (8850m) was determined using GPS satellite equipment on May 5, 1999. It was previously believed to be slightly lower (29,028'/8848m), as determined in 1954 by averaging measurements from various sites around the mountain.

**As India Slides Under China:**

GPS research suggests that plate tectonics is causing Everest to grow 3-5mm and move 27mm northeast annually. The mountain is 60 million years old and is believed to have once been a seabed. While seashells haven't been found on the summit, there are rocks that had once made up the Tethys ocean floor.

**By Any Other Name:**

The Tibetans call Mount Everest "Chomolungma" which means "mother goddess of the world." Once known to westerners as Peak XV, it was named in 1859 for Sir George Everest, the British surveyor-general of India. The Nepali name is Sagarmatha which translates to "churning stick in the sea of existence."

**No Longer Just for Loners:**

More than 4,000 climbers have climbed to the summit over 6800 times by various routes.

## EVEREST BASE CAMP TREK HIGHLIGHTS & OPTIONS TO CONSIDER



The view of Everest and Nuptse from atop Kala Patthar (Tye Chapman)

[Lukla Airport](#) – Pound for pound the world’s most famous airport!

[Namche Bazaar](#) – This large village is cut into the hillside and is the hub of the Khumbu Valley.

[Namche Bazaar Market](#) – Every Saturday Sherpas from the surrounding valleys converge on Namche to sell & trade good with fellow Sherpas (and tourists). It’s a great day to be in Namche!

[Tengboche Monastery](#) – One of the most famous monasteries in all of Nepal.

[Ama Dablam \(22,494ft.\)](#) – One of the most striking mountains in the world will be your backdrop on the trail for several days.

[Chukkung](#) – Small village in the less visited Imja Khola Valley

[Chukkung Ri \(18,238ft.\)](#) – Non-technical trekking peak with amazing views of Makalu, Ama Dablam and Nuptse.

[Khongma La Pass \(18,320ft.\)](#) – This pass connects the Imja Khola Valley with the Dudh Kosi Valley, Kala Patthar and Everest Base Camp.

[Kala Patthar \(18,192ft.\)](#) – This famous trekking peak gives phenomenal views of Everest, Lhotse, Everest Base Camp and the Khumbu Glacier.

[Everest Base Camp \(~17,500ft.\)](#) – EBC speaks for itself. It’s the jumping off point for Everest climbers and the ultimate destination for trekkers.

[Cho La Pass \(17,485ft.\)](#) – This high-altitude pass connects the Dudh Khosi Valley with the picturesque Gokyo Region.

[Gokyo](#) – This small village rests alongside the worlds highest alpine lake system. Cho Oyu (26,906ft. / 8201m), the world’s 6<sup>th</sup> tallest peak, sits as a backdrop to this small village.

[Gokyo Lakes](#) – The world’s highest alpine lake system. Exploring this area is well worth your time.

[Gokyo Ri \(17,570ft.\)](#) – This is another non-technical trekking peak offering views of Everest, Lhotse, Cho Oyu, and Makalu. Four of the world’s 14 peaks above 8000.

## SAMPLE ITINERARIES for IMG Custom Nepal and Tibet Treks

### EBC Trek and Gokyo Loop [Sample Itinerary](#):



The runway at the Lukla Airport  
(Bhushan Kamik)



Trekking through small villages en  
route to Phakding (Tye Chapman)



Phakding is just across the river  
(Tye Chapman)

### Express EBC Trek [Sample Itinerary](#):



Suspension bridge on the way to Namche  
(Eric Simonson)



Yaks and Nuptse on the way to Everest Base Camp  
(Eric Simonson)

### Manaslu Trek [Sample Itinerary](#):



Manaslu Trekking (Pega Sherpa)

## Rolwaling Trek [Sample Itinerary:](#)



Tsho Rolpa lake  
(Eric Simonson)



Parchamo from near 5755m Tashi Labsta Pass  
(Eric Simonson)

## Dhaulagiri BC and Hidden Valley Trek [Sample Itinerary:](#)



Dhaulagiri 1 from below French Pass  
(Eric Simonson)



Annapurna 1 from the summit of Dhampus Peak  
(Eric Simonson)

## Kangshung (East) Face of Everest Trek [Sample Itinerary:](#)



Hiking up the Kangshung Glacier with Lhotse and Everest (Eric Simonson)



Karma Tsangpo River, the headwaters of the Arun River heading to Nepal (Eric Simonson)

# Program Fees, Deposit and Payment Schedule

## Custom Everest Base Camp Trek

Dates: TBD ..... Landcost: \$TBA

**Note on Acclimatization:** Due to the significant altitude of Everest Base Camp and the duration of time spent at altitude, 16 days (Kathmandu to Everest Base Camp and back to Kathmandu using a helicopter) is the shortest trek we're comfortable with running. If trekking both ways, figure 3 weeks to be on the safe side for any Everest Base Camp Trek. Please contact us for more information.

### Costs included in trip fee:

- Transportation to and from airport in Kathmandu
- Double occupancy hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition
- Fixed wing round-trip flight to Lukla
- Double occupancy rooms in Teahouse lodging on trek
- All meals while trekking
- Park fees
- Sherpa guides
- Camp staff
- Radio comms and satellite telephone equipment
- Yaks and porters
- Hyperbaric bag
- Emergency medical oxygen.

### Costs not included in trip fee:

- International round-trip air fare and travel expenses to/from Nepal/KTM
- Helicopters
- Meals in Kathmandu
- Hotels in Kathmandu after the trek/climb
- Personal gear
- Excess baggage charges
- Airport taxes and entry visas
- Sherpa tip pool
- Satellite telephone air charges
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- [Required insurance policies](#) (medical, evacuation, trip cancellation, etc.)

**REQUIRED Travel Insurance:** IMG requires that all participants on International programs purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. We strongly recommend that you add Trip Cancellation coverage to your policy to cover cancellation (before trip starts) or interruption (after trip starts). More info: <https://www.mountainguides.com/travel-insurance.shtml>. If you need general assistance with the various insurance options, please contact Becky Kjørvestad in the IMG Office at 360 569 2609 or email [becky.kjorvestad@mountainguides.com](mailto:becky.kjorvestad@mountainguides.com). Note on end dates: **Please extend your insurance policy to cover your trip until you return to your home country.**

**Single Supplement:** We can assist you for booking single rooms, or upgraded rooms, in the Kathmandu hotel and in the various lodges on the trek.

**Tips:** We will assist you to provide suitable tips in a seamless fashion, as a thank you gift to the many unsung people that make the whole operation run smoothly: the guides and sherpas, porters, trek staff, cooks and helpers, hotel staff, Kathmandu staff, and others.

## Fee Payment Schedule for Custom Treks:

With Application: TBD  
 90 Day Prior To Departure: Balance is due

**All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. Failure to submit payments on or before these due dates will result in forfeiture of fees paid and loss of program reservation. Our bank does not charge for incoming bank wires, however, please include wire fees charged by your bank or correspondent banks.**

## Why Fly By Helicopter?

People are busier than ever these days. Vacations are all too often squeezed into windows tighter than we'd all prefer; it's an unfortunate reality of the times. The good news is that we are often able to accommodate these tighter schedules by utilizing helicopters, which minimize the possibility of delays in Kathmandu or Lukla due to weather. Helicopters also create some much-needed flexibility within shortened itineraries. What can take 4 days to walk, can take as little as 30 minutes by helicopter. Likewise, helicopters can shorten itineraries by not having to retrace your steps back, allowing you to maximize your time on the trail.



While helicopter flights aren't cheap, they are highly efficient and can be relatively economical when used strategically. We don't mark-up the helicopter costs and build them into the program. Instead, we'll arrange the flight and have you pay the helicopter company directly.

Estimated Helicopter Costs (Est. 3-4 People Per flight + gear)		
From	To Lukla	To Kathmandu
Lukla	-	\$3600/flight
Namche	\$800/flight	\$4000/flight
Pangboche/Tengboche	\$1000/flight	\$4000/flight
Pheriche	\$1200/flight	\$4500/flight
Lobuche	\$1500/flight	\$4800/flight
Gorakshep/EBC	\$2200/flight	\$5600/flight

***“I can't say enough good things about both the logistics and the staff. I had plenty of ideas about how the trip should go and what was possible. Your expedition service surpassed all my expectations, provided me with the best opportunity to summit, even compared to the super expensive guided trips, and as such, I was successful in fulfilling a dream of 20 years. I will recommend your service to anyone interested. It was simply the best on the mountain”***

—Dan G.

For more comments from IMG climbers, please see our website at: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)

## A Note on Dates

We take acclimatization seriously and are not comfortable conducting an Everest Base Camp Trek with less than 16 days on the schedule (trek in, helicopter out).

The peak season for trekking in the Khumbu Valley for Spring is the first two weeks of April and for Autumn is the last two weeks of October. These are normally very good weather periods, and the fixed wing flights Kathmandu-Lukla-Kathmandu normally will go every day without disruption. The trekking is excellent, but it is very busy in the lodges and on flights during these periods.

For people with date flexibility and the financial capability to fly by helicopter, we suggest that they consider trekking slightly earlier in the respective seasons. For example, start your Spring trek in early or mid-March or your Autumn trek in late September or early October. This way you will be ahead of the big wave of trekkers and still have a good chance of staying on schedule with your trek. The weather is normally very good higher up in Khumbu during these time periods, and if you are flying by helicopter you have much better chance of getting in/out of Khumbu during these slightly off peak times. It is also possible to go later in the respective seasons (May and November) which achieves the same result (missing the high season wave of trekkers).

Please contact us to discuss your options in more detail!

## Expedition Organization and Leadership

### International Mountain Guides (“IMG”)

IMG is the oldest and most respected high-altitude climbing service in the world and its three principals, Eric Simonson, Phil Ershler, and George Dunn, have led and organized hundreds of expeditions worldwide since 1975. IMG’s Himalayan mountaineering programs are organized and directed by Eric Simonson and Greg Vernovage, one of the world’s premiere expedition organizers. Their teams include a group of professionals and Sherpas who are the best in the business. Since 1990, we have conducted over 60 Himalayan expeditions and over 800 IMG team members have summited the world’s classic 8,000-meter peaks, including Everest, Lhotse, Cho Oyu and Shishapangma.

### Ang Jangbu and the IMG Sherpa Team

A veteran of dozens of expeditions and an Everest summiter, Ang Jangbu has worked with Eric Simonson and Greg Vernovage on every IMG Himalayan program since 1991 and is a very popular leader. Ang Jangbu Sherpa and his Sherpa team do a great job!

### References

Joining a high-altitude trek or expedition is a serious decision. You should be completely confident in the organization and leadership before you make that decision. Many of you have climbed with us before, and because your experience with us was good, you’re considering another climb with us. For those of you who haven’t climbed with us before, we strongly encourage you to interview us thoroughly and also talk to our past clients. When you’re ready to make the decision, we’ll be happy to provide you with a complete list of references.

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***“I can say without reservations that the trip to Everest was the most rewarding adventure that I have experienced in my entire life. Your team and your expertise was without question top notch. From the moment Phil and I landed in Kathmandu to the time we departed the excitement never ended. I have been looking at some of the other wonderful treks that you offer and hope that in the near future will be able to book another adventure”***

—Ray R.

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For more comments from IMG climbers, please see our website at: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)

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## Things to Consider

We know we're not the cheapest deal around, and we don't want to be. We spend more providing the best personnel, equipment, logistics and safety measures – things that many lower-cost programs cannot afford and do not have. We don't cut corners. As you shop around, consider the following:

- **IMG** leaders are professionals and are great teachers as well as strong climbers. All have done numerous high-altitude expeditions, including the Himalaya. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together.
- **IMG** always complies with all local, state, federal, and international regulations for the countries in which we climb. This includes proper visas and climbing permits, full insurance and equipment for our employees and Sherpa support teams, and complete adherence to all environmental regulations. Our great safety record allows us to operate with full liability insurance. All client funds are deposited in a regulated trust account. We take our business seriously!
- **IMG** Sherpas are top-notch. We hire the same great Sherpas every year, we treat them with respect, we pay them well and they like working with our teams. Most of them have been on many climbs with us over the years and many of them have multiple Everest summits. Our enthusiastic cooks do a great job and our menus are well considered. It makes a difference!
- **IMG** trek itineraries are longer than most others offered on the market. We know how to acclimatize properly, and we don't rush.
- **IMG** treks are supported by satellite communications, allowing us to maintain excellent emergency contact capabilities and keep friends and family informed of our progress during the long weeks away from home.

## Air Travel

International Mountain Guides has worked for many years with Ms. Pirjo Dehart and her staff at CTT Destinations to provide professional travel service for participants in our programs. We urge you to contact CTT Destinations at 800/909-6647 or [img@cttdestinations.com](mailto:img@cttdestinations.com) for help with your plans.



Yaks on the way to Everest Base Camp (Greg Vernovage)



# Everest Trek Personal Equipment Checklist

This equipment list is meant to help you compile your personal gear for your trek. Most items are required. Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items from your duffel. Keep in mind that this list has been carefully compiled by the expedition organizer. Don't cut corners on the quality of your gear.

Once you are confirmed on the roster, we will be sending Newsletters with a more comprehensive gear list with tips for each piece of equipment.

## Travel Items

- Duffel Bags X 2
- Daypack for airline travel
- Luggage Locks
- Travel Wallet
- Passport
- Additional passport photos -- at least two
- Optional - cellphone with international roaming capability

## Trekking Gear

- Trekking Poles
- Backpacks: 30-60 Liter pack
- Pack Cover
- Sleeping Bag

## Camp Accessories

- Headlamp.
- Water Bottles X 2
- Water Treatment
- Camera
- Pocket Knife.
- Pee bottle

## Footwear

- Lightweight Shoes
- Hiking Boots
- Gaiters
- Socks X 3
- [Trail Crampons](#) or [Kahtoola Microspikes](#)

## Clothing

- Base Layer:
  - 2 X synthetic Long Johns
  - 1 Midweight Long John
  - 1 Expedition weight Long John
- Mid Layers: For example: wool sweater, another fleece jacket, shelled vest
- Shell Jacket
- Shell Pants
- Climbing/Trekking Pants
- Warm Parka: Down or synthetic
- Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton
- Casual Clothes: For around KTM
- Bathing Suit

**Clothing Accessories**

- Light gloves
- Warm ski gloves
- \*Mittens: (If your hands tend to get cold)
- Winter beanie
- Baseball hat or sun hat
- A "Buff" or light balaclava

**Personal Accessories**

- Wrist Watch
- Sunglasses
- Ski Goggles for contact lens wearers
- Vision correction: Bring extra prescription eyeglasses or contact lenses if you wear them.
- Skin Care
- Lip Balm with sunscreen
- Basic First Aid and personal
- Prescription Medications:
  - Two regimens of antibiotic for respiratory and GI problems (azithromycin / "Z-Pak")
  - Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week)
  - Sleeping pills for the first few days of jet lag
  - Malaria Chemoprophylaxis, (not needed unless you go to low areas in Nepal or Thailand, in which case we suggest Malarone)
  - Asthma medication, if any history (for example an Advair inhaler – many people find this VERY useful for "Khumbu Cough" bronchitis/irritation which can ruin your expedition and prevent you from climbing.)
  - Nifedipine (for pulmonary edema, the 30 mg time release x 2 tablets)
  - Dexamethasone (for cerebral edema, 4 mg x 10 tablets)
- Cold medicine (Sudafed, etc.)
- Chloroseptic or Tessalon Perles throat lozenges
- Personal Snack Food (3lbs max)
- iPod, Kindle, music, lightweight book(s)
- Chemical hand warmers (6)

**Immunizations Checklist**

- Tetanus-Diphtheria** - You should already have. Do you need a booster?
- Polio** -You should already have. Do you need a booster?
- MMR** -You should already have. Do you need a booster?
- Meningitis** - Recommended. Consult your physician.
- Hepatitis A** - Recommended. Consult your physician.
- Hepatitis B** - Not a bad idea. Ask your physician.
- Cholera** - Ask your physician. Not usually recommended any more.
- Typhoid** - Not a bad idea to be safe. The tablet form, Vivotif Berna, is good for five years.
- Rabies** - The new vaccine is easy. Nepal and Tibet have rabid animals. Don't pet any stray dogs!
- Malaria** – No problem in Kathmandu, since we are above the zone of malaria, but if you plan on traveling to lower elevations in Nepal, or to certain parts of Thailand before/after the trip then malaria chemoprophylaxis is highly recommended (for this we recommend Malarone).

Consult your physician or check out the Center for Disease Control Website at [cdc.gov](http://cdc.gov).