

# Gane & Marshall

TAILOR-MADE DESTINATIONS

## EVEREST BASE CAMP TREK *With Ascent of Kala Patar, 5550m*



### **Day 1 Depart London Heathrow on overnight flight to Kathmandu**

Depart London Heathrow this evening for o/nt flight to Delhi, arriving early next morning.

### **Day 2 Arrive Kathmandu, meet our staff and transfer to Camp**

Connect from Delhi to Kathmandu. On arrival at Kathmandu Tribhuvan International Airport you will be transferred to a camping place at Dulikhel in the Kathmandu Valley, west of the city. This evening you will meet the local support team, and learn about the set up for meals and camping.

### **Day 3 Drive Kathmandu to Bhandar via Jiri**

Today we take an early morning drive to Jiri, about 187 km north-east of Kathmandu. On the mountain roads, it takes around 6-7 hours to reach Jiri. From Jiri, we continue driving to Bhandar, our trek start point. Enjoy the views of Kosi River and panoramic views of the eastern Himalaya including Ganesh Himal, Langtang Lirung and Dorje Lakpa. Overnight at Bhandar.

**Day 4 Bhandar to Goyam**

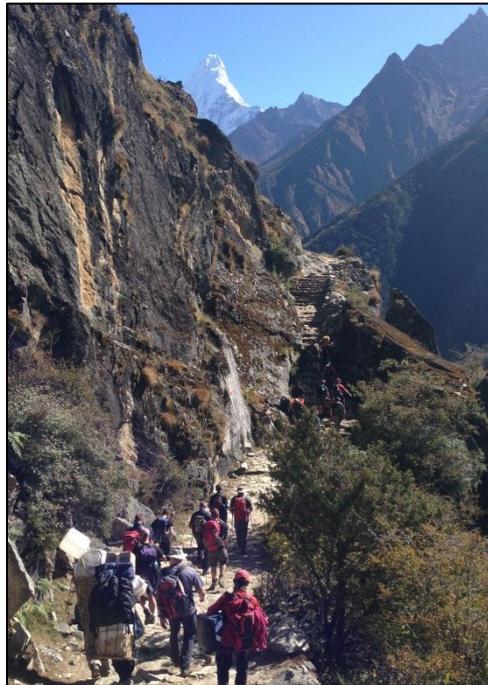
Descend the trail from Bhandar through deep forests, crossing a few streams and passing the small settlements of Dokharpa and Baranda along the way. Climb through the forests winding down to the Surma Khola. Continue to Likhu Khola Valley, and then climb a ridge up to the small settlement of Kenja. Another steep ascent to Chimbu and continuing further we finally reach Goyam.

**Day 5 Goyam to Ringbu**

An uphill climb to Lamjura La through forests of pine, magnolia, maple, birch and rhododendrons. We pass the villages of Dagchu and Goyem en route. Lamjura La pass, at 3,530 meters, is the highest point between Jiri and Namche Bazar, and offers a panoramic view of the surrounding green mountains. Descend down the pass to Tragdobuk, Junbesi, and finally Ringbu.



**Day 6 Ringbu to Khari Khola**



Leaving Ringbu, we cross the stream beyond Junbesi and climb up a forest slope en route to Salung. After about an hour of trekking, expect a mesmerising view of the Himalayan mountains. The mountains that are visible include Everest, Lhotse, Nupte, Makalu, Thamseruku, Mera Peak, and many other of the greatest peaks. This is the first view of Everest on this trek, although the lower peaks look closer and higher than the distant 8,000m-high mountains. Continue the trail to Salung and then descend to Ringmo Khola. Ascend to Ringmo, cross the Trakshindo La pass and descend to Trashingdo. After another hour's descent through conifer and rhododendron forests and terraced fields, we arrive at Nunthala. Descend down the trail to the Dudh Koshi River. We follow the Dudh Koshi River as we head upward to Khumbu. Cross the bridge, climb to Jubing and continue straight to Churkha. Finally, climb the trail eastward to reach Kharikhola

**Day 7 Khari Khola to Surke**

Leaving Kharikhola, we soon come to a suspension bridge. Crossing the suspension bridge, we being another steep climb to Bupsa, today's lunch stop. The trail from Bupsa rises through a

forested stretch passing Kharte. From Kharte, an uphill climb takes us to Khari La pass. Enjoy the magnificent views of the Khari La pass of Gyachung Kang and Khumbila mountains, among others. Descend to Puiyan and continue to Surke along an undulating path.



**Day 8 Surke to Tok Tok**

From Surke, our trail climbs toward Chaurikharka. Initially, the trek moves up to Chhiplung, then the trail moves down to Tok Tok, where we join the original Everest Base Camp trail from Lukla and camp near Tok Tok.

**Day 9 To Namche Bazaar (3450m), 5-6 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 (be prepared for a height gain over 690ms.) and you can expect breathtaking views as you approach Namche Bazaar, the gateway to the Khumbu region.

**Day 10 Everest Viewpoint (3660m) and short trek to Kyanguma (3550m)**

Today is primarily a rest and acclimatisation day near to Namche Bazaar. We will trek first up to the Everest Viewpoint above Namche, where they are great 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 11 To Deboche (3,820m), 4-5 hours

From Kyangjuma we trek along the contour of the hill and then down to the valley floor en route to Tangboche (3860m). The climb up to Tangboche is arduous, with a height gain of around 600m. It will be a touch climb but once up you are rewarded with stunning views into the deep and lush valleys below. Take a moment to rest and enjoy the view.

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.

At Deboche we set up camp in the grounds of the Rhodendrun Lodge.



## Day 12 To Dingboche (4,410m), 4-5 hours



Our trek continues along the roaring glacial waters of the Dudh Kosi, with magnificent views of the mountains. Today we leave the temperate wooded zone and head into the more barren uplands. The air becomes thinner as we climb higher, so be prepared for the effects of altitude – you may feel out of breath or light headed. We cross another suspension bridge on the Imja Khola, 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 13 Acclimatisation day in Dingboche

Today is set aside as an acclimatization day, now that we have gone well above 4,000m. There is the option of a light hike up the nearby ridge to see the stupas, and 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 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.

#### **Day 14 To Lobuche (4,910m)**

From Dingboche the trail climbs and contours upwards across some exposed hill 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 the 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: this valley is a wind corridor and can be very, very cold, especially when the sun is hidden.

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



#### **Day 15 To Gorak Shep (5,164m)**



An early morning start brings us closer to our two 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 Gorak Shep.

## Day 16 To Everest Base Camp (5,346m), 4-5 hours

Today we will journey towards our goal, the Base Camp of Mount Everest, located at the foot of the Khumbu Icefall. After a cold start the path leads you initially downhill across a dried up lake. After approx. 3 hours you'll pick your way up & down around boulders with the prayer flags of Everest Base Camp slowly getting nearer. After a last climb, past the fascinating glaciers of the Khumbu icefall, you're there. To have achieved your objective is fantastic but don't expect too much of Base Camp itself – it's a bare, bleak location.

After a rest and celebratory pictures, turn for the journey back down to Gorak Shep. Well Done!

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



## Day 17 To Kala Pattar (5,550m), 4-5 hours then down to Dingboche (4410m), 3-4 hours

This morning we set out from Gorak Shep to ascend the non-technical trail up Kala Pattar (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.



After a brief rest and chance to admire the view from Kala Pattar, we begin our descent, stopping at Pheriche to overnight.

**Day 18 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 you'll be retracing the route that you took up here much of the scenery will look familiar. As you descend you should find that you breathe more easily and consequently we allow the trekking days and distances to become longer.

It is a long but rewarding day, taking you out of the high land with its rock and sand, and back to the trees and valleys that were a feature of the early part of your trek. Again you're using the same campsite. Lots of people will pass you heading north – hopefully you'll get the chance to talk to some of them about the road ahead of them, and about your own adventures. Remember to have a good long look back before you leave the upland viewpoint near Deboche.



**Day 19 To Namche Bazaar and on to Tok Tok, 6-7 hours**

Today we return to the busy town of Namche, a dramatic contrast after several days in the uplands. We stay in Namche for an hour or so to shop and relax, then down the steep descent to the big suspension bridge far below Namche, and finally to Tok Tok where we camp.

**Day 20 To Paiya, 8-9 hours**

Today marks our last day on the Khumbu trail, as we hike from Tok tok to Paiya via our ascent route. We overnight in Paiya.

**Day 21 To Nunthala, 8 hours**

Today we set off early and continue back down the ascent trail to Nunthala, where we overnight. This is a long day, but we will take it at a steady pace, with plenty of time to stop and rest as needed.

**Day 22 To Junbesi, 7-8 hours**

We leave Nunthala and continue along the now familiar trail to Junbesi. Again, today will be a long day, but we will take it at a steady pace.

**Day 23 To Kinja, 7 hours**

Leaving Junbesi, we descend to Kinja. Today's trek is largely downhill. We will be walking for several hours, but as we descend further into warmer climes and a more hospitable altitude the walking should become much easier.

**Day 24 Trek to Jiri via Bhandar**

Today is our final day of trekking. Setting off early, we can hope to reach Bhandar early afternoon in good time for lunch. The rest of the afternoon is free to rest.

**Day 25 Drive to Kathmandu**

After breakfast, we set off for Kathmandu by private vehicle. Tonight the group will enjoy a celebratory meal in Kathmandu to mark their achievement. Well done!

**Day 26 International flight home**

Transfer to Kathmandu Tribhuvan International Airport this afternoon for your return flight home. This is a long day with around 10 hours of actual flying and 5 or more in between.

