

## EVEREST BASE CAMP TREK

*in the heart of the Khumbu Himalaya*



### **Day 01 Arrive Kathmandu**

You will be met on arrival in Kathmandu and transferred to your hotel in the city centre. This evening, meet with your climb guide for a pre-climb briefing, covering transfers, kit, conditions on the mountain, and other related topics. This is a good time to ask any questions you may have about the climb.

### **Day 02 Half day guided sightseeing tour in Kathmandu**

Embark on a half-day guided sightseeing tour in Kathmandu, taking in Durbar Square, Swoyambhunath, Taleju and Jaggannath Temples. Evening at leisure.

### **Day 03 Fly to Lukla (2,900m). Trek to Phakding, 3-4 hours**

Depart Kathmandu this morning on the early flight to Lukla, from where you begin your trek into the Khumbu region. The views from the plane are stunning, providing dramatic scenes of terraced hills and the distant Himalayan giants. After landing, we meet our ground crew and begin our Himalayan journey with a 3-4 hour trek to Phakding (2,635m), where we rest tonight.

#### ***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.

## Day 04 To Namche Bazaar (3,450m), 4-5 hours

We continue trekking 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 with breathtaking views to Namche Bazaar, the gateway to the Khumbu region.

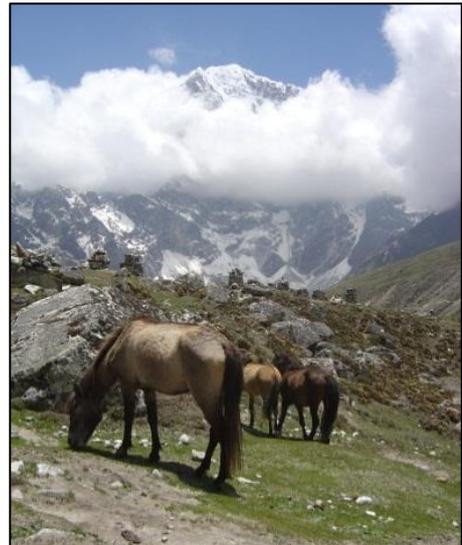
## Day 05 Rest day in Namche Bazaar

Today is set aside as a rest and acclimatisation day in Namche Bazaar.

Namche is the Sherpa capital and a bustling village, filled with markets and traditional Sherpa houses.

You will have the option to take an early morning hike to the Sherpa Museum, from where, on a clear day, you'll be able to see Mt. Everest, Lhotse (the 4th highest peak in the world) and the beautiful Ama Dablam. The Sherpa Museum houses an exhibit on traditional Sherpa lifestyles and also a fabulous photography display, which you will have time to view.

The rest of the day is for private exploration of this enchanting place. We meet for dinner in the evening.



## Day 06 To Thyangboche (3,864m), 4-5 hours

From Namche Bazaar, we follow a ridge route to Thyangboche, with amazing views into the deep and lush valley below.

Our walk today ends at the famous Thyangboche Monastery, the spiritual centre of the Khumbu region. There will be time to tour the monastery, inside of which you'll discover ornate wall hangings, a giant sculpture of Buddha, and the musical instruments and robes of the Lamas.



## Day 07 To Pheriche (4,252m), 4-5 hours

Our trek continues along the roaring glacial waters of the Dudh Kosi, with magnificent views of the high peaks. We cross another exciting suspension bridge over the Imja Khola, and climb to Pangboche, a small settlement situated amid thousands of Mani stones.

From Pangboche, the route winds high above the valley floor, passing through various Sherpa settlements until we reach our resting place for the next two days, Pheriche.

## Day 08 Acclimatisation day in Pheriche

Today is an acclimatisation day. Most trekkers will begin to feel the effects of altitude above 4,000m, so it's important to take the time to rest and allow your body and lungs to adjust to the thin air.

There is the option of a light hike up the valley for a wider variety of photos and views of the spectacular 6,000m peaks of Tawoche, Cholatse, Island Peak and the 8,000m wall of Lhotse.

On a clear day, it's possible to see Mount Makulu, a giant of more than 8,000m and the 5th highest mountain in the world.

## Day 09 To Lobuche (4,900m), 5-6 hours

From Pheriche, the trail traverses through farmland and meadows. We stop in Dzugla (4,570m) for lunch, before continuing along the lateral moraine of the Khumbu Glacier.



This afternoon we'll pass by the stone memorials, dedicated to climbers who have died on the mountains. You might like to take the time to stop and read some of the messages left to these past mountaineers.

Expect to reach Lobuche, where we camp just below the terminal moraine of the tributary glacier, late afternoon.

## Day 10 Gorak Shep (5,410m) and Kala Pattar (5,550m)



An early morning start brings us closer to our two objectives.

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 was moved closer to the mountain on the edge of the Khumbu Icefall.

From Gorak Shep, we ascend the non-technical Kala Patthar (5,550m) and are 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. This is simply an amazing panorama and we'll allow ample time to savor the rewards of our efforts!

## Day 11 To Everest Base Camp (5,346m), 4-5 hours

Today's trek will take us to our goal, the Base Camp of Mount Everest, located at the foot of the Khumbu Icefall! Today's trail is relatively gentle with few steep ascents, though the altitude and climate may mean that you need to muster all of your energy to reach your end goal!

Expect to reach Everest Base Camp early afternoon. We rest tonight at the camp, giving you a chance to thoroughly explore this historic area.



## Day 12 Descend to Pangboche (3,985 m), 4-5 hours

Today we follow the route back down the Khumbu valley to Pangboche, where we camp.

## Day 13 To Namche Bazaar (3,440m), 3-4 hours

Back down to what will seem after all our time in the hills the booming town of Namche. Get ready for all those luxuries you may have missed! The afternoon is free for you to explore the small town. You might like to make a stop at one of the bakeries. There is also an internet café in Namche, offering limited internet access.

## Day 14 To Lukla (2,840m), 3-4 hours

Our last day on the trail sees us hike from Namche to Lukla, where we overnight.

This evening, enjoy a celebratory meal and drink in Lukla.

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

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

Arriving in Kathmandu late morning, we will have the rest of the day to explore, go shopping, and visit the palaces and markets.

A favourite destination for many is Swayambhunath, more popularly known as the Monkey Temple – a Buddhist temple situated on a small hill that offers panoramic views of the city. Or perhaps join the thousands of Hindus who venture to the Pashupatinath temple, one of the most famous Hindu temples in Nepal.

## Day 16 Departure

After breakfast, transfer to the airport for your international flight home/onward transfers. Please keep your air ticket, departure tax (in local currency) and your passport handy.

