

Everest Base Camp Trek

amidst the world's highest peak, valleys & villages

Trek Grade	:	Moderate/Adventurous.
Maximum altitude gain	:	5,545m.at Kalapatthar.
Highlights	:	World's highest national park, rich buddhist culture, warm-friendly locals, traditional village, land of world heritage, high alpine valleys in the shade of the towering Mt.Everest.
Trekking	:	13 /14 days. (Lukla to Lukla)
Total Trip	:	17/18 days (Kathmandu to Kathmandu)

Introduction:

The Everest region is understandably one of the most popular and spectacular destinations for walkers, and it offers some of the most fascinating and enjoyable trekking. This trek begins with a sweeping scenic flight to Lukla and the trek starts from here, the trek follows many farm villages enroute with beautiful views of the high snow capped peaks of the world, and to the highest spot at Kalapatar for the outstanding breathtaking view panorama of peaks and its glacier including Mt.Everest at close stone throw distance.

Our Everest Base Camp itinerary is the deluxe package in Khumbu adventures. We include all the highlights of the Everest National Park including Namche Bazaar, Khumbu's Sherpa capital, unmatched view point of Kala Patthar (5,545m) and ever exciting Everest Base Camp which are extraordinary viewpoints for Nuptse, Everest, Lhotse. With ample time and opportunity to visit the Buddhist monasteries of Pangboche, one of the oldest in the area, and at Thyangboche, one of the newest as it was re-built in after being burnt to the ground.

Itinerary:

Day 1: Arrive Kathmandu.1,300m. via respective airlines.On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff and will escort you to the Hotel, where one of our leader or a guide will give you an orientation of the Hotel, Kathmandu, Trek/Camping, do's and don't and other related information that you might require while in Nepal. Our Tour Officer will ask for your International flight ticket and your passport for safe keeping and for reconfirmation of your out bound flight from Kathmandu Do not hesitate to do this, this is one of our routine services and it will be in the safe hand while you are on the trek.

Day 2: A day in Kathmandu.

After your first night in Kathmandu, you will be well informed on arrival about the the time for your half day guided sightseeing tour in Kathmandu at places of interest. Depending upon your flight arrival if its late in the night we will do this tour in the afternoon instead of morning to give you a nice sleep and rest before you venture out of the Hotel for our interesting tour.



Day 3: Fly from Kathmandu to Lukla & trek to Phakding.

Approx: 45 minutes flight to Lukla 2,800m 9-10km (3 hrs walk) to Phakding at 2,652m. Early morning after breakfast you will be transferred from the Hotel to domestic Airport a short drive of 20-30 minutes, after the necessary security formalities (keep your pen-knife-lighter-matches and other sharp cutting items including scissors and other knife in the bigger baggage not in hand bags) board in the smaller twin otter / dronier or similar plane for the sweeping panoramic flight to Lukla, on arrival you will be received by our trekking staff. In Lukla you will have time to wander around, while the Sherpa crew sort and divide the load on the Ghopkyo (mix breed of Yak & normal cow, as the Yak cannot survive below 3000m) some loads are carried by porters. Lunch hour depending upon the time of arrival at Lukla either in Lukla or few walks farther down enroute to Phakding. The walk is gradual and most of the way, with few ups from Tarhe khola, where you can have a superb view of Kusum-Kangru 6,369m crossing a short suspension bridge, from here after a short climb brings us to the Ghat village, another 1 1/2hr of gradual walk brings you to Phakding village for the overnight stop near the bank of the Dudh-Kosi river.

Day 4: Namche Bazaar 3,440m. 5-6 hrs.

From Phakding after crossing the suspension bridge over the Dudh-Kosi the walk is pleasant with few short uphill and downhill and re crossing the same river again, with magnificent view of Thermasarkhu 6,608m, from the village of Benkar, cross the long suspension bridge over the Bhote-Koshi river, finally reaching a small village of Monjo after the last 20minutes climb from the stream, where you can see interesting water-mill grinding roasted corns and barley for Tsampa, one of the staple food of the Sherpas, Tibetans and other mountain people. Monjo is situated below the magnificent peak of Thermasharkhu and near the entrance of Sagarmatha National Park.

After few minutes walk from Monjo, comes to the entrance of Sagarmatha National Park, where your trekking permit especially the park ticket is checked and keeps the record of all trekkers going to and from this place including the local trekking staff as well, if you have a video camera please let them check, for a normal home video camera is free to carry and shoot inside the park, but for bigger commercial camera a fee of US\$1000 is charged. From here a short descend and a gradual walk brings us to the suspension bridge over the Bhote-Koshi river, after the bridge Jorsalle village is reached, the last village till Namche Bazaar is reached, after a short walk, a second bridge is reached over the same river, the walk is pleasant on the river bed till the last bridge over the Imjatse river is reached, from here the walk is along the winding uphill path all the way to Namche Bazaar, with magnificent view of Kwangde peak and it other sister peaks towards east, with Kusum kangru on the back as you climb higher, view of Mt.Everest- Nuptse wall, Lhotse and the closer view of Taweche peak can be seen all the way up on clear day, till Namche Bazaar is reached for the overnight stop.



Day 5: Rest Day at Namche Bazaar.

Suggested activities a short walk uphill to the Sagarmatha National Park Headquarter, a magnificent spot perched on top of Namche Bazaar with breathtaking view of the surrounding snow capped giants and the valleys way down, with an interesting museum with all kinds of information regarding the history of the Himalayas, geographic, culture, mountaineering history and existing information on flora and fauna of this region. Afternoon at leisure.

Day 6: Trek to Thyangboche 3,867m. Approx 5 hours. O/N Lodge.

The walk is relatively easy for the first half after the climb from Namche Bazaar towards the main path to Thyangboche, walk reaches to a small settlement of Shanasa. From here the trail descend to Imjatse river at **Phungitenga** 3,250m, a small settlement with couple of teahouses in the midst of the alpine woods of mostly silver fir blue pines, rhododendron and some few magnolia and birch trees. At Phungitenga there's an interesting prayer wheels propelled by water, from the nearby streams, the walk from here is strenuous for an hour on the winding trail through the shade of woods till a small religious monument of prayer stones covered with rhododendron leaves and junipers is reached. From here the walk is gradual uphill for another hour, with great view of the close peaks of Thermasarkhu and Kantenga, finally reaching at Thyangboche after a good walk of less than two hours from the lunch stop at Phungtenga. Thyangboche one of the most beautiful place in the Himalaya the first thing that comes to your eye is the big Monastery or Ghompa, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam with Everest looming above the Nuptse wall in the north with Mt. Lhotse and Lhotse Shar towards north east.

Day 7: Trek to Dingboche 4,358m. 5 hour.

After a wonderful time at Thyangboche, the trail descend through a forest of birch, fir, juniper and rhododendron and coming to lovely spot at Deboche 3,650 m with magnificent view of Mt. Ama Dablam, Mt. Everest, Nuptse and Lhotse, from Deboche walking past the long prayer mani wall, the path is gradual till you reach a small bridge over the narrow gorge of Imja-Tse river. From here the walk is gradual uphill most of the way, as you come to a large mani wall gate, a little further from here the route diverts into two ways, the upper one going to the upper **Pangboche** village, where the old Monastery is located, the gradual low route is the straight forward main trail to Dingboche Pheriche and beyond. At Pangboche with a short break our walk continues with a short climb to Shomare for lunch a small settlement with fantastic view of Ama-Dablam. After a nice stop here walk leads gradually towards east, after an hour walk, before a small wooden bridge the road splits into two ways, the north going to Pheriche and our trail leading towards east beneath towering north face of Ama Dablam, from here onwards Ama Dablam looks completely different, from the bridge the trails climbs slowly winding above the Imjatse river, till we come to a big mani Stupa, from here onwards the walk is fairly moderate as you enter the Imjatse Valley beneath the mighty peaks of Ama Dablam, Nuptse and Lhotse with view of the eastern snow capped mountains including the Island peak or Imjatse 6,189m, which is a popular peak amongst all the trekking peaks in Nepal.



Dingboche is a beautiful patchwork of field enclosed by stonewalls, protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals. Dingboche has about more than ten teahouses.

Day 8: Rest Day at Dingboche.

An optional day for a hike, at Dingboche there are places where one go for a short walk. Trek to Chukung 4,730m.is worth while which takes approx. 3-4 hours from Dingboche, towards east within the Imjatse Valley, although the trek is gradual, however you can feel the thin air as the altitude gains slowly coming towards Chukung. At Chukung, there are about five teahouses overlooking superb view of the snow capped peaks and glaciers of Lhotse, Ama-Dablam and Imja glacier, Chukung the last settlement in eastern Khumbu.

Day 09: Trek to Loboche 4,928m. 5 hours.

From Dingboche the trail diverts towards north, the path is gradual up for about 40 -50 minutes as you come to a mani-prayer Stupa, from here the trail is gentle on the hard meadow looking down below Pheriche village, today's walk offers beautiful view of the Mt.Tawache, Ama Dablam and to the north Pokalde 5,741m, Kongma-tse 5,820m and the great wall of Nuptse. After a pleasant walk of 1 1/2 to 2 hours the trail from Pheriche joins near Thugla, before a small wooden bridge over the torrent river of Khumbu glacier. Thugla, the only place with teahouses before Loboche. From Thugla, an hour steep up brings you to the top, where you can view Mt.Pumori and other peaks west of Everest, the spot here is good place for a few minutes break after the strenuous climb, close to this spot you can also see a number of memorial of the unfortunate climbers, who died in expeditions around the mountain of this region, From here another 1 1/2 to 2 hours of gradual ascend brings you to Loboche, Loboche comes as a surprise, as its situated in the corner well hidden and sheltered from the wind. Loboche has about 5-6 Teahouses.

Day 10: Trek to Gorakshep 5,160m & Kalapatthar 5,545m.

Today is the day for your final destination of this adventurous journey at the foot of number one, the first hour walk is gradual up the valley at the end of the grassy field, a short 20 minutes climb, the walk from here follows the rocky moraine path, as you walk you can see the icy-glacial pond and icebergs down below of Khumbu glacier. After the last rocky moraine dunes a short downhill walk bring you to Gorakshep on the flat field below Kalapatthar 5,545m and Mt.Pumori 7,145m. Gorakshep has two teahouses, and it used to be a base camp in the early 50's expedition to Mt.Everest. After a break here at Gorakshep continue towards Kalapatthar, a few minutes of easy walk on the sandy field, then a steep climb for 45 minutes brings you to the near level field, the walk from here is gradual till you reach the rocky spot after an hour, from here another steep climb to the top for another 1/2 hour. After reaching the top, you will feel glad as you achieve the moment that you been dreaming, since the beginning of the journey.



Top of Kalapatthar is a small rocky peak on the southwest ridge of Mt.Pumori, the view from here is beyond imagination as the Everest looks within a stone throw distance, between the summit of Nuptse and Lho-la and Lhotse on the back, the panoramic view from this spot is worth the hard climb, a magnificent spot to be here on a clear sunny day to view an array of mountains up to the far horizon, to the south Khumbu glacier sweeps below you, overlooking the Everest Base camp down below on the moraine of Khumbu glacier. Afternoon can be very windy here, after a great moment with the panoramic view descend for the overnight at Gorakshep.

Day 11: Trek to Everest Base Camp 5,357m. 5-6 hrs.

The final day of this great adventure, continues towards Everest Base Camp and to the Khumbu Ice-fall, the path from here can be misleading, follow the lead Sherpa, every year the trail changes due to the movements of the glacier, the walk is quite strenuous due to the high altitude and thin air, the walk passes through over rocky dunes and moraine and streams, till you reach the base camp. Everest Base Camp is lively with commotion during the high expedition season. After a good time here retrace the journey back to **Loboche** for the overnight.

Day 12: Trek to Pangboche 3,860m. Approx. 6 hrs.

The walk today will be easy heading downhill to a lower elevation, from Loboche the walk is same all the way to Thugla. After the bridge our route descends following the stream towards Pheriche valley, after 40 minutes of downhill the walk gets better as reach the valley floor, an hour of easy good walk brings you at Pheriche 4,243m.

After a break here, a short walk brings you to the bridge from the bridge it is nearly downhill all the way with few ups in between to Pangboche.

Day 13: Trek to Khumjung 3,790m. Approx. 5 hrs.

The walk continues on the same trail via Diboche and Tengboche to reach Khumjung. Afternoon time permitting we will visit Himalayan Trust Project and local school.

Day 14: Trek to Monjo. 2,835m. Approx. 4-5 hours walk.

The walk is pretty easy today we will be walking downhill most of the time except climb uphill to reach Syangboche Airport. We can also visit Everest View Hotel on the way. From Namche we retrace the journey all the way down to Monjo for overnight.

Day 15: Trek to Lukla. 5 hrs walk.

Last day of this great trek will be one of the good walk to Lukla, you can walk at your own best pace, leisurely and enjoying the lush green scenery around.



Apart from few short uphill the only long climb will be just before Lukla, which will take approximately 45 minutes from a place called Choplung or from the old big oak tree. On reaching Lukla, prepare for the last day great dinner and a party with the fellow Sherpa crew, porters and trekking members.

Day 16: Fly Lukla-Kathmandu.

The flight time to Kathmandu, are schedule for morning normally, because of the wind in the afternoon, sometime the flight time can be delayed due to bad weather and other reason beyond our command. As we get hold of the boarding pass depending upon our flight time we make our way to the terminal for security check, this scenic flight from Lukla takes about 45 minutes to Kathmandu, a panoramic view of the snow capped peaks can be seen from window of the plane.

Arriving at Kathmandu domestic terminal, our staff will be waiting to receive and escort you back to the Hotel.

Day 17: Free day in Kathmandu.

Free day at lesiure for individual activities, shopping guided tour will be organised on request.

Day 18: Depart Kathmandu for International flight back home.

A short ride of half hour will drop you at the International Airport for the flight back home or to your respective destination.

Morning at leisure for individual activities, afternoon transfer to International airport for the final departure to respective destination.

Prices from USD1500 per person based on 2 travelling
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See following page for a safari to **SAGARMATHA NATIONAL PARK**



**SAGARMATHA NATIONAL PARK
AREA (1,148 SQ. KMS.)**

LOCATION: Sagarmatha National Park is located to the Northeast of Kathmandu in the Khumbu region of Nepal. The park includes the highest peak in the world, Mt.Sagarmatha (Everest), and several other well-known peaks such as Lhotse, Nuptse, Cho Oyo, Pumori, Ama Dablam, Thamserku, Kwangde, Kangtaiga and Gyachung Kang. The park was added to the list of World Heritage Sites in 1979.

FEATURES: The mountains of Sagarmatha National Park are geologically young and broken up by deep gorges and glacial valleys. Vegetation includes pine and hemlock forests at lower altitudes, fir, juniper, birch and rhododendron woods, scrub and alpine plant communities, and bare rock and snow.

The famed bloom of rhododendrons occurs during spring (April and May) although other flora is mostly colourful during the monsoon season (June to August)

Wild animals most likely to be seen in the park are the Himalayan thar, ghoral, serow and musk deer. The snow leopard and Himalayan black bear are present but rarely sighted. Other mammals rarely seen are the weasel, marten, Himalayan mouse hare (pika), jackel and languor monkey.

The park is populated by approximately 3,000 of the famed Sherpa people whose lives are interwoven with the teaching of Buddhism. The main settlements are Namche Bazaar, Khumjung, Khunde, Thame, Thyangboche, Pangboche and Phortse. The economy of the Khumbu Sherpa community has traditionally been heavily based on trade and livestock herding.

But with the coming of international mountaineering expeditions since 1950 and the influx of foreign trekkers, the Sherpa economy today is becoming increasingly dependent on tourism.

Ask for a quote to visit this fabulous National Park in Nepal.

