

# WILD PHOTOGRAPHY HOLIDAYS



## NEPAL – EVEREST BASE CAMP

### PHOTOGRAPHY & TREKKING EXPEDITION

#### HIGHLIGHTS

- Breath-taking views
- Buddhist Monasteries
- Stupas and mani walls
- Everest Base Camp (5300m)
- Khumbu Icefall
- Kala Pattar (5554m)
- Ancient Kathmandu
- Old Asan Bazaar
- Terraced Villages
- Flowering Rhododendrons
- Rain Forest
- Colourful Yak Trains
- Himalayan Flight

#### INTRODUCTION

Professional photographer/mountaineer and regular WPH guide Stuart Holmes will be returning to Everest in April 2020 with an intrepid group of WPH guests for our Everest Base Camp Photographic Expedition. Stu summited Everest in 2005, although this time his focus will be set firmly on guiding our guests through some stunning Himalayan scenery on our photographic journey to Everest Base Camp. En-route he will encourage and mentor guests in their quest to take home some fine images from this remarkable and dramatic area. Everest Base Camp is a classic trek with magnificent close up views of the world highest peaks including Everest. From the moment you step out from the small plane onto the

unimposing airstrip at Lukla, the sense of excitement and anticipation in the air is palpable. We first walk up to the Sherpa capital of Namche Bazaar, its market stalls, dramatic ridge walks and breath-taking views make it an ideal spot to rest and acclimatise, ready for the challenging days ahead. Beyond Namche, the trail traverses ever steeper hillsides, and the walking becomes increasingly exhilarating. We stay in remote lodges along the way and visit hauntingly beautiful Buddhist monasteries. When we finally leave the villages and terraced fields behind, the trail remains steady although the ruggedness of our route along with the increasing altitude begins to be felt. Don't worry though, Stu and your sherpa team will look after you well, you'll make it! Our



ultimate destinations are Everest Base Camp (5300m) and Kala Pattar (5554m) the famous vantage point with magnificent close up views of the Khumbu icefall and the SW face of Everest. Both are awe-inspiring places to stand, contemplate, take photographs and simply marvel at some unrivalled world class vistas. You can be sure that you will be joining a group of like minded people who love to take photographs, want to learn new skills and have fun whilst journeying together through a unique mountain environment.

## DAILY ITINERARY

### Day 1: Kathmandu (1345m)

Arrive in Kathmandu and transfer to our three star hotel. Our first meeting together as a group will be in the evening for introductions, a trip briefing, and an image presentation followed by dinner. Quite often flights leaving Europe will arrive in Kathmandu a day later via Delhi. Hotel Kathmandu (B,L,D)

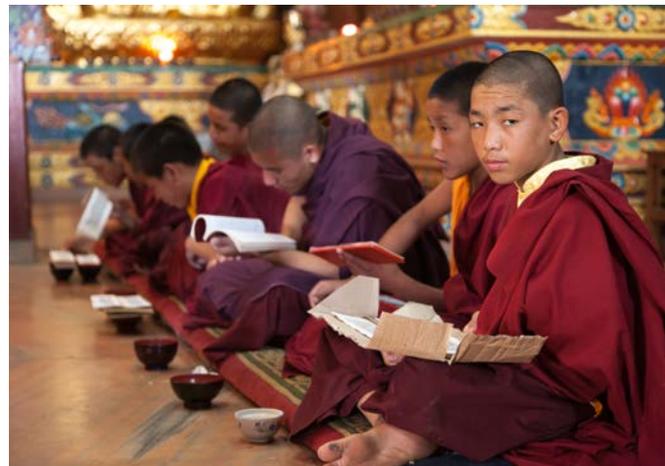
### Day 2: Explore Kathmandu

Today we travel in a private vehicle to explore and photograph some of Kathmandu's iconic and classic locations including:

**Patan Durbar Square:** Patan, the oldest of all the three cities of Kathmandu valley. Durbar Square is best known for its artistic heritage and is full of ancient places, temples and shrines noted for their exquisite carvings and is probably one of the oldest Buddhist Cities in the world.

**Boudhanath:** this is the largest dome shaped Stupa in Asia where the sacred Buddhist prayer "Om Mani Padme hum" soothes the soul from dawn to dusk. We will mingle with maroon robed monks circumnavigating Boudhanath whilst the character-full elderly citizens of Tibetan origin gather to socialize with each other.

**Swayambhunath:** the watchful eyes of Gautama Buddha look out over Kathmandu from atop this ancient Buddhist Stupa. The aroma of incense and butter lamps dominate the entire atmosphere whilst devotees circumambulate the stupa spinning their prayer wheels. A host



of monkeys throughout the vicinity justify its name, the Monkey Temple.

**Pashupatinath:** here we encounter Nepal's largest and holiest Hindu shrine lying on the banks of the Bagmati River. We will pass through a long array of small temples and sacred Shiva Lingams surrounding the golden hooded main temple. Colourful ash-smeared Sadhus are ever present around the cremation Ghats of Aryaghat. Located on the river bank these holy men epitomise the spiritual immersion of life, death and re-incarnation which is such an integral part of Hindu life and spiritual beliefs.

**Old Asan Bazaar:** this bustling colourful market can be found in Kathmandu's oldest settlement and will give us some fabulous opportunities for street photography including interesting tradesmen and culturally attired local people.

In the evening we will have a final briefing before packing & preparing for the start of our Everest Base Camp Photographic Expedition.

Hotel Kathmandu (B,L,D)



### **Day 3: Kathmandu-Lukla-Phakding (2610m) 3 hrs**

Leaving the hustle and bustle of Kathmandu behind we take an exciting flight over the Himalaya to Lukla where there is a small unimposing airport and a variety of shops and lodges. Here we will meet our porters and local guide who will be with us for the whole expedition. Once all our loads are sorted we set off through the cobbled streets of the town. Today is mainly a downhill trek through lovely forests, little villages and past sacred mani stone walls to the village of Phakding. To get to our lodge we cross a spectacular prayer flag be-decked sus-

pension bridge spanning the River Dudh Kosi. We spend our first night here.

Lodge Phakding (B,L,D).

### **Day 4: Namche Bazaar (3440m) 5–6 hrs**

We get up early as the light first thing is usually very lovely for photography. Following a hearty breakfast we leave for a trek to the main trading centre and hub for the Khumbu region, Namche Bazaar. We check into the Sagarmatha National Park entrance check point just above the beautiful village of Monjo before climbing steadily uphill. We ascend a winding path on the banks of the Dudh Kosi River, through villages dwarfed by gi-

gantic rock walls until a final climb through the forest that brings us into Namche. If we are sensible en route we will take several stops to photograph, rest and enjoy all that this lovely day has to offer. We have chosen to trek at this time of year as the Rhododendrons will be in flower and the surroundings in these lower areas will be lush and green. Namche Bazaar is in a unique position surrounded by fabulous snow capped mountains with colourful houses scattered in an amphitheatre of rock terraces (6–7 hours)

Lodge Namche Bazaar (B,L,D)



#### **Day 5: Namche Bazaar and Khumjung (3790m) 4 hrs**

This morning we will take a well deserved rest to explore the rich photographic locations of this bustling Sherpa settlement. After lunch we will venture uphill to Khumjung Village and the Everest View Hotel (3962m). We may stop for a well deserved rest and refreshing drink to enjoy some fabulous views of the mountains Everest, Lhotse, Lhotse Shar, Taboche Peak and Ama Dablam. On our way back we will visit the villages of Kunde and Khumjung set below Khumbila a rocky peak that is sacred to all Sherpas. Local people will be busy farming in fields divided by ancient stone walls. In Kunde itself we will pass the Edmund Hillary School and pay a visit to the hospital which Hillary built in the sixties. Both are still going strong funded by the Canadian based trust that he founded. Our view down to Namche from here is both graphic in it's simplicity and breathtaking. Back at our lodge we will hopefully find time to look through the images we have taken so far, and to consider some creative photographic ideas for the days to come.

Lodge Namche Bazaar (B,L,D)

#### **Day 6: Thyangboche (3860m) 5hrs**

We start our day with a long and pretty descent to the river and the little settlement of Phunki Thangkha. Here we will cross another fine photogenic suspension bridge. These bridges are always a highlight for photographers as, firstly they allow us to catch our breathe and secondly all life will pass us by at these points. Heavily laden Yak trains, porters carrying unusual loads, local children on their way to school and a host of other interesting subjects. Our journey from this point goes steeply through the rhododendron forest to Thyangboche which boasts a rather fine bakery selling a host of yummy pastries! The impressive Buddhist Monastery here is located on a hill at the confluence of the Dudh Kosi and the Imja Khola rivers. A highlight for us will be a visit to the monastery for the monks evening prayer rituals. If the weather is clear we will enjoy amazing sunset views on Everest. John Hunt leader of the successful 1953 expedition to climb Everest offered the view that,

*"Thyangboche must be one of the most beautiful places in the world. The height is well over 12,000 feet. The*



*Monastery buildings stand upon a knoll at the end of a big spur, which is flung out across the direct axis of the Imja river. Surrounded by satellite dwellings, all quaintly constructed and oddly mediaeval in appearance, it provides a grandstand beyond comparison for the finest mountain scenery that I have ever seen, whether in the Himalaya or elsewhere".*

Lodge Thyangboche (B,L,D)

#### **Day 7: To Dingboche (4360m) 5 hrs**

The early morning view across the town of Thyangboche is gorgeous and we will be sure to make the most of this by capturing the snow-capped peaks of the Himalayan mountains ignited by the sun. The more energetic may like to walk up a nearby hill for extra special vistas. After breakfast we set off for the the village of Dingboche. The The hike from Thyangboche to our lunch stop is filled with river crossings along wooden bridges, climbing up large steps through colourful gateways, standing aside to allow trains of Yaks carrying loads, their bells a constant back drop to our trek. Often the Yaks will be taking essential equipment and supplies to Everest Base Camp.

Our gradual climb will be taken slowly as we gain altitude, the Sherpa village of Dingboche is the highest settlement in this area. We spend two nights here which will help with our acclimatisation.

Lodge Dingboche (B,L,D)

#### **Day 8: Dingboche (4360m)**

Dingboche is beautifully located under the icy spires of shapely Ama Dablam. Today is a valuable acclimatisation day. You may choose to explore the local settlement where there are many fine cultural and local shots to be made. It is important that we keep moving around albeit gently as this aids the acclimatisation process. It is possible to follow a gradual trail up the Imja Khola towards the pretty village of Chukung 4750m For the hardy an attempt can be made to climb Nangkartshang Peak 5080m which is three hours steeply uphill and a further 2hrs down. The vistas from here are rather lovely, an array of peaks including Makalu the fifth highest mountain on earth. The less energetic should not despair for the views from the settlement itself are magic. This day of exploration around Dingboche will expose us to the overwhelming beauty of the place and surrounding mountain peaks, but in reality we are still four days away from actually standing beneath them!

Lodge Dingboche (B,L,D)

#### **Day 9: Lobuche (4940m) 5 hrs**

Today we will be walking above tree line passing through pastures, glacial moraine and boulder strewn paths. The walking will be slow paced as we increasingly gain altitude. To start the day we walk on a good track which climbs at first, then contours beneath the steep east face of Taboche 6367m before reaching Dughla where the



steep track levels off after the crest at approx 4840m. This beautiful small pass also known as Thukla is where we encounter several memorial shrines for climbers including many Sherpas who sadly lost their lives whilst climbing Everest. This is a beautiful place to contemplate, linger and photograph. Fluttering prayer flags, ancient stupas and numerous rock cairns can be captured against a spectacular back drop of the world's highest and most striking mountains. Reluctantly we return to

the trail which continues climbing gently to reach our lodge at Lobuche alongside the famous Khumbu Glacier. Lodge Lobuche (B,L,D)

#### **Day 10: Gorak Shep (5170m) & Kala Pathar (5545m) 8 hrs**

Today we make an early start for Gorak Shep. Throughout the day the views are fabulous. Following the main trail over moraine beside the Khumbu Glacier we arrive at this tiny settlement in around 2–3 hours for a welcome hot



drink and lunch. We will stay in Gorak Shep for just one night as this is the starting point for both Everest Base Camp and the summit of Kala Pathar. The lodge itself is in a spectacular position surrounded by remarkable mountain scenery. Today given good weather, we will set off sometime after lunch to climb to the summit of Kala Pathar, this will take 2–3 Hours depending on fitness. We are hoping to arrive at the prayer flag be-decked summit in time to photograph at sunset. We will have a panoramic view of the Himalaya including Everest's magnificent south face, Mount Nuptse, Mount Lhotse, Everest Base Camp and the dramatic Khumbu Icefall. The summits will turn a fiery red in the setting sun. All too soon we will return downhill to our lodge for a welcome rest and dinner. Tonight we will turn in early for bed as tomorrow's walk to Everest Base Camp is to be our next challenge.

Lodge Gorak Shep (B,L,D)

### Day 11: Everest Base Camp (5300m) & Pheriche (4270m) 10 hrs

Early morning we rise for breakfast before setting off on our trek to Everest Base Camp (5300m) Throughout this walk we will be surrounded by an icy and magical winter wonderland. Yak trains will move slowly along the twisting path through the Khumbu moraine, porters straining with their heavy loads will stop to rest against giant rocks to catch their breathe and swooping Alpine Choughs will play with an energy that we can only dream of! Finally we will walk into the base camp, the feeling of arriving after many days preparation and physical exertion is incomparable. We will likely feel very humbled by the giant peaks surrounding us on every side. In the camp itself mountaineers will be preparing to climb the steep icy Khumbu Icefall which tumbles down to Base Camp like a mighty white wild water river from Everest's South Col. Here climbers pitch tents before attempting to climb to the summit of Everest itself. After spending a reasonable time capturing this magical place we return to Gorak Shep for a hot drink and a rest before continuing down-



hill for around 1000 m to our lodge in Pheriche. Today will be a long day with about 10 hrs walking and we should sleep well as our altitude is now 1000m lower than Gorak Shep.

Lodge Pheriche (B,L,D)

### Day 12: Descend to Namche Bazaar (3440m) 6 hrs

From Pheriche we will take two days to descend to Lukla. Our bodies should feel more energetic with each step that we take in a downwards direction! Oxygen will come flooding back into our lungs and we will be able to descend in a much shorter time than we ascended. We will more than likely take much enjoyment from photographing some of the vistas and subjects that we missed on the way up, or perhaps did not have the energy to do so! From Pheriche we pass through and photograph Pangboche Gumpa (4000m), we cross the fast flowing waters of the Imja Khola on its magical suspension bridge, trek through gorgeous forests, pass by sacred mani stone walls and spectacularly located stupas until climbing back down ancient stone steps to the Sherpa town of

Namche.

Lodge Namche Bazaar (B,L,D)

### **Day 13: Day Lukla (2800m) 6 hrs**

Our last day of trekking is to be savoured as we pass through thick forests, experience an array of birds and some final views of the mountains. The lovely Rhododendron bushes will be blooming and the terraced fields will appear even greener than when we first passed them, our bodies will feel well acclimatised. It will seem strange to arrive back in Lukla where we first set off many days ago. If we still have the energy it is always good to capture the markets, the streams of porters, wandering pack animals and an array local people just getting on with life in this busy hub town.

Lodge Lukla (B,L,D)

### **Day 14: Himalayan Flight to Kathmandu (30 mins)**

This morning we take a second breathtaking plane ride in a twin-engine Otter through the mighty Himalaya. The return flight from Lukla to Kathmandu is followed by a transfer to our three star Kathmandu hotel. After lunch we will have the opportunity to review, discuss and work on our images, there are always some exciting moments as we re-live the wonders of our recent Everest experience.

Hotel Kathmandu (B,L,D)

### **Day 15: Kathmandu**

Our final day in Kathmandu. We have allowed an extra day here as occasionally the flights from Lukla to Kathmandu are cancelled due to the weather. We thought it would be better to have a spare contingency day to allow for this. The day will be free until the evening when we



meet together for a final celebratory dinner and an image presentation. Should guests wish to explore the area more fully then we can arrange optional tours with a local guide. Perhaps some guests may enjoy re-visiting some of the locations we visited before the trek or perhaps opt for shopping or coffee & cake in the bustling and energetic streets of Thamel?

Hotel Kathmandu (B,D)

### **Day 16: Kathmandu and Homeward Flights**

After a final breakfast together we depart from Kathmandu or maybe continue with your own plans. Together with our partner in Kathmandu we are able to arrange many other tours and trips for you such as a Chitwan jungle safari, river rafting adventures, a scenic flight, cycling or even another trek in a different area! Just ask at the time of booking.

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#### **WHAT'S INCLUDED**

- Hotel in Kathmandu
- All meals
- International airport transfers
- Lodges/tea houses during trek
- Return Kathmandu Lukla flights
- Required trek entry permits
- Local guide
- Photographic guide

#### **WHAT'S NOT INCLUDED**

- Beverages/bar bills, extra snacks
- Travel insurance
- International flights



- Nepal visa

### JOINING ARRANGEMENTS AND TRANSFERS

Participants generally arrive at different times since they will book their own flights. The first-night hotel in Kathmandu will be available for check-in at midday on Day 1. If participants arrive several hours before this, it may be preferable to book an extra night in order to get some valuable rest. Please ask us if you would like us to book this for you. It is important that you let us have your international flight details so that we can arrange transfers to and from the international airport.

### ACCOMMODATION

In Kathmandu we stay in a three star hotel. If you would like a single room then there will be a single supplement, see price online. On trek we will stay in clean Lodge/Teahouse accommodation and you will share with another person of the same gender. Wifi can be purchased in most places on trek although coverage can be random at times.

### PREPARING FOR THIS EXPEDITION

It is important that guests get as fit as possible before joining this trek/holiday. The best way to do this is to go for several hill walks of around 5–6 hours long before joining the trip. The fitter you are the more enjoyable you will find the experience. Although this is a photographic trek, it is unlikely that you will be ready for this unless you put some effort into preparing.

### CLIMATE

The most popular times to visit Nepal lie either side of the summer monsoon (rainy) season which runs from June to September. The peak of the spring season is the period from March to mid-May when the colder months of winter have been left behind, the days are longer and the forests, farmland, vegetation and flowers beside the trekking trails are at their most lush, green and vibrant. April lies in the middle month of Spring season. Spring comes in between two extreme kinds of weather- harsh winter and searing summer. Normally, the weather is stable with a pleasant temperature. In this part of the



world, most of the rainfall occurs during the monsoon months but this is a mountainous area and short-lived storms cannot be ruled out at any time of the year. Nepal's spring weather can range from cold and frosty to warm and hot. The average temperature during these months is 17°C. The sunny days can bring temperatures reaching about 25°C whereas the cold mornings and night-time may have -15°C in areas above 4000 meters. As a general rule of thumb at Base Camp in April, day-time temperatures will generally reach highs of around 10°C. At night, the average minimum temperature drops down to around -5°C. As we are travelling at high altitudes, the sun will be stronger. A good sun-screen, along with a hat and scarf for the neck are vital. It will also be important to drink a lot of water.

### DAILY ROUTINE ON TREK

You will need to have an adventurous approach in both mind and body. On trek the altitude will require participants to take things slowly and steadily. Each morning we will rise early to enjoy tea and coffee, and a wash in





warm water and catch some early morning light. If we are moving on we will need to pack our belongings, breakfast will be served about one hour later than the tea and coffee. It will be our responsibility to pack bags before breakfast to allow the Sherpas to organise their loads for transportation to the next lodge. If we are not leaving camp then of course we will probably be up and about catching the good morning light! During a trek day we can expect tea and lunch stops as a group. There will be

a communal room in the lodges and tearooms where we eat, generally socialise and review our images.

### **BAGGAGE ALLOWANCE**

Sherpas or porters will carry your baggage on trek. The packed weight of your trek bag whilst trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel. The bag should be of the 'soft holdall' type. Wheelie hard bags are not suitable for being carried by porters, these

can be left in the Delhi hotel while we are away. One possibility is to put the trek bag/holdall in your hard case 'wheelie' for travelling to India, also an empty 30–40 L ruck sack. We expect you will be carrying your camera bag as hand luggage on the long haul flight. It is not advisable to carry a full camera bag whilst trekking at altitude. During the trek you will be carrying water, sun cream, waterproof top and bottoms, hat, gloves plus a warm jacket/jumper. Additionally any personal items such as spare battery, memory card, phone, personal first aid items etc. Just make sure that you can comfortably fit these in to the rucksack that you bring.

### **LANGUAGE**

The most widely spoken language in Nepal is Nepali. Many people will also speak Hindi and many people speak some English. Learning a few words of Nepali is the best way to break down barriers especially when trying to create a rapport for some photography.

### **GUIDANCE ON TIPPING**

Tipping is an accepted and expected part of Nepalese culture, although you should only tip for services that are performed well. The total amount that you can expect to pay in tips for your local guide, porters/sherpas, local guides, as well as hotel/lodge staff etc. is around £65. It is common and welcome to donate an item of clothing or equipment to members of the trek team who look after us. Bear this in mind as you pack, you may want to include an item/s that you would consider donating. We will offer advice on tipping once you have arrived in Nepal.

## TRAVEL INSURANCE

It is recommended that you take out appropriate insurance to cover personal accident including helicopter evacuation from the trek, medical costs, repatriation, and loss of baggage and holiday cancellation. Please arrive in Nepal with a copy of your travel insurance.

## ALTITUDE

This holiday involves going to high altitude. During the course of your trip you will reach altitudes of up to 5300 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude.

## HEALTH

We will have a first-aid kit available at all times. Please bring your own small personal first-aid kit, along with any medication for personal use. Hand wash that can be applied without water is always useful for getting rid of germs and removing greasy traces from fingers that will be taking photographs! Nowadays it is relatively easy to stay fit and healthy in Nepal. We will be giving you full health advice in our Day 1 introduction/briefing in Kathmandu.

## VISAS

UK citizens will need a visa to travel to Nepal. To apply for a visa in the United Kingdom you should contact the Embassy of Nepal, 12A, Kensington Palace Gardens, London, W8 4QU (phone: +20 7229 1594 or 6231 or



5352).

Visas are available on arrival at Tribhuvan International Airport and at some land borders. To obtain a visa upon arrival by air in Nepal you must fill in an application form on arrival and provide a passport photograph. A single-entry visa valid for 15, 30 or 90 days costs US\$25, 40 or 100. At Kathmandu's Tribhuvan Airport the fee is payable in any major currency (some land crossings insist on payment in US dollars), Children under 10 require a visa but are not charged a visa fee. A Nepali visa is valid for entry for three to six months from the date of issue.

If you wish to stay for more than 60 days you can extend your visa up to 30 days by applying to the Nepali Department of Immigration at Kalikasthan, Kathmandu (phone: +977 1 4429659).

For visa Information for other nationalities visit [welcomenepal.com](http://welcomenepal.com)

## FOOD

Western and continental-type food will be available in Kathmandu together with a wide variety of other cuisines. The food on trek will be of a good standard. We will always take care to eat and stay in Lodges that have a high standard of hygiene. Bottled water is recommended and readily available. The food served during the trek is a mixture of local and western and is of a very good standard.

## CLOTHING

The best solution to temperature control is to have a number of layers available from lightweight thermal underwear through mid-layer insulation to a windproof/wa-

terproof jacket/trousers. If you have any questions feel free to contact us at anytime before the trip.

### SUGGESTED CLOTHING/EQUIPMENT

- Walking boots
- Trainers or sandals
- Normal socks
- Warm walking socks (2 pairs)
- Spare bootlaces
- Comfortable walking trousers
- Waterproof over trousers
- Underwear
- Thermal leggings
- Thermal shirts
- Buff or scarf
- Shirts or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves or mittens
- Sleeping bag (comfort rated -10°C)
- Daypack 30 to 40 litres
- Head torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2)
- Antibacterial hand wash
- Basic First Aid Kit including – antiseptic cream, throat lozenges, diarrhea treatment (Imodium), painkillers of choice, plasters and blister treatment, re-hydration salts (Dioralite).



- Insect repellent
- Wash bag and toiletries
- Travel clothes
- Small towel

#### Optional

- Trekking poles, if you normally use these
- Repair kit (e.g. needle, thread, duct tape)
- Small knife

### CAMERA EQUIPMENT ON TREK

As this is a photographic trekking expedition one of our main considerations is what equipment to bring that will do the job and allow us to enjoy the trekking too. Walking at altitude will not be fun if you are carrying a heavy pack. During the trek we envisage walking with a camera and perhaps just a mid-range zoom lens. There will be ample time at camp during the 'good light' times of morning and evening to use your full camera kit, which will be carried by porters during the daytime. In the days

leading up to the trekking we will be carrying camera bags as usual. This is when we will be photographing the more 'cultural' elements of the trip. In the vehicles you will have your camera bags with you.

## PHOTOGRAPHIC EQUIPMENT AND INFORMATION

- Camera bag or backpack such as the Flipside or Trekker series designed by LowePro.
- Any extra equipment that doesn't fit in your camera bag/hand luggage will need to go in a hard case that can be put in the aircraft hold.
- A camera with interchangeable lenses such as a digital SLR or a compact system camera/mirrorless camera.
- A set of lenses to cover a wide range of subjects, ideally a wide-angle zoom, a mid-range (standard) zoom and a tele zoom. For example... for full-frame cameras: 16–35mm wide-angle, 24–105mm mid-range and a 70–200mm or longer tele zoom. For crop format cameras: 10–20mm wide-angle, 17–70mm mid-range and a 70–200mm or longer tele zoom.
- Fixed, fast lenses for photographing in dark places. For instance a 24 or 35mm f/1.4 and a 85mm f/1.4 (optional)
- Spare camera (required)
- Travel tripod, compact but not flimsy!
- Cable release – mechanical or electronic remote to avoid shake on long exposures.
- Although not essential camera filters such as neutral density, graduated filters and polarisers can be useful. At least one neutral density filter in the range of 4–6 stops would be a good addition to your kit.

- Lens cloth, brush or blower
- Sensor cleaning device (optional)
- Lightweight 'trekking' absorbent towel for drying cameras and equipment.
- Rain cover for camera and camera bag
- Sufficient memory cards for the whole holiday as it may not be possible to buy more during the trip.
- Film users should bring enough film, as it may not be possible to buy in many places.
- A laptop or tablet to download and check images as you go along (optional).
- Backup storage device (optional)
- Ample of spare batteries and chargers, see also below.
- All electrical sockets are compatible with European two-pin plugs, so you might need a travel plug adapter.

## STAYING CHARGED ON TREK

Electricity is available at all the lodges, but it isn't always reliable. We therefore recommend that you carry enough spare batteries. This is generally not a critical issue for DSLRs with optical viewfinders. However compact system cameras/mirrorless cameras with electronic viewfinders use up batteries much quicker. If your camera falls in the latter category, you will need a good strategy. As the proprietary camera batteries tend to be quite expensive, a good solution is a combination of several spare batteries and a high-capacity power bank such as the [Anker PowerCore+ 26800mAh](#). Depending on the camera you might also need a USB charger that can be hooked up to the power bank.

Whatever solution you choose, you need to test it thoroughly before coming on the trip. Don't just buy something a few days before departure.

## PARTNERS

Although this is primarily a photography holiday, non-photographer partners will be very welcome as there are many options and interesting possibilities in addition to taking photographs.

## MORE QUESTIONS?

While we hope that this information has answered most of your questions about the holiday, we know it will not give you all the information you need. If you have any more questions, please get in touch. Talking to us on the phone (we will always call you back) can often be a quick way of sorting out individual questions. It also helps us to get to know each other before the holiday.

## BOOKING THIS HOLIDAY

Fill in the [online booking form](#), or give us a call on +44 (0)7432 808777.

## LINKS

View [images and information for this tour](#) on the website. Read about [our approach to teaching photography](#)