

NEPAL TREKKING: TOWARDS EVEREST

HNTR # 9: EVEREST BASE CAMP – via GOKYO

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 saddhus 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 4:

Phakding - Namche Bazaar
(3,440 m / 11,283 ft) : 5 - 6 hrs

Upon breakfast, we start our pleasant trek. The walk today will be delightful with few short uphill and downhill with multiple crossings over Dudh Koshi River and magnificent view of Mt. Thamserku (6,608 m) from the



Benkar village. We cross more bridges and reach entrance of Sagarmatha National Park at Monjo, where our trekking permits are checked in order to keep record of trekkers. A descend and a gradual walk brings us to Jorsale, the last village until Namche Bazaar. The walk is enjoyable through the river bed and we reach Hillary Suspension Bridge. As we climb up towards Namche Bazaar, magnificent sight of Kwangde Peak, Kusum peak, Kangaru peak, Mt. Everest, Lhotse, Tawache, and many other fabulous mountains greet us. Finally, we reach the colorful village of Namche Bazaar, the main gateway of Khumbu region. Overnight in Namche Bazaar.

Day 5:

Namche Bazaar: Acclimatization Day

This is the first of the two days set aside for «acclimatization». Health experts recommend us to stay active and moving during the rest day too instead of being idle. We either spend the day taking a day's hike to Thame or visiting Khunde or relaxing and exploring Namche Bazaar itself. Namche Bazaar is the main centre of the Everest (Khumbu) region and has government offices, ATMs, Internet cafes, shops, restaurants, a bakery and a colorful market each Friday evening and Saturday. If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. Our guides take us to the Tourist Visitor Center near the headquarter of the Sagarmatha National Park where we can observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. We also take an interesting side trip up to Khumjung and also climb up to famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley is surrounded by the snowy peaks of Kongde and Thamserku and the scared peak Khumbila, hosts a well known monastery that houses a yeti scalp. We also pay our visit to Hillary School which is located at the same site. After having lunch and spending some time in Khumjung, we walk back down to Namche Bazaar. Overnight in Namche Bazaar.

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Day 6:

Namche Bazaar - Thame (3,825 m / 12,496 ft) : 5 - 6 hrs

After breakfast in Namche, we start our trek enjoying superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking



magnificent view of the great Himalaya. Along the way, we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. We are taking a different route that will take us by the Gokyo Valley with its sacred lakes that reflect the beauty of the Himlayan skies. Thame features a picturesque monastery that has long been popular with people visiting the Khumbu region .Thame is a small monastery village: passes through dense forest, situated at the altitude of 3,825 m and the birth place of Tenzing Norgay Sherpa- first man to reach Everest Summit with Edmund Hillary. Overnight at Thame.

Day 7:

Thame - Lungden (4,300 m / 14,104 ft) : 6 - 7 hrs

After Breakfast Heading towards Lungden - on the way crossing the bridge on the Dudh Koshi river; following along to the upper end of the valley. Along the way you will see Sherpa farmers, doing yak as these animals prefer the colder, higher elevations. Overnight at Lungden.

Day 8:

Lungden - Gokyo via Renjo La Pass (5,335 m / 15,744 ft) : 8 - 9 hours

Early morning after breakfast we head upto. It's a high elevation day as we cross the 5,000 meter mark. We walk part-way on a glacier and its is steep uphill to Renjo La Pass. It may be tough walk, but when you get to top of the pass, you will behold one of the finest views of the Himalayas! We'll definitely stop for pictures. It is usually quite windy up here on this high pass. From here we will be able to look down into the beautiful Gokyo Valley and see some of the sacred lakes. Today's trek is long one, round 8 - 9 hours of trekking it will be one climbing and dealing with snow, but when you see that view from on the top of the pass, you will be more than happier. The great beauty of Himalayas requires an effort to discover. Gokyo village stands by the third lake and Cho-Oyu Mountain as a backdrop sets an amazing spectacular sight here. After lunch, we explore around the third Lakes, Dudh Pokhari. We spend night in a teahouse with comfortable bedrooms. Overnight at Gokyo.

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Day 9:

Gokyo Valley:

Climb to Gokyo Ri

(5,357 m / 17,570 ft) &

hike to Fifth Lake : 5 - 6 hrs

Today is an acclimatization day but we know we should not stay idle. If the weather is good, we grasp the opportunity to climb Gokyo Ri today instead of next day to enjoy the scene from the best viewpoint of Everest Region. Or, as we know Gokyo is not only popular for its grand view but also for the six lakes which it hosts. Definitely we



would not miss the chance to observe the Fourth Lake (Thonak Tsho) and Fifth Lake (Ngozuma Tsho). About 3 km north of Gokyo is the fourth lake with its high cliffs and peaks rising above it. The trail continues to fifth lake. If interested, we climb on a hill at the edge of the Lakes to get astounding views of amazing mountains. We can see a lot more from here - the spot is called Scoundrel's Viewpoint. Beyond the fifth Lakes is the Cho Oyu Base Camp. Northern part of the fifth lake provides fabulous views of Cho-Oyu Base Camp and biggest glacier of the world- the Ngazumpa glacier. Moved by the charm, we may even try to go sixth lake too but depends upon our own interest and time. Back to Gokyo village. Overnight at Gokyo

Day 10:

Gokyo to Thaknak (4,750m / 15,580 ft) : 3 - 4 hrs

The way back from Gokyo is an easy downhill walk along the Dudh Koshi River that emerges out of the Ngozumpa Glacier. We leave the beautiful Gokyo valley with its many sacred lakes. Our journey will take us to a lower elevation in order to reach the village of Thaknak. We feel like we are surrounded by panoramic mountains like Kusum Kanguru, Thamserku, K 43, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse, and Pumori. Sight of sunrays kissing the Everest that towers over all surrounding peaks is unlike from Kala Patthar (from Kala Patthar Nuptse seems taller). Thaknak for overnight scaling by the second Lakes and the Ngozumba Glacier.

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Day 11:

Thaknak to Dzongla (4,850 m / 15,908 ft) via Cho-la Pass (5,367 m / 17,604 ft) : 4 - 5 hrs

Cho La Pass is also another show up of this trip. Today is the toughest day and we need to start early (4 - 6 am) compared to other days on the trip. The pass is not itself difficult but it is steep and involves a glacier traverse on the eastern side. We need to be careful as the trail is vertical and the rocks glazed by ice add trouble to the trekkers making the trail slippery. Thought the trail from Phedi climbs through a ravine and a rocky trail we climb up continuously. While trekking through the side of a frozen lake we reach at the top of the pass decorated with prayer flags. The pyramidal Ama Dablam presides over a range of mountains on the south even as Cholatse soar on the west and Lobuche East and Baruntse rises sharply to our right. We need to pass through some crevasses before we reach Dzongla, another beautiful place with a complete view of Mt. Cholatse, Mt. Ama Dablam, Lobuche peak and the Pheriche village far below. Overnight at a very basic local lodge.



Day 12:

Dzongla to Lobuche (4,940 m / 16,207 ft) : 2 - 3 hrs

Today's walk will be a bit shorter. Thus, we would get more time to observe and relax. We climb down from Dzongla and cross a bridge and then transverse through grassy trail. Enjoying the view of Lobuche Peak we stretch up eventually through a ridge. Ama Dablam, Kangtega, Thamserku Taboche are seen looming prominently. Curving round through the wide gravelly river bed, we will be at Lobuche. Overnight at Lobuche.



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Day 13:

Lobuche - Gorak Shep (5,170 m / 16,961 ft) - Everest Base Camp (5,364 m / 17,594 ft) - Gorak Shep: 8 - 9 hrs

The trail to Gorak Shep goes ahead through the lateral moraine of the Khumbu Glacier. We pass through the pyramid sign post.

Ahead on the trail we see crest of north ridge of Everest along with

Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, etc. A small ascent would take us to Thangma Riju from where we perceive 360 degree vista of snowy mountains. Climbing steeply up to the top through the torrent of Changri Glacier, we catch our first glimpse of Kala Patthar, a grey-green knoll beneath the Mt. Pumori.

As we reach Gorak Shep, we will find snow-capped mountains looming all around us including the top of the world - Mt. Everest. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. Nuptse, Khumbustse and Pumori are the mountains we can view from the base camp. Everest actually is not visible from here. By now we have met the ultimate objective of our trip.

Overnight at Gorak Shep.

Day 14:

Gorak Shep - Kala Patthar - Pheriche (4,280 m / 14,070 ft) : 8 - 9 hrs

Today is the climax of our trip. We start early in the morning to catch the dramatic views from Kala Patthar witnessing the first light of day shining on Mount Everest. However, we need to get prepared for an early morning, dark and cold temperature (-10 to -14 C) departure beforehand. Further, there is always the potential for chilly wind which is quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. During the ascent to Kala Patthar, we can pause to catch our breath at several outstanding view points to snap pictures. After several hours of an ascent, we reach Kala Patthar. From this juncture, we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kala Patthar where rocks our eyes taking unbelievable Himalayan Panorama, wandering from one mighty massif to another. Overnight at Pheriche.



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Day 15:

Pheriche - Pangboche - Tengboche
- Namche Bazaar

(3,440 m / 11,280 ft) : 5 - 6 hrs

Today is much easier walk down to the lower altitudes. From Pangboche we retrace our footsteps down to the Imja Khola and up through the forest to Debuche or if interested, we might pay our visit to nuns at the Debuche monastery. Upon having lunch at Tengboche, we continuing through the hillside blanketed by rhododendron and juniper trees. We either have our lunch in Pangboche or wait until we reach Phunki Tenga. After crossing the prayer flag festooned



bridge over the Dudh Koshi River, trail then follows the Dudh Koshi gorge descending rapidly through the pine forests. The path eventually reaches Sansa. After passing a Chorten, we reach the army camp at of Namche Bazaar. Overnight in Namche Bazaar.

Day 16:

Namche – Lukla

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 17:

Lukla - Kathmandu

A short flight will take us from Lukla back to the rush of a larger city. The remainder of the day in Kathmandu is at leisure.

Overnight at Royal Penguin Boutique Hotel & Spa.

Day 18:

Departure

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

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Package Cost:

1 pax: US \$ 2310
2 – 4 pax: US \$ 2110
5 – 8 pax: US \$ 1955
9+ pax: US \$ 1830

Single Supplement:

US \$ 285 per person

Hotels:

Kathmandu:
Royal Penguin
Boutique Hotel & Spa



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

SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All sightseeing by deluxe vehicle with guide
- Domestic flight tickets & taxes
- National Park entry fee & TIMS permits
- Accommodation (in lodges along the way)
- Sightseeing entrance fees
- 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
- First Aid Kit Bag & Insurance for Staff

SERVICES EXCLUDED:

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

