

Everest Base Camp Trek

With Ascent of Kala Patar, 5550m



Introduction

A tough trek taking the group from the vibrant Kathmandu Valley, where we pitch camp against a backdrop of great Himalayan peaks, to high altitude, with the iconic Everest Base Camp as our goal. This is one of the most popular high-altitude walking routes in the world, but it is important not to underestimate the challenge it presents.

A gradual ascent, with plenty of time to acclimatise, makes this challenging expedition an achievable goal, but students will need to be prepared for an arduous journey in which they'll have to overcome the effects of altitude and often-difficult trekking conditions.

Walk-in option: we also offer an extended Everest Base Camp trek with a lengthier walk-in. From Kathmandu, you drive to Jiri region on day 2 and begin trekking from Bhandar on day 3. This is offered to those groups wishing to avoid the internal flights to Lukla that are otherwise necessary, and thus avoid the potential delays that often occur on internal flights in Nepal. This extended 22-day itinerary is also a great opportunity to see a less-trodden region of Nepal.

Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

Itinerary

Day 1: Kathmandu (1300m)

You will be met on arrival in Kathmandu by our local climb team. They will brief the group on the journey ahead, and answer any questions you may have about the route.

This evening we camp at a quiet campsite in Dulikhel, in the Kathmandu Valley. Dinner will be served at the camp, then an early night ready for a fresh start tomorrow morning!

Day 2: Fly to Lukla (2,900m), and begin trek to Tok Tok (2,760m), 3-4 hours

Transfer to the airport for the morning flight to Lukla. The domestic aircraft are small, and so depending on the size of the group we may need to form multiple flying groups. Patience will be required, as the domestic airport is very busy and flights are frequently delayed.

The views from the plane – of terraced hills backdropped by the distant Himalayan giants – are stunning. On arrival in Lukla, the different flying parties will meet up at the Paradise Hotel ready to begin the trek into the Khumbu region. It is a relatively easy 3-4 hour trek contouring along the Dud Khosi River to take you to Tok Tok (2,760m), tonight's resting place. Be prepared for your first rope bridge crossing and for the enormous number of trekkers, porters and yaks on the trail. During this initial trek, it is very important that the students stay in the allocated walking groups and listen to the advice from the guides and team leaders.



Day 3: Trek to Namche Bazaar (3450m), 5-6 hours

Continue to trek along the banks of the Dudh Kosi, crossing this roaring river on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply (be prepared for a height gain of over 690ms.) and you can expect breath-taking views as you approach Namche Bazaar, the gateway to the Khumbu region, and the setting for tonight's campsite.

Day 4: Everest Viewpoint (3660m) and short trek to Kyanguma (3550m)

Today is primarily a rest and acclimatisation day with only a short trek this morning. We will climb first up to the Everest Viewpoint, situated just above Namche, from where we will have tremendous views of Mt. Everest, Lhotse (the 4th highest peak in the world) and the beautiful Ama Dablam.

Then descend via Khunde village and continue a short way on the route to Everest Base Camp, until reaching a lovely camping place at Kyanguma. The rest of the day is for relaxation and acclimatisation.

Day 5: To Deboche (3,820m), 4-5 hours

From Kyanguma we trek along the contour of the hill and then down to the valley floor en route to Tangboche (3,860m). The climb up to Tangboche is arduous with a height gain of around 600m. It will be a tough climb but you are rewarded with amazing views into the deep and lush valleys below.

Our route will take us through the spiritual centre of the Khumbu region. At Tangboche there is a famous monastery, inside of which are ornate wall hangings, a giant sculpture of Buddha, and the musical instruments and robes of the Lamas. After visiting the monastery, continue down to Deboche, which is about half an hour's distance, where we camp in the grounds of the Rhodendrun Lodge.



Day 6: To Dingboche (4,410m), 4-5 hours

Our trek continues along the roaring glacial waters of the Dudh Kosi, as we leave the temperate wooded zone and head into the barren uplands. The air becomes thinner the higher we climb and so we will need to maintain a slow and steady pace while taking the necessary precautions against altitude sickness: frequent rest and lots of water. We cross another exciting suspension bridge above the Imja River, and climb to Pangboche amongst thousands of Mani stones.

From Pangboche the route winds high above the valley floor, passing through various Sherpa settlements until we climb up to reach our camping place for the next two days, Dingboche.

Day 7: Acclimatisation day in Dingboche

Today is an acclimatization day, intended to help the group adjust to the effects of the altitude. There is the option of a light hike up the nearby ridge to see the stupas, and for views of the spectacular 6,000m peaks of Tawoche, Cholatse, Island Peak and the 8,000m wall of Lhotse. On a

clear day one may see Mount Makulu, a giant of more than 8,000m and the 5th highest mountain in the world. Near to our camping place and tea house in Dingboche there is an internet café charging reasonable connection rates, allowing the group to contact loved ones at home.

Day 8: To Lobuche (4,910m), 4-5 hours

From Dingboche, the trail climbs and contours upwards across exposed slopes. We will stop near Thokla (4,620m) for lunch before continuing along the lateral moraine of the Khumbu Glacier.

Above Thokla we pass by stone memorials to climbers who have died on the mountains around us. Look carefully and you'll find touching memorials to famous mountaineers. From Thokla Pass, we follow the trail to Lobuche, where we camp just below the terminal moraine of the tributary glacier. Please note: the valley is a wind corridor and can be very, very cold, especially when the sun is behind the peaks.

Lobuche is a small village, always busy with trekkers and sherpas, and the last settlement on the route to Everest Base Camp.



Day 9: To Gorak Shep (5,164m), 4-5 hours

An early morning start brings us closer to our objective.

We wind our way through the terminal moraine of the Khumbu glacier to our accommodation at Gorak Shep, situated at the base of Kala Patthar. This was the original Base Camp used by Sir Edmund Hillary and Tenzing Norgay on their successful ascent of Everest, before the Base Camp moved closer to the mountain on the edge of the Khumbu Icefall. Overnight at Gorak Shep.



Day 10: Everest Base Camp (5,346m), 4-5 hours

Today will see us reach our primary goal, Everest Base Camp, located at the foot of the Khumbu Icefall. The start of the trail is across a dried up lake. After approx. 3 hours of steady uphill trekking, which will see us picking our way around boulders and patches of snow and ice, the prayer flags of Everest Base Camp will come into view. After a last uphill push, taking us past the fascinating glaciers of the Khumbu icefall, we arrive – breathe a sigh of relief! To have achieved at your objective is fantastic but don't expect too much of Everest Base Camp itself – it's a barren, bleak location! After a rest and celebratory pictures, turn back for the journey down to Gorak Shep. Breathe another sigh of relief – well done!

Lunch at Gorak Shep and then get some much-needed rest in preparation for tomorrow's attempt on Kala Pattar.

Day 11: To Kala Pattar (5,550m), 4-5 hours then down to Dingboche (4,410m), 3-4 hours

This morning we set out from Gorak Shep to climb the non-technical trail to Kala Pattar (5,550m), where we're rewarded for our efforts by unforgettable views. From this lofty perch we can clearly see the summit of Mount Everest, Nuptse, Lhotse and Ama Dablam—an amazing panorama!

After a brief rest and photo opportunity, we begin our descent to Pheriche, where we camp tonight.

Day 12: Descend to Pangboche and on to Kyangjuma, 6-7 hours

Today we follow the route back down the Khumbu Valley to Pangboche and on to Kyangjuma. The route is mainly downhill, and as we'll be retracing our ascent route much of the scenery will look familiar. As you descend you should find that you breathe more easily; consequently we allow the trekking days and distances to become longer.

Today is one such long, but rewarding, day, taking you out of the rock and scree of the upper Himalayas, and back to the trees and valleys of the foothills. Arriving at Kyangjuma, we stop to rest at the now-familiar campsite. We'll see lots of trekking parties pass us, heading north to EBC and other summits – hopefully you'll get the chance to talk to some about the road ahead, and about your own journey. Remember to look back before you leave the upland viewpoint near Deboche, to see how far you've come.



Day 13: Descend to Tok Tok, via Namche Bazaar, 6-7 hours

Return to the busy town of Namche, a dramatic contrast to the barren uplands you've arrived from. We stay in Namche for an hour or so to shop for souvenirs and relax, then it's down a steep trail to the big suspension bridge far below Namche, and finally to Tok Tok, where we camp.

Day 14: Trek to Lukla (2,840m), 5- 6 hours

Today marks our last day on the trail, as we hike from Tok tok to Lukla. There is a sting in the tail because the final sections are over ridges and valleys, and then a final uphill push to reach Lukla. Be prepared for a tough day and be patient!

Tonight, we'll arrange for a celebratory dinner in Lukla, and accommodation in a comfortable, heated lodge with hot showers.

Day 15: Fly to Kathmandu (1,350m)

Depart Lukla this morning. The scenic morning flight back to Kathmandu gives us one last chance to say farewell to the mountains.

On arrival in Kathmandu, check into Gokarna Forest Resort, or similar.

Flight schedule allowing, we shall have time over the next day and a half to explore, go shopping, and visit the Kathmandu and Baktapur Palaces, temples and markets.

Day 16: Kathmandu

This extra day in Kathmandu will be used up in the event of flight delays to Lukla earlier in the expedition.

Day 17: Departure

Transfer to Kathmandu Tribhuvan International Airport this afternoon for your return flight home.



Key Points

Expedition Summary

Trek Grade:	Tough
Trek Duration:	13 days trekking
Total Trip Length:	17 days
Accommodation:	Camping
Suggested age group:	Years 10-11

Location

Our Everest Base Camp expeditions take place in the Himalaya region of Nepal. Access is via Kathmandu and Lukla.

Elevations

Lukla, the starting point for the Everest Base Camp trek, is located at an altitude of 2900ms/9512ft. The trek takes us to a high point at Kala Pathar of 5550ms/18204ft. Other noteworthy high points are Namche Bazaar at 3450ms/11316ft, Gorak Shep at 5410ms/17745ft and Everest Base Camp at 5346ms/17535ft. Nepal has one of the most varied altitude profiles of any country in the world, ranging from lowland plains to 8000m+ mountain peaks.

Geology

The region is formed and constantly developing due to the collision of two giant continental tectonic plates, which has forced the uplift of the ranges we know as the Himalayas. The ranges include the sources of some of the great rivers of the world such as the Indus and the Ganges and, of course, the Himalayas are home to the world's highest mountain, Everest, standing at 8348ms.

Climate & Geography

The climate of Nepal is divided into two main seasons: the monsoon season from June to September, and the dry season from October to May. In April/May Base Camp can be around -10 to -7c in the early evening. Late Sept/October – November is the start of the dry season; the weather is warmer, the air is clean, visibility is perfect and the country is lush following the monsoon. In Sept & October, early evening temperatures are from -5 to -10c. In December and January the climate and visibility are good but it can be exceptionally cold, and trekkers need to be well prepared for snow. The early evening temperature in December/Jan can be from -15 to -17c. Early morning hours, when most climbers set out to climb, are very cold. During the day temperatures are warmer than these quoted, if the sun is out, but at night it will always be well below zero. You must be prepared for the worst, as mountain weather conditions can be extremely unpredictable

Altitude Impact

Expeditions to Everest Base Camp take the trekkers over 5550ms, and the “thinner” air will have a big impact on the way we feel and perform. The itineraries are scheduled to allow for acclimatization to altitude.

Cultural

Most Nepalis are Hindu, especially in the capital and plains areas. The Middle Hills are mixed areas, with Hindu castes, predominantly Chhetri, living among ethnic groups (possibly of Tibetan origin) such as Gurungs, Magars, Tamangs, Rais and Limbus who practice various mixtures of Hindu, animistic and Shamanic practices. Buddhist groups such as Sherpas and Tamangs live in mountain areas.

The national language of Nepal is Nepali, which is closely related to Hindi. It is not essential to learn the language – English is widely spoken and for many Nepalese their second language – but efforts made to learn key phrases and greetings is likely to be warmly appreciated.

Educational Opportunities

There are, naturally, many opportunities for geography and geology studies. The rich tribal and religious diversity of Nepal also offers a good source for religious studies. Both expeditions pass through villages where there are schools to visit and support and the Himalayan Trust projects may also be visited when they are in the vicinity of your trek.

General Information

- **Language** – Nepali
- **Time** – 5 hours + 45 mins ahead of GMT (UTC+05:45)
- **Flight Time** – from UK approx. 14 hours
- **British Embassy in Nepal** - PO Box 106, Lainchaur, Kathmandu, Nepal (+977 (1) 4410583/4414588)
- **Currency regulations** - Rupeya (Nepalese rupee). The rupeya cannot be carried outside of Nepal and must be bought and exchanged in-country.

Contact

Jeremy Gane, Gane and Marshall

Tel: 01822-600-600, email: jeremy@ganeandmarshall.com



Gane and Marshall

Tel: +44 (0)1822-600-600

e-mail: info@ganeandmarshall.com website: www.ganeandmarshall.com

