

॥ वंदे श्री कृष्णं वीरं ॥



Everest Base Camp Trek –

Witness the magnificence of the world's most famous mountain, Mt. Everest.



Duration
13 Nights/ 14 Days



Difficulty Level
Strenuous



Activity
Trekking/ Hiking



Max. Altitude
5545 Mtr.



Starts
Kathmandu



Ends
Kathmandu

TAP THE ICONS BELOW FOR DETAILS



JITO Youth Nepal

Diwesh Bothra
Chairman

Nitya Jain
Chief Secretary

Yash Nahata
Convener

Arihant Bothra
Co-Convener

JITO Nepal

Kamal Kumar Begani
Chairman

Manoj Sethia
Chief Secretary



OUTLINED ITINERARY:

DATE	DAY	PROGRAM	ACCOMODATION
30 APRIL	1	ARRIVAL - CHECK IN AT 2:00 PM	NOMAD HOTEL
1 MAY	2	FLY TO LUKLA - TREK TO PHAKDING	LOCAL LODGE ON FB
2 MAY	3	TREK TO NAMCHE	LOCAL LODGE ON FB
3 MAY	4	EXCURSION IN NAMCHE	LOCAL LODGE ON FB
4 MAY	5	TREK TO PHOTSE	LOCAL LODGE ON FB
5 MAY	6	TREK TO DINGBOCHE	LOCAL LODGE ON FB
6 MAY	7	ACCLIMATISATION IN DINGBOCHE	LOCAL LODGE ON FB
7 MAY	8	TREK TO LOBUCHE	LOCAL LODGE ON FB
8 MAY	9	TREK TO GORAKSHEP - EBC	LOCAL LODGE ON FB
9 MAY	10	TREK TO KALAPATHAR AND BACK TO PHERICHE	LOCAL LODGE ON FB
10 MAY	11	TREK TO NAMCHE	LOCAL LODGE ON FB
11 MAY	12	TREK TO LUKLA	LOCAL LODGE ON FB
12 MAY	13	FLY TO KATHMANDU	NOMAD HOTEL
13 MAY	14	DEPARTURE - CHECK OUT AT 11:00 AM	

TRIP FACTS:

DESTINATION:	KATHMANDU (KTM), NEPAL
REGION:	EVEREST
KATHMANDU ALTITUDE:	1300 MTR.
MAX. ALTITUDE (KALAPATHAR):	5545 MTR.
DURATION:	13 NIGHTS/ 14 DAYS

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Everest Base Camp Trek Highlights -

- Set out on a journey into the heart of Nepal's renowned Khumbu region.
- Indulge into the comforts of luxury lodges throughout your Khumbhu adventure.
- Admirable 360 - degree viewpoint of Kala Patthar (5550m) for enduring views of mighty Mt. Everest on the adjoining Himalaya of Everest region.
- Immerse yourself in Sherpa culture and tradition.

Everest Base Camp Trek Overview (April 30th - May 13th, 2024)

This classic trek to Everest lets you rendezvous with the highest peaks on the earth including Mt. Everest, Lhotse, Ama Dablam, Pumori, and Nuptse. The famous Namche Bazaar, also known as the gateway to the Everest and capital of Khumbu will give you a feel of being in Thamel. The scattered Sherpa villages in along the trail will give an insight on the local cultures and the daily life which is another attraction of this trek.

An acclimatization in Namche is always a must and recommended.

Kala Patthar (5545 m) is another important visit, an invincible landscape on Everest and the main peaks of the upper Khumbu.

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What to expect from the Everest Trek?

The Everest Base Camp Trek's ultimate goal isn't just about the imposing presence of Everest and Lhotse though, as the area hosts an amphitheater of impressive mountains that include popular climbing peaks such as the extraordinary Amadablam, as well as the trekking peaks of Lobuche East, Lobuche West, and Island Peak. Encompassing virtually all of the area is the UNESCO-listed Sagarmatha National Park, one of the most remarkable wilderness areas in the world with its mixture of soaring peaks, glaciers, rivers, and forests, as well as being home to a wide variety of flora and fauna that includes black bear, musk deer, snow leopard, and red pandas. Most impressive of all perhaps is that over two-thirds of the park's area of 1148 square kilometers lies at an altitude of 5000 meters or higher, a truly astonishing fact.

Within the park's boundaries also lies one of Nepal's most famous monasteries of all, Tengboche, renowned as the destination of all climbers to the region since the days of Hillary, with each expedition seeking the protective blessing of the Lama before moving on to attempt a climb. Our trek through the area allows plenty of scope to pay the monastery a rewarding visit.

So, if you're looking for an adventure that includes beholding the roof of the world, taking in the scenic and natural wonders of one of the great national parks, and basking in the rich and gentle culture of the local inhabitants, get in touch with our staff and let Nepal Trekking Experts organize your visit to Everest Base Camp Trek.

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Route Map

DAYS 14 Everest Base Camp Trek

Difficulty Level **Strenuous**
 Trekking Route
 Drive Route
 Secondary Route
 Lake



Altitude Chart



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Trekking Gear

CLOTHING

- Raincoat, poncho, or combination jacket/trousers
- One down jacket/Gore-Tex Jacket
- One down vest (it can be skipped if you have a down jacket)
- One windproof or rainproof trouser
- Two pairs of hiking pants (depending on the duration of the trek)
- One pair of shorts
- Four to Five T-shirts (depending on the duration of the trek)
- One MIT/fleece jacket
- One/two pairs of base layers/thermal coats depending on the duration of the trek
- Four to five pairs of hiking socks and a couple of pairs of thicker socks (depending on the duration of the trek)
- Two pairs of gloves—one pair light fleece, the other waterproof/windproof
- Undergarments

FOOTWEAR

- Trekking boots (water resistance, ankle supportive)
- Flip-flops for leisure time around camp or one pair of sneakers hike.

OTHER EQUIPMENT

- Sunglass, sunscreen, lip balm, sun hat, woolen/beanie/fleece hat, neck gaiter, first aid kit, Swiss army knife(optional), luggage cover, headlamp, trekking poles, gaiter (optional), micro crampons (optional), water purification tablets or steripen, extra batteries, adapter, power bank, water bottles/ camel bag/ Thermos, washing powder/ multi-purpose soap, shampoo, a small towel, antiseptic hand wash, toiletries, female hygiene products, wet wipes, mosquito spray (optional), whistle, earplugs, reading books, playing cards/chess
- Sleeping bag rated to minus 15/20 degrees Celsius (extreme temperature) depending on trekking route and season
- Sleeping bag liner – cotton, silk or fleece
- Backpack (60 liters)
- Daypack (25 to 30 liter)

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i Useful Information-

EBC Trekking Accommodation-

Tea house hotels are plentiful within the infamous Everest Region of Nepal, with a range of quality available to you depending on your preference and needs. At lower elevations, you can choose more fully equipped tea houses with electricity, wifi, and en suite bathrooms with hot showers and western toilets. There are also more rustic, basic tea houses available, especially at higher elevations, that have simple rooms and basic services. Bathrooms might be shared and have a squat-style toilet. At these tea houses, you can pay a small fee for services such as wifi and hot showers. We provide you with a clean, -20°C sleeping bag to keep you cozy and warm.

Food at Everest Base Camp Trek-

Food in the Everest Region of Nepal is delicious and plentiful. Along the well-loved and well-traveled route to Everest Base Camp, there are many tea houses offering a range of options to suit your preferences.

- Breakfast – 2 tea/coffee, 1 set breakfast
- Lunch – 2 tea/coffee, 1 Main course, No dessert
- Dinner – 2 tea/coffee, Soup, 1 Main course, Dessert
- Any extra orders besides the above to be paid by the client.

Telephone-

Most tea houses have phone service and mobile reception; however, due to the nature of being in the mountains, it can be unpredictable. If you would like, you can purchase a data SIM card in Kathmandu before you depart. NCELL is a recommended provider that offers 3G internet services in the Everest region.

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Internet-

Many tea houses have wifi to purchase for around 3-5 dollars per day, which is paid in local Nepali Rupees. Please be aware that internet services may not be completely reliable due to weather and other issues.

Device Charging-

Despite trekking deep into the Himalayas, most of the tea houses have either electricity or solar power. Depending on the tea house, you might be able to charge your devices in your rooms. Otherwise, you can pay a few dollars (paid in local rupees) to charge your battery in the main dining hall. Carrying a power bank is recommended during your trek in the Everest region.

Transportation-

All transportation fees and arrangements are included in your trekking package when you book with Jito Nepal. To commence your journey, you will catch a stunningly scenic domestic flight from Kathmandu to Lukla (30 minutes). This is likely where you will begin and end your Everest journey.

Porter-

Our tailor-made packages include a porter:
One porter for 2 people with 10kg sharing each (20kg)

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Travel Insurance-

It is one of the most imandatory needs overseas, particularly when trekking in Nepal. A policy that covers loss and theft, medical and hospitalization, evacuation from high altitude, and adventure activity coverage are among the basics you'll need. A wide variety of policies are available, so make sure to shop for the best possible options. You need to have a policy that's specific to the maximum height on your trek, bearing in mind that several companies place restrictions on that score—Look closely at the fine print so that you're sure to get the right coverage, especially in the event of an emergency such as altitude sickness— helicopter evacuations are horrendously expensive.

Also note that most medical treatment and facilities in Nepal, such as hospitals, require payment upfront or approval from your insurance company, so it's wise to choose a policy that pays the bills directly rather than lumping the burden on you and leaving it till later for the insurer to reimburse you.

Nepalese Currency and Payment-

The currency of Nepal is the rupee. The ideal currencies for exchange are those of the USA, Australia, Great Britain, Canada, and Singapore, as well as the Euro, any of which can be readily exchanged in either Kathmandu or Pokhara.

Credit and debit cards such as Visa, MasterCard, and American Express are accepted in major tourist-class hotels, restaurants, airlines, and larger stores in Kathmandu, Bhaktapur, Patan, Pokhara, etc. A surcharge of 3.5% is typically levied on all purchases or payments.

ATMs are also very common in Kathmandu and Pokhara, with Thamel being a particular area of focus for their use. Some ATMs only allow a daily maximum of Rs 10, 000 to be withdrawn, while others allow for as much as Rs 35, 000. A charge of USD 4 is usually applied per transaction, on top of which your own bank may also apply a fee of its own.

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Detailed Itinerary-

Day 1: Arrival in Kathmandu, Nepal

Check in at the hotel in Kathmandu. Leisure day/ shopping last moment necessities. Followed by a session of briefing and dinner.

Day 2: Fly to Lukla and trek to Phakding (2610m)

The day starts early, with a short but spectacular flight to Lukla, the starting point of our trek. You observe the breathtaking panoramic ranges from Langtang to Jugal Himal, passing through Rolwaling, Gaurisankar and Menlumtse.

You start your trek soon after your arrival in Lukla. Throughout the day, many stops are planned to meet the locals, take photos and of course enjoy the landscape and the view of the multiple snow-capped peaks, culminating at 6000 m. You pass by the enormous mani (prayer) stone at Thado Kosi, then bypass the many Chorten and prayer wheels along the way.

We have a short walk today so we arrive for lunch at Phakding. You have a free afternoon. A short visit to the Pemacholing Monastery above Phakding can be rewarding as you get the first view of Thamskerku.

Overnight in the lodge (B, L, D)

Day 3: Trek to Namche (3440m)

After breakfast, you walk to the village of Monjo. From there you descend a few stone steps, take a suspension bridge and, after a short climb, reach Jorshale - the entrance to Sagarmartha National Park. You can observe the 3D map and take a look at the information panels, while the guides take care of the trekking permits.

Continuing along the river, you cross a wooded area, then rocky. You cross several suspension bridges, before heading back up towards Top Danda, where you will see Everest for the first time. Then the climb is gradual to Namche (capital of Sherpa country).

Overnight in the lodge (B, L, D)

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Day 4: Acclimatization in Namche

The start of the day is devoted to a short walk, in order to acclimatize well to the altitude. Free afternoon to enjoy the shops and cafes of Namche. While strolling, your guide will bring you to marvelous panoramas and you will be able to admire the "rock stars" of the Himalayan world. Take in your eyes: overlooking the deep valleys, the Lhotse, the Nuptse, the Everest, and the Ama Dablam are offered to the gaze.

Finally, if you feel fit enough, we can continue to the lovely villages of Khumjung and Kunde where a dispensary and a school have been opened thanks to the Sir Edmund Hilary Foundation.

Overnight in the lodge (B, L, D)

Day 5: Trek to Phortse (3810m)

After a much steeper section, you arrive at the village of Mong. The view over the Thamserku to the south-east is splendid. You begin a fairly steep descent to reach and cross the Dudh Kosi Nadi River on a metal footbridge at an altitude of 3680m. It is by a steady climb that you reach the village of Phortse at 3800m altitude.

Phortse is a beautifully situated village on a fully cultivated plateau, where each plot of land is surrounded by dry stone walls.

Overnight in the lodge (B, L, D)

Day 6: Trek to Dingboche (4320m)

Slow and steady climb in the Khumbu valley to Pangboche. You enter the heart of upper Khumbu. The path climbs steadily. To perfect your acclimatization, it is better to progress slowly.

Lunch in Pangboche.

Steady climb with a few short sections that are a bit steep. Superb views of Kangtenga, Thamserku and Ama Dablam the "white lady", "Mother of Sherpas". Arrival at the hamlet of Dingboche (4400m).

Overnight in the lodge (B, L, D)

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Day 7: Acclimatization in Dingboche

Before advancing forward, today we'll rest our legs and settle our body with the increasing altitude. Optional trek to the Valley will pay off with rewarding views, but taking it easy for today is the important thing. Although, we can climb a ridge located behind the village and see six of the world's tallest peaks including Lhotse, Makalu and Cho Oyu.

Overnight in the lodge (B, L, D)

Day 8: Trek to Lobuche (4940m)

A high mountain pasture climbs gently up to the ridge of Thukla, at the foot of Lobuche Peak. A last steep climb takes you to Lobuche. In front of you, Nuptse, Pumori, Langtren spread their sparkling peaks.

From here on forth, the trek will be gradually more challenging due to the high altitude. By trekking steep to the top of a high hill, we will be passing Dughla (Thukla). Before reaching Dughla, we trek across a wide pass which is much-wanted change from walking in a straight line. The company of Himalayas will be on all sides on our trek. After crossing Dughla, the trail passes through boulder- strewn slopes. As the trail drops to the Khumbu Glacier moraine, we find ourselves facing great peaks.

Overnight in the lodge (B, L, D)

Day 9: Trek to Gorakshepe (5140m) and Visit Everest Base Camp (5400m)

From Lobuche, the track leads to the moraine of the Khumbu glacier which must be climbed zigzagging. The climb is difficult. The conical summit of Pumori appears in all its splendor to the north. The slope softens as the track leads to the large Gorakshepe flat which has a few lodges and camping pitches.

For further advancement, we take the trail through the once vast Gorakshepe Lake. We pass through rocky dunes, moraine, and streams. You head out on narrow tracks which are of few feet wide and few hundred meters above the ground. The distance between Lobuche and Gorakshepe is of 4.5 km and will take approximately 2 hours to reach.

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From Gorakshepe, a track follows the ridge of the Khumbu Glacier moraine for a long distance before descending onto the glacier itself to base camp. On the route, facing the Nuptse wall and just above the Khumbu glacier, a monument was erected in memory of mountaineers and Sherpas who died on Everest. At the base camp itself, view of the Khumbu Icefall but not of the summit of Everest. Return to Gorakshepe.

Overnight in the lodge (B, L, D)

Day 10: Ascent Kalapatthar (5500m) and Trek down to Pheriche (4288m)

Kalapattar's altitude is often given as 5550m but the hill, further along, is a little bit higher. One fact is that you do not see the top of Kalapattar from Gorakshepe, only a false summit which is much lower. It is a fairly tiring walk up there unless you are well acclimatized. The views from the summit are memorable. Everest views are the best you can get from this place. Descent from Kalapattar is easy, just a quick straight down walk to Gorakshepe and we advance towards Pheriche. The route to Pheriche will be rapid as we descend and it will be easy as well.

Overnight in the lodge (B, L, D)

Day 11: Trek to Namche (3440m)

We talk back towards Namche facing Ama Dablam. It descends slightly on a balcony above the tumultuous river. Further down in Syomare, a superb stepped village. In the upper part of Pangboche, where there is a monastery which dates from the 6th century.

After lunch, you start the trek. Today, you descend to a suspension bridge then go up slightly in the forest, crossing the village of Deboche to Tengboche.

From Tengboche is mainly downhill, although, contrary it require an hour scaling a hill. We will be reaching Namche approximately in the late afternoon and off to bed.

Overnight in the lodge (B, L, D)

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Day 12: Trek to Lukla (2800m)

After breakfast, you leave for Lukla via a small mountain path. You cross Banker and arrive at Phakding where you have lunch.

Another 3 hours of walking to return to Lukla. You end your trek with a last climb with a positive vertical drop of 200 meters! On the way back, you can stop for a drink, possibly visit the Chaurikharka School and Kyongma Monastery.

Now is the time to say goodbye to your trekking team before spending our last night in the mountains.

Overnight in the lodge (B, L, D)

Day 13: Fly back to Kathmandu (1300m)

After breakfast, you take a flight back to Kathmandu. A short but spectacular flight with, on a clear day, a breathtaking view of the mountains.

Again check in at the hotel in Kathmandu.

Dinner with JITO NEPAL to celebrate Success of EBC Trek.

Day 14: Departure

Flying back home with lots of memories & a Big Tick on your Bucket List.

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What's Included

Cost Includes:

- Domestic Airport Transfers
- Food 3 meals a day for member & staffs
 - Breakfast – 2 tea/coffee, 1 set breakfast
 - Lunch – 2 tea/coffee, 1 Main course, No dessert)
 - Dinner – 2 tea/coffee, Soup, 1 Main course, Dessert)
- Any extra orders besides the above to be paid by the client.
- Food & Accommodation in Local Lodges as per program
- 1 Local English-Speaking guide
- 1 porter for every 2 members
- Flight: Kathmandu- Lukla- Kathmandu
- National Park & TIMS Permit Fees for Indian nationality.

Cost Excludes:

- Personal equipments, clothing and rental equipments
- **MANDATORY INSURANCE:** Travel/Accident/Medical/Emergency evacuation/ Heli Rescue upto 7000ft
- Telephone & Laundry, Alcoholic & Non-alcoholic beverages
- International Flight Tickets and Visa
- Cost arising from unforeseen events out of control
- Nepal Visa fee US\$ 50 Per person for 30 days and US\$ 30 for 15 days (Not applicable for INDIAN National's)
- Emergency rescue evacuation cost if needed
- All other personal nature expenses including wifi, hot shower, mineral water
- Overweight charges in domestic flights (if your baggage is over than 15 kg)

Any Changes in a fee by the Nepal Government will be charged extra.

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WHY EBC WITH US?

A DREAM COME TRUE: For many, reaching the base of the world's highest peak is a bucket list dream. Being in Nepal, we have the unique privilege to offer this once-in-a-lifetime experience to our members.

Cultural and Spiritual Journey: This trek is not just a physical challenge; it is a journey through the heart of Nepalese culture, rich in spiritual significance and natural beauty.

Community and Connection: It is a perfect opportunity for JITO members to bond, share experiences, and create lifelong memories.

WHY THAMSERKU?

Thamserku is Nepal's leading adventure-travel and holiday agent. With over 30 years experience with their international partners they are the specialists in trek and expedition services for groups from across the globe.

Building on three decades of experience and deep understanding of mountains, people and the spirit of exploration.

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Thamserku provides the highest quality trek, tour, and expedition services in Nepal and beyond. With over 500 expeditions and countless treks across the Himalaya to draw on, you can rest assured that your clients' holiday with Thamserku will be all you hoped it to be and much more.

Client Care

Thamserku today employs over 300 experienced, friendly, and loyal staff including 200+ guides and sherpa specialists in technical mountain skills and safety. In addition we employ around 80 skilled, innovative and adaptable cooks, about 50 multi-lingual (French, German and English) tour leaders, and 35 efficient, highly capable office and support personnel. We are all here to make sure your trip runs smoothly and is everything you imagined.

Reliability & Credibility

The Sherpa people have traditionally been known as 'the guardians of the Himalaya'. As Sherpa, we know and love this region and it is in this role that we wished to share this knowledge and love with others. Our philosophy is quite simple: to follow our traditions of hospitality and welcome you to share our homeland, the Himalaya.

Trend Leaders

Through our position as a lead trekking agency in Nepal we are able to influence and guide development of the trekking and tourism sector in the country. We also use our experience and reputation to guide our agents in the development of new treks and new style trekking holidays.

Sense of Responsibility

We take seriously our role as 'guardians of the Himalaya' so whilst contributing to the development of mountain adventure in Nepal we are committed to protecting the environment that we working and acting as responsible tourism leaders.

Dedicated Team-24/7

As receptive agents, we realize the importance of timely and efficient communications. Hence, for our agents we have assigned a dedicated travel expert, who can respond to our agents' needs as they arise. Questions can come up anywhere, at any time. Our operation team on the ground is available 24 hours a day to help your guest travelling with us.

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Email: info@thamserkutrekking.com



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**PACKAGES:
PRICE (KTM - KTM ALL INCLUSIVE)**

FOREIGNER	USD 1500 @ 84 INR / DOLLAR
INDIANS (JITO MEMBERS)	1,10,000 INR
INDIANS (NON-JITO MEMBERS)	1,20,000 INR
NEPALESE (JITO MEMBERS)	1,10,000 NPR
NEPALESE (NON - JITO MEMBERS)	1,20,000 NPR

TO REGISTER PLEASE CLICK HERE!!
(THIS LINK WILL TAKE YOU TO GOOGLE FORMS)



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