

## From Namche Bazar to Everest Base Camp (EBC)

From	Destination	Duration
Namche Bazar	Tengboche	5 hours
Tengboche	Dingboche/Pheriche	3 hours
Lobuche	Kala Pathar	6 hours
Kala Pathar	Everest Base Camp	8 hours

## Other Trekking routes

Namche Bazar	Khumjung/Khunde	2 hours
Khumjung/Khunde	Dole	6 hours
Dole	Macherma	4 hours
Macherma	Gokyo	4 hours
Gokyo	Gokyo Peak	3 hours
Gokyo Peak	Thaknak	3 hours
Thaknak	Phortse	6 hours
Phortse	Pangboche	2 hours
Pangboche	Park HQ, Namche Bazar	6 hours

## Safety Precautions

High altitude sickness can affect you if elevation is gained too rapidly and without proper acclimatization. The symptoms are -headache, difficulty in sleeping, breathlessness, loss of appetite and general fatigue. If someone develops the symptoms, stop ascending immediately. If symptoms persist, the only proven cure is to descend to a lower elevation. Medical advice can be sought at the Khunde Hospital and Namche or Pheriche Health Post.

## General Code of Conduct

Follow the minimum impact code while trekking so that you and your host (local nature and people) benefit for indefinite years to come. Because what you benefit from a particular tourism destination at present and future largely depends on how you impact the local environment and culture.

## Conserve forests

- The use of firewood is prohibited.
- Don't light campfires: Cook with kerosene or gas and take sufficient warm clothing.
- Choose lodges that use alternatives to wood for cooking and heating.
- Kerosene/gas could be bought from depots at Syangboche, Dole and Phortse.
- The purpose of the depots is to encourage private hotel/lodge owners to use kerosene/gas as an alternate source of energy and help conserve the alpine vegetation.

## Stop Pollution

- Carry out what you carry in.
- Buy only what won't pollute, or carry it out.
- Use safe drinking water or purify water yourself.
- Do not use the polythene/plastic materials.
- Take only photographs, leave only footprints.



## Park Regulations to follow or things to remember

- An entry fee of Rs. 3,000 (Foreigners), Rs. 1,500 (SAARC Nationals) and Rs. 100 (Nepali) visitor and Rs. 25 for tourist porter should be paid at designated ticket counter.
- Valid entry permits are available from the National Parks ticket counter at the Nepal Tourism Board, Bhrikuti Mandap, Kathmandu or park entrance gate at Manjo.
- The entry permit is non-refundable, non-transferable and is for a single entry only.
- Entering the park without a permit is illegal. Park personnel may ask for the permit, so visitors are requested to keep the permit with them.
- Get special permit for documentary/filming from the Department of National Parks and Wildlife Conservation (DNPWC).
- Documentary/filming fee of US\$ 1500 (Foreigners), Rs. 50,000 (SAARC Nationals) and Rs. 10000 (Nepali) should be paid at DNPWC. Additional 25% should be paid while using drone for documentary/filming.
- Drone (UAV) fee is same as documentary/filming fee while using it for other purposes.
- Don't remove or damage plants and animals. All flora and fauna are fully protected and must not be disturbed.
- Rubbish must be placed out, buried or disposed off in designated areas.
- No one should walk within the park between sunset and sunrise.
- Do respect the cultural and religious sites.
- Visitors should be self-sufficient in fuel supply (kerosene/LP gas).
- Camping inside the park should be made only at the designated areas.
- Carry out non biodegradable items such as batteries, plastic bags and bottles.
- Mountain bikes and motor bikes are prohibited inside the park.
- Never trek alone, hire a local guide if you can't find a companion.

Wish you a very happy and memorable experience !

2019



SAGARMATHA NATIONAL PARK



## Background

Sagarmatha National Park (SNP), declared in 1976, is situated in north-eastern part of Nepal that covers 1,148 km<sup>2</sup> of the Himalayan ecological zone in the Khumbu region of Nepal. The mountains of the park are geologically young and are broken up by gorges and glacial valleys. The prime attraction, the 8,848m-high Mount Everest- lies in the park, which is also home to two other eight thousand -Lhotse and Cho Oyu- besides several other prominent peaks above 6,000m, namely, Thamserku, Nuptse, Ama Dablam and Pumori. The park includes the upper catchment areas of the Dudhkoshi River and is largely composed of rugged terrain with deep gorges, glaciers and huge rocks. Recognizing its superlative natural characteristics and unique ecosystems of international significance, UNESCO has declared the park a World Heritage Site in 1979. Gokyo and associated lakes in the SNP has been declared wetlands of international importance under the Ramsar Convention in 2007.

The Sherpa people, whose lives are steeped in Buddhism, live in the region. The famous Tengboche and other monasteries are common gathering places where they celebrate such festivals as the Dumje and Mani Rimdu. In addition to the Tengboche, some other famous monasteries are Thame, Khumjung and Pangboche.

In 2002, an area 275 km<sup>2</sup>, surrounding the park has been declared a buffer zone, which consists of forests and private lands. The park and the local people jointly initiated community development and conservation activities and manage the natural resources in the buffer zone. The National Parks and Wildlife Conservation Act, 1973 has made a provision of ploughing back 30-50 percent of the park's revenue into community development and conservation of the buffer zone.

## Flora and Fauna

Sagarmatha National Park and its buffer zone consists of temperate to nival zone which is rich in floral and faunal diversity. The vegetation found at the lower altitude of the park includes the blue pine and hemlock forests and in between Rhododendron scrub. Alpine plant communities are common at higher altitudes including silver fir, Juniper, birch etc. Altogether 865 plant species have been recorded here out of which 62 species are globally significant.

The park has a comparatively low number of mammalian species as the area is the geologically recent origin of the Himalayas and too cold



climate. The park is home to the Red panda, Snow leopard, Musk deer, Himalayan tahr, Marten, Wolf, Himalayan black bear and Himalayan mouse hare (Pika). Many of these mammals are listed as endangered and threatened species. In addition, eight species of reptiles, seven species of amphibians and 30 species of butterflies have been recorded in the area. The park and its buffer zone provide habitat for at least 219 species of birds including the Himalayan monal, Snow cock, Blood pheasant, Red-billed chough and Yellow-billed chough.

## Fact sheet

Sagarmatha National Park and Buffer Zone	
National park declared year	July 19, 1976
National park area	1,148 Km <sup>2</sup>
Location	North-eastern Nepal (Solukhumbu District)
World heritage site listed	1979 (Natural Site) -Site No. 120
Ramsar site declaration	2007 (Gokyo and associated lakes)-Site No. 1692
Bioclimatic zone	Temperate-alpine-nival zone
Elevation	2300m-8848m above mean sea level
Major geophysical characteristics	Mt. Everest Region, Glaciers, Valley
Major glaciers	Khumbu, Imja, Ngozumpa and Nangpa
Major peaks	Sagarmatha (8,848m), Lhotse (8,501m), Cho Oyu (8,153m), Nuptse (7,896m)
Main mammals	Snow Leopard, Musk Deer, Red Panda
Main birds	Himalayan Monal, Blood Pheasant
Major tree species	Pine, Hemlock, Fir, Juniper, Birch
Buffer zone declared	January 1, 2002
Buffer zone area	275km <sup>2</sup>
Rural Municipality	Khumbu Pasang Lhamu ( Ward No: 2, 3, 4, & 5)
Population	7161
Major caste groups	Sherpa, Tamang and Rai
Economy	Tourism, agriculture, animal husbandry, business, mountaineering

## Major attractions

- The world's highest peak Mt. Everest (8,848m above mean sea level)
- Two other peaks Lhotse and Cho oyu higher than 8,000m
- Mt. Everest Base Camp and Kala Pathar
- Gokyo lake and glaciers
- Chukung and Thame Valley
- Snow Leopard, Musk Deer, Red Panda and Himalayan Monal
- Sherpa culture and Monasteries



## Accommodation

There are several resorts, hotels, lodges, tea houses and camp sites in the park and its buffer zone that offer modern amenities.

## Use of Entry Fee

30-50 percent of the park's entry fees goes directly to the Buffer Zone Communities for:

- Biodiversity Conservation Programme
- Community Development
- Conservation Education
- Income Generation and Skill Development

## How to get the Park

The most common ways to reach the park headquarters, Namche from Kathmandu are:

- Flight to Lukla and two days walk
- Bus to Jiri and 10 days walk
- Flight to Phaplu and 5 days walk
- Drive to Salleri and 5 days walk

## Trekking Routes

The trek from Namche to Kala Pathar is very popular. The Gokyo Lake and Chukung Valley provide spectacular views. Thame Valley is known for its Sherpa culture while Phortse is famous for wildlife viewing. There are some high passes worth crossing over. However, the trekkers must have a guide and proper equipment for the trek.



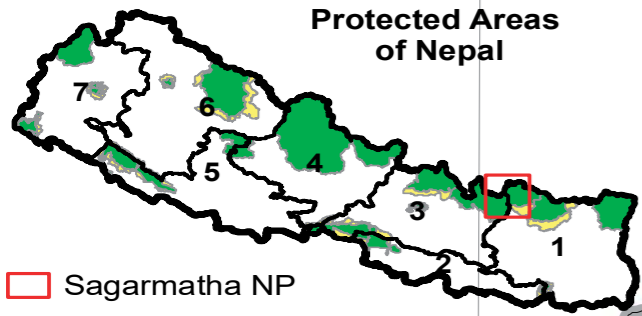


86°30'0"E

86°40'0"E

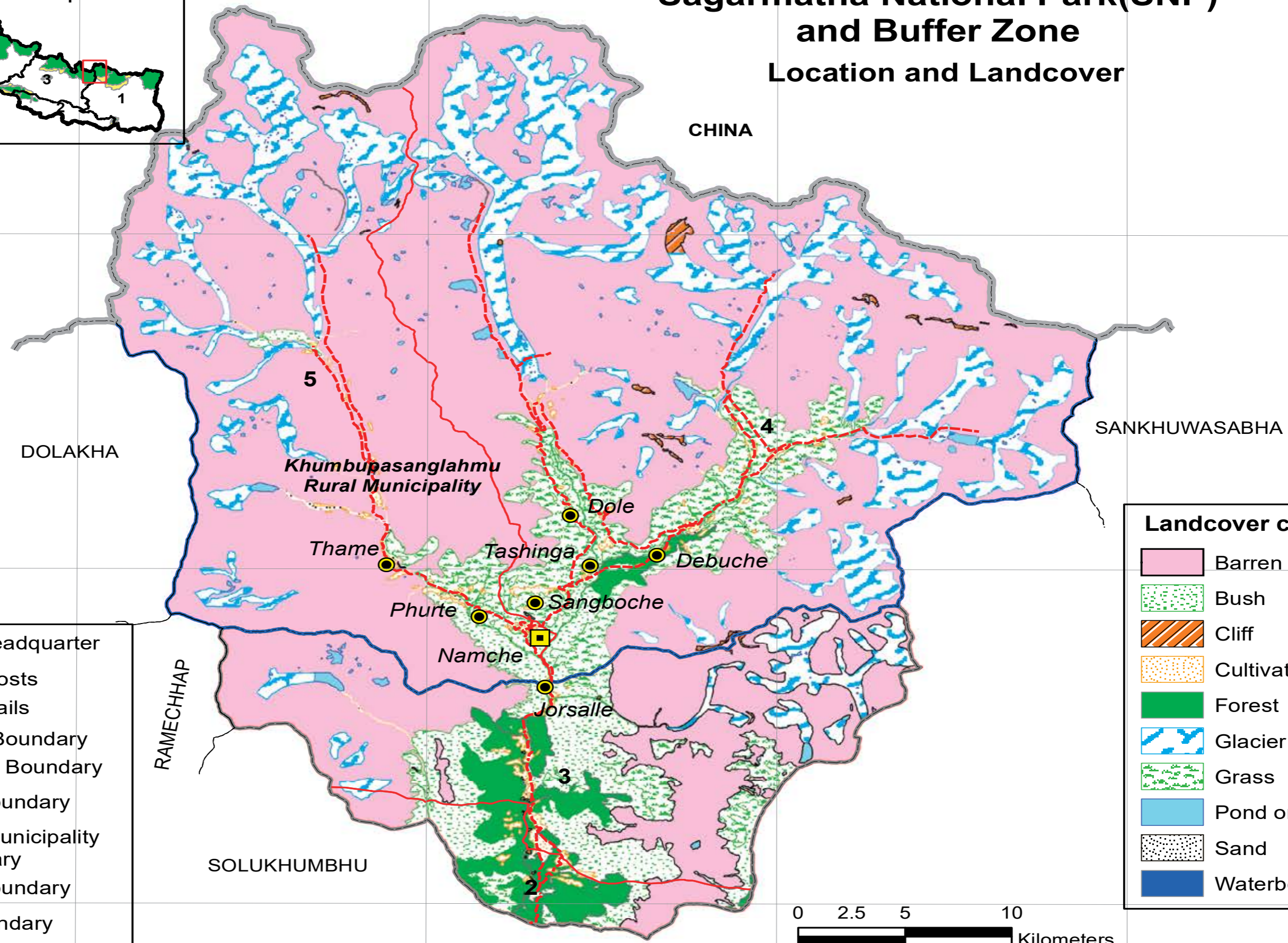
86°50'0"E

87°0'0"E



# Sagarmatha National Park(SNP) and Buffer Zone

## Location and Landcover



### LEGEND

- Park Headquarter
- Other Posts
- Main Trails
- District Boundary
- National Boundary
- Ward boundary
- Rural Municipality boundary
- Park boundary
- BZ boundary

### Landcover class

- Barren Land
- Bush
- Cliff
- Cultivation
- Forest
- Glacier
- Grass
- Pond or Lake
- Sand
- Waterbody



Source : DoS, MoFALD and SNP/DNPWC, GoN.

© DNPWC, 2074 (2018)

28°0'0"N

27°50'0"N

27°40'0"N Designed by: BN Dhakal