

EVEREST BASE CAMP TREK – MARCH 2010

FREQUENTLY ASKED QUESTIONS

Do I need experience in Trekking or Hiking to attempt the Base Camp Everest Trek?

No, absolutely not.

While a lot of people who undertake the trek have some hiking experience, a great majority of people have done little or no hiking and undertake it merely for the challenge.

How fit do I need to be to attempt the Base Camp Everest Trek?

You need a reasonable level of fitness, which is something most people can aim to reach with 6+ months of training.

The trek is tough in parts, mainly because trekking in high altitude means there is less oxygen for your lungs to absorb than at sea level, and you will want adequately trained, but people of ages from 14-85+ have completed the Base Camp Trek,

There are plenty of tour companies who offer Base Camp Trek's, why use you?

Aside from being fully escorted ex Australia, something no other tour company currently offers, Travel Experiences also utilizes the services of one of Nepal's best and most reliable trekking companies.

Not only does the majority of the money from your trip stay in Nepal, thereby contributing to the Nepalese economy, but the director of our trekking company personally contributes a substantial portion of their income to a local orphanage he helped establish, so your travel dollar is making a real difference in the lives of those who need it most.

I'd like to stay longer in Nepal, is that possible?

Absolutely!

Just let us know at the time of booking and we can chat about options, you can either stay on in Kathmandu, or we can arrange our ground operator in Nepal to organize additional tours/trekking subject to your requirements.

Are there any other costs over and above the tour price?

The only other costs you have above the tour price is comprehensive travel insurance at approx. \$200 and your Nepalese Visa Fee of \$65, other than that, you only need budget for lunch and dinner in Kathmandu, shopping, personal incidentals and a small tip for your Sherpa and Porters.

In your information pack which you'll receive closer to departure, we will include a guide as to how much money you might need for incidentals, but eating out in Kathmandu is extremely cheap so you need very little aside from any shopping you plan on doing.

Can I upgrade to Business Class Flights?

Yes, simply contact us and we'll be happy to give you a quote to upgrade.

I'm travelling on my own, how do I go with the twin-share accommodation?

If you're travelling alone, we'll endeavour to match you up with another member of the trekking party (of the same sex of course) for the hotels in Kathmandu and the tea houses on trek.

If we can't match you up, we will provide you with an option to take a single room in Kathmandu at a surcharge, on trek there is no additional charge should we not be able to match you.

Do I need a Visa to visit Nepal?

Yes, a 60 day Visa for Australian Passport holders costs \$65, if you hold any other passport besides Australian, please contact us and we will confirm the exact cost for you.

Do I need Vaccinations to visit Nepal?

Yes, for vaccinations we recommend contacting The Travel Doctor, who specializes in Travel Medicine and will be able to accurately advise you what vaccinations you require.

For contact details for The Travel Doctor, see our links page

Is there food and snacks available for purchase during the trek?

Yes, you will find the locals have small stores where they sell popular items such as bottled water, Coca-Cola, and other popular items which you will be able to purchase as needed.

Water is readily available, both from the tea houses, where they provide boiled water and from these small shops who sell bottled water at fairly reasonable prices.

For any other questions not covered here, please feel free to contact Alex Prez at MTA Travel on 0402 228 324 or email aprez@mtatravel.com.au