

NEPAL TREKKING: TOWARDS EVEREST

HNTR # 10: EVEREST BASE CAMP TREK

Itinerary:

Day 01:

Arrival at Kathmandu airport
You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



KATHMANDU DURBAR SQUARE: Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

Day 02:

Kathmandu city sightseeing (1,315 m)
Today we explore the Kathmandu valley.

SWOYAMBBHUNATH: Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

PASHUPATINATH: It's a sacred temple complex on the banks of the holy Bagmati river. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing sadhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

BOUDHANATH: The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

Day 03:

Flight to Lukla (2,804 meters), trek to Phakding (2,610 meters) : 3 hours

An early morning start takes us to Kathmandu Airport for the 35 minute flight to Lukla (2,804 m). On arrival at Lukla airport our guide will brief us and introduce our porters before we begin our trek towards Phakding (2,610 m).

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Day 04:

Phakding to Namche Bazaar
(3,441 meters) : 5.30 hours

The trail follows the Dudh Kosi before climbing to Chomoa, through magnificent forests of rhododendron, magnolia and giant firs. Further long the track we cross the Kyashar Khola before entering the Sagarmatha National Park, a Unesco World



Heritage site, where we may be fortunate enough to see Himalayan tahr, musk deer and impeyan pheasants. Inside the park, the trail makes a steep descent to again follow the Dudh Kosi before the long climb to Namche.

Day 05:

Namche Bazaar Acclimatization day

Namche Bazaar, a relatively large village is known as the Gateway to Everest. We will spend a day here in order to acclimatize to the altitude. We have the opportunity to visit a museum celebrating the traditional customs of the Sherpa people. We can also hike up the Syangboche Airport, and around Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise or sunset over the panorama of the Khumbu peaks.

Day 06:

Namche Bazaar to Tengboche Monastery (3,860 meters) : 5 hours

Our trek today takes us to Tengboche Monastery at altitude 3,860 meters. Tengboche is the largest and most active monastery in Khumbu and you will enjoy the opportunity to be part of a prayer ceremony here.

Day 07:

Tengboche Monastery to Dingboche (4,350 meters) : 5.30 hours

We continue to climb as we head to the altitude of 4,350 meters taking our time to allow for acclimatization. We will pass through Orsho, descending to a bridge across the Khumbu Khola at 4,130 m, before traversing to Dingboche.

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Day 08:

Day trip to Chhukung valley (4,710 meters) and trek back to Dingboche

Today we will enjoy another day for acclimatization. A hike up to the Imja valley affords tremendous views of various peaks including Ama Dablam and the Amphu Lapcha pass. This day hike is one of the visual highlights of the trek.

Day 09:

Dingboche to Lobuche (4,910 meters) : 5 hours

Today, we continue to climb to Lobuche, a major trekking stop. We may be lucky enough to enjoy the sunset on Nuptse, a memorable sight. As we are heading to the altitude of 4,910 meters, our pace will be relaxed to allow for acclimatisation and any breathing difficulties.

Day 10:

Lobuche to Everest Base Camp (5,365 m) then back to Gorak Shep (5,180 m)

Early in the morning leaving Lobuche, we will head up to Everest Base camp (5,365 m), and return to Ghorakshep at elevation of 5,180 m at noon for our overnight stay.

Day 11:

Hiking up the Kala Pattar (5,555 m) then trek back down to Pheriche (4,200 m)

The Kala Pattar (5,555 m) climb is one of the most rewarding parts of the trip. Nearing the top of Kala Pattar, more of the peak of Everest itself can be seen, and a short distance further provides a clear view to South Col. We then descend to Pheriche at elevation of 4,200 meters.

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Day 12:

Pheriche to Namche Bazaar
(3,441 meters) : 5.30 hours

Leaving the mountains behind us our descent takes us through Tengboche Monastery (3,860 m) and through Phunki Thanga before arriving back at Namche Bazaar (3,441 m) in the afternoon.

Day 13:

Namche Bazaar to Lukla
(3,404 meters) : 6 hours

Finally we return to Lukla where the trek began, which seems a lifetime ago. The descent back to the Dudh Kosi at Jorsale will test our knees, but we will also enjoy the warmer temperature at this altitude. We will enjoy reflecting on the trek as a group, and the personal achievement of all those who took part.

Day 14:

Lukla - Kathmandu

A short flight will take us from Lukla back to the rush of a larger city.

Day 15:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips. Tour ends with THANK YOU!!



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Package Cost:

1 pax: US \$ 2230

2 – 4 pax: US \$ 1940

5 – 8 pax: US \$ 1730

9+ pax: US \$ 1600

Single Supplement:

US \$ 265 per person

Hotels:

Kathmandu: Royal Penguin Boutique Hotel

In the tour it is also possible to take **1 hr mountain flight to Everest.**

SERVICE INCLUDED:

- All airport transfers
- Accommodation in twin sharing basis with breakfast
- All sightseeing by deluxe vehicle with guide
- National Park entry fee & TIMS permit
- Accommodation (in lodges along the way)
- Food: 3 meals a day (provided from the menu)
- Tea / Coffee 3 times a day
- A good English speaking Sherpa guide & porter/s
- Essential equipment like trekking stick, sleeping bag, dawn jacket, water bottle, rain poncho
- All sightseeing entrance fees
- First Aid Kit Bag
- Insurance for Staff

SERVICE EXCLUDED:

- Lunch & dinner during stay in Kathmandu
- All bar bills, Laundry, Tips
- Emergency rescue
- Any extra cost due to weather or political problem.