

EVEREST PANORAMA 10 DAYS TREK APRIL 2011 COSTS

- For Nationals of SAARC countries - Indian Rs 15,000/-
- For foreign nationals- US\$ 360/-
- The cost is per person for Kathmandu to Kathmandu (10 days) as per the itinerary given
- Costs given above are at current rates and may change without notice. Changes if any will be notified 2 months before the trek.

Costs include:

- Taxi fare from hotel in Kathmandu to airport and back for Lukla flight
- Sagarmatha National Park permit and TIMS permit for trekking in the Everest region.
- All accommodation on the trek on twin sharing basis in lodges.
- Cost of porters/guides for the trek. Please note that porters will carry one duffel bag or backpack not exceeding 20 pounds in weight for each trekker comprising of personal items, clothing, sleeping bag etc.

Costs not included

- Hotel in Kathmandu (way in and out) We can suggest and make bookings in suitable hotels in Kathmandu of your choice and price range
- Flight Cost Kathmandu to Lukla and back (see below for present cost)
- Meals in Kathmandu and Lukla.
- Airport taxes at Kathmandu and Lukla airports (presently NRS 200)
- **Breakfast lunch and dinner on the trek is not included.** Desserts, drinks, and exotic items listed in the lodge menus are not included. Alcohol, cold drinks (coca cola, sprite, beer), juices, ice cream etc on the trek and in Lukla.
- Client travel and medical insurance of any kind.
- Emergency evacuation costs if needed.
- Video camera fees in National Parks (where applicable).
- Bottled drinks; boiled, filtered or bottled water; alcohol; snacks etc
- Hot showers (Rs 100-150 per shower);
- Personal clothing and equipment; sleeping bag; duvet /down/ goretek jacket, medicines for personal use etc.
- Air fare from residence country to Nepal and back
- Tips to porters at the end of trek

Estimate of Costs not included

- Kathmandu to Lukla fare - USD 115 for foreigners and Ind Rs 2550/- for SAARC one way at present rates. In case of any change at the time of the trek actual fares will be charged.
- Fooding at lodges en route around USD 15-20 per person per day so for 10 days it should be around USD 200. Cost increases as you go higher up the valley and will vary depending on what you eat/drink.

Total Estimated Cost

- The estimate total cost per person based on these rates would be **Indian Rs 30,000/-** for SAARC ex Kathmandu and **US \$ 850 for foreigners** ex Kathmandu with some buffer for contingencies.