



Nepal Trip 2026 Kathmandu and Everest

Nepal and Everest Base Camp Trek – March 2026

From March 9th-26th, 2026, this program will venture abroad with a specific challenge, to reach Mount Everest Base Camp and the Kala Patthar vista at 18,519 feet elevation in the Sagarmatha National Park in the Himalayan Range of Nepal! From this view, Mount Everest towers before the world at 29,031 ft. accompanied by multiple peaks above 25K. Once above the tree line, the trail is gradual and surprisingly tame. But wait... these are the highest trails on earth, which require a special determination when acclimating to this remote environment. With help from our guides and a safe itinerary, reaching this goal is more than realistic for even a basic hiker. In addition to the trek, the group will explore the ancient capital city of Kathmandu. It's a vibrant city known for its blend of ancient traditions and rich cultural heritage. Kathmandu's UNESCO World Heritage sites include iconic cultural and religious landmarks. They encompass Durbar Square, the Buddhist stupas of Swayambhunath and Boudhanath, and the Hindu temples of Pashupatinath and Changu Narayan.

Trekking Details

The style in which the group will hike in this mountainous region is called “Tea House Trekking”. The group will fly from the Kathmandu Valley to Lukla. From here, each night will be spent in a trekking lodge, which is typically a local resident’s home. The host family offer a menu dinner, set breakfasts, tea, and snacks. The dining room area is typically heated during dining hours by a wood stove fueled by yak dung. There will be double bunk rooms with simple mattresses and woolen blankets. There is some solar electricity, but most rooms do not have lights after dark. Depending on the Tea House, there is either an indoor or outdoor bathroom without running water. The temperatures drop below freezing at night and there is little nightlife after the heated stoves burn out. Some lodges have been installing more modern facilities in larger villages. Typically, the higher the elevation, the simpler the homestay. All breakfasts are included. Each participant needs to order and purchase their own lunches and dinners. Some Tea Houses offer sack lunches for a fee. Food prices increase as you travel up in elevation because it costs more to physically carry goods into the higher country. Although the accommodations are modest, there is no need to carry camping supplies and provisions. Backpacks can be kept light with the essentials and warm clothes. The term “Sherpa” is actually the name of the Buddhist people in the region. During early mountaineering times, the name Sherpa became a description of people who carry gear and bags. Today, they are referred to as “Porters” and they are available for hire for those who only want to carry a daypack. The daily rate paid to a porter is probably the most impactful and direct method to employ a local Sherpa. With recently established rates and weight limits, porters are treated well and easily become a friendly member of the group. As the group treks towards Base Camp, specific elevation gain protocols are set to reduce the risks of altitude sickness. All participants are required to obtain Travelers Insurance that covers high altitude evacuations. There are helicopter evacuation



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services along the entire route, but these are expensive, especially without coverage. This would only be used for an emergency.

Trekking In the Himalayans

This trip provides views of glaciers, lakes, wildlife, eagles, yak, mountain scenery and remote villages. Our licensed guides, who navigate these areas year-round, will make all preparations and take precautions to minimize high altitude effects in these regions. Oxygen and emergency medication will always accompany the group. Altitude acclimation tips and techniques will be provided, most importantly the value of adequate hydration. There will always be times to rest, hydrate, and eat during the trek. If anyone is feeling sick or fatigued, Peru Alive will plan to safely assist each participant through the itinerary to the next lodge. October through December is dry season, with clear skies. Daytime temperatures can be pleasant (50-60s). Nights and mornings are cold, with freezing temperatures. February and March is the second trekking season, after the cold winter months. A gear list will follow. Rain showers and cloudy skies are possible in the afternoons. There are certain disabilities and medical conditions that would make Peru an unsafe travel destination. Please complete the application packet accurately and discuss any physical or mental concerns directly with Mick Stemborski. Peru Alive reserves the right to refuse services to any applicant who presents medical or mental issues that would deem this program unsafe or inappropriate to the individual or group.

Traveling Costs for the Tour

This all-inclusive program lasts 18 days and costs \$3,850, which includes flights from New York City and most major cities, all listed excursions and activities on the itinerary, all lodging, daily breakfast, all ground transportation, domestic flights in Nepal, temple entrance fees, cultural and spiritual lectures, day-tours, and licensed tour guides. Flights departing from alternative cities in the USA may vary the price. There is a \$250 fee for single occupancy lodging. A porter costs approximately \$25 a day for the 12-day circuit for a total of \$300, not including expected tips for your personal porter and the group guides.

Traveling Abroad

It is a timely and tedious excursion traveling from the USA to Nepal but once you arrive, it will all be worth it. Each participant will need a passport. A 30-day Visa On-Arrival can be purchased in the airport for \$50. The law does not require vaccinations, but those decisions are better to be consulted with your family's physician. Most people living in the United States have already been immunized against various diseases found in Nepal. Booster shots against tetanus, measles, hepatitis A, typhoid fever, and polio are common recommendations. "Traveler's Flu" and diarrhea are common occurrences with any foreign travel. Antibiotics can greatly improve a possibly miserable situation (like a bus ride). We strongly recommend having your physician prescribe an antibiotic to help. The prescriptions need to be filled-in the United



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States prior to departure. The group will be staying in hotels while in Kathmandu. While in the city, there are restaurants, Wi-Fi hotspots, hospitals, 24- hour pharmacies, bus transportation, and phones. There is some Everest Link wifi cards available along the trek, where service is available. All lodging is based on double and triple occupancy rooms. **Single hotel occupancy requests will require an additional \$250 fee.**

Health Issues and Covid Concerns

The tourism industry has certainly changed since the pandemic. Peru Alive has made some adjustments to best accommodate unknown future factors of living in a post-pandemic era. If any member is to encounter a health ailment in which they cannot continue or contract Covid, they will be personally escorted to a comfortable hotel, close to adequate medical facilities, to quarantine and recover. A staff member will be assigned to help you through the healing. However, the traveler will assume all additional costs needed to stay safe. Reported on July 24, 2023, Thailand remains on a Level I Travel Advisory: Exercise Normal Precautions. You can follow more safety information and alerts for Thailand at www.travel.state.gov.

Add-On Trip to Northern Province

From January 26th to February 1st, offers a tour to Chitwan National Park then a few days in Pokhara for additional cost of \$1,000. Chitwan Park is a preserved area in the Terai Lowlands of south-central Nepal, known for its biodiversity. Its dense forests and grassy plains are home to rare mammals like one-horned rhinos, elephants and Bengal tigers. The park shelters numerous bird species, including the giant hornbill. Dugout canoes traverse the northern Rapti River, home to giant crocodiles. The group will stay in a safari lodge, just outside the park border. All meals, guided tours, elephant rides and canoe floats are included. Next, the group will venture to Pokhara, a scenic and recreational city on Phewa Lake, in central Nepal. It's known as a gateway to the Annapurna Circuit, which rises high above the scenery of the city. On the eastern shore, the Lakeside district has stunning views, yoga centers, shopping and restaurants.

Trip Payment

Contact Peru Alive for an application packet. Return the completed packet with a payment in full of \$3,850 per person. At this point, Peru Alive will purchase your flights and transportation needs for the trip. An initial sum of \$1,400 is immediately used for transportation costs and is non-refundable. However, we purchase a flight in your name with your own confirmation number. The airline ticket is yours to manage for seating, upgrades, meals, etc. You will be subject to the specific airline's refund policy, change fees, and ticket credit, should you cancel. The remaining balance of your full payment will be \$2,450 and is 100% refundable before December 12th, 50% refundable before January 30th, 0% refundable after January 30th, 2026. Please make payments to Peru Alive by direct bank deposit or PayPal (3+day to avoid fees). All



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payment information will be sent directly to your e-mail when we receive and approve your application packet. The only guarantee for full or partial reimbursement, due to trip cancellation, is purchasing your own traveler's insurance policy. You do not need to purchase a full-refund policy, but all participants are required to secure a minimum of coverage that includes medical coverage and emergency evacuation. A list of travel insurance companies will follow. The Base Camp Trek and the Add-On Trip to Chitwan/Pokhara will cost a total of \$4,850.

Non-Alcohol Policy

Due to the spiritual nature of the program, cultural sensitivity, risks of sickness, and spiritual focus, alcohol and other substance-use is discouraged. This has caused multiple problems in the past and never seems to enhance the experience our travelers are seeking.

Travel Insurance

Travel Insurance policies vary depending on the price of the trip, and the tier-level of coverage you want, from basic, to premier. Any policy you review will offer some form of emergency medical reimbursement, emergency evacuation reimbursement, lost luggage reimbursement, trip interruption stipends, and trip refunds for various pre-approved reasons depending on the tier. Only the highest tier and most expensive policies will offer a 100% cancellation refund for any reason.

Every travel insurance website will ask the same basic questions; destination(s), travel dates, and age. These answers are set according to our itinerary. Next, they will ask how much your trip costs. This is the amount they will use to determine what percentage of trip refund you can collect, should you cancel the trip (for the pre-approved reasons). You do not have to list the actual price of the trip. You can start as low as \$50 trip cost, which could allow you to receive medical coverage, emergency evacuation and other benefits for the lowest cost without any type of refund for cancellation. If you are seeking trip reimbursement for cancellation, you need to list the actual amount of \$3,850 to assure the higher refund amounts and reimbursement rates. Once you have entered this information, you will get multiple quotes for various tiers of coverage.

Any emergency medical cost you accrue abroad needs to be paid out-of-pocket before you leave the medical provider's facility. This is why a credit card is essential for travel emergencies. When you return home, you submit a claim for your medical and emergency bills to the travel insurance claims department. Reading the fine print of any insurance policy will inform the holder of what services are covered. Peru Alive cannot assist with purchasing coverage or any refund process and make no guarantee of refund. Participants must show proof of coverage.



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Additional Costs Not Included

Additional costs NOT included in the program are bottled water, personal gear expenses, gifts and souvenirs, personal snacks, any medical or emergency needs, evacuations, Covid or any Medical Action Plan expenses, traveler's insurance, tips for local guides and staff, hotel upgrades, single lodging occupancy, airline meals and layovers, transportation to and from international flight, extra massages other than first complimentary, all lunches and dinners throughout the trip. Food is very affordable in Nepal, but each hiker will require their own calorie intake to match their metabolism associated with the physical requirements of the hike.

How to Apply

Step 1: Once you receive the application packet, please complete and sign with all the information requested. We can email an application, or you can find it at www.peru-alive.com. Enrollment is now open and there are limited seats. All information provided is kept in privacy and is relevant to your safety and well-being while traveling abroad. You can submit your application by email to mickstem@hotmail.com or by text if you don't have access to a computer. When your application is reviewed and approved, Peru Alive will send you an invoice and payment information for a direct bank transfer (free) or by PayPal (3+ day transfer), in the amount of \$3,850 per person (add \$250 for single occupancy = \$4,100). Or \$4,850 for both trips (not including single occupancy). Payment in full is required to hold your reservation.

Step 2: Flight information, updates, travel tips, gear list, and useful information will be distributed by e-mail to help prepare for the adventure. Group participants will be invited to an informal meet-and-greet sometime in February (TBA). This meeting is highly encouraged but NOT mandatory.

Trip Facilitator and Lead Guide

Mick Stemborski discovered the wonders of Thailand on a personal trip in 2000. Mick operates Peru Alive, a Cultural Immersion Traveling Program and Study Abroad Program for higher education. He holds a master's degree in professional counseling and is a Licensed Clinical Professional Counselor. His under-graduate Degree is in Business Recreation and Leisure. Mick has been developing unique programs that introduces various groups and students to the cultural wonders of the world. He has the honor of working with many amazing people around the world and cherishes these friendships.

Money Abroad

Probably the most common question when traveling to developing countries. Here is a basic suggestion. Bring 3 forms of money. Start with a Visa or Mastercard. This can be used for bigger purchases or emergencies. Second, bring an ATM card. This will provide the best exchange rates and can be replaced if lost. Lastly, bring a few hundred US dollars in cash and



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keep for back-up when there are no ATMs or power outages. You can put this away for unexpected situations. Please: keep your passport and major means of currency on your person.

Final Thoughts

The program requires extensive traveling by plane, train, and van. The lighter the pack, the easier the traveling can be. Please, do not exceed the gear list recommendations unless you have special needs. If you require additional supplies or clothing, local merchants sell all goods at extremely low prices compared to the United States. A mild to moderate degree of physical activity is required to participate in the itinerary. Please, remember life is different outside the United States. The level of services, degree of modern infrastructure, time management and local cuisine may not be what Americans are accustomed to. This is all part of the “international experience.” All program meals, transports and sleeping accommodations will be safe, adequate, and reflect the cost of the program. Thank You.

<u>DATE</u>	<u>ACTIVITY</u>
March 9, Mon	Fly to Kathmandu - Night Flight, Loose a Day
March 10, Tue	Arrive in Kathmandu – Rest and City Walking Tour
March 11, Wed	Kathmandu Temples Van to Boudhanath, and Pashupatinath
March 12, Thurs	Kathmandu – Monkey Temple – Prep trek
March 13, Fri	Trek: Fly to Lukla – Hike to Phukding
March 14, Sat	Phukding – Namche Bazzare
March 15, Sun	Rest in Namche
March 16, Mon	Namche - Pangboche
March 17, Tue	Pangboche - Dingboche
March 18, Wed	Dingboche - Lobuche
March 19, Thurs	Lobuche – GorakShep
March 20, Fri	Kalla Pattar - Thukla
March 21, Sat	Thukla - Tengboche
March 22, Sun	Tengboche – Namche
March 23, Mon	Namche - Lukla
March 24, Tue	Lukla - Kathmandu
March 25, Wed	Kathmandu – Rest
March 26, Thurs	Fly to USA
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Add-On Trip	
March 26, Thurs	Bus to Chitwan Park
March 27-28	Chitwan Park Tours
March 29- 31	Chitwan – Pokhara
April 1, Wed	Kathmandu to USA