

Mt. Everest Base Camp And Summit of Mt. Kalapatthar(18,188 Ft)

The Everest area, known locally as Sagarmatha National Park, is home to some of the world's highest peaks. This trek is one that goes deep into the heart of the Himalaya. The mountain views are stunning, and the simplicity and hospitality of the Sherpa community is heartwarming. You will get to take in the awe-inspiring views of Mt. Everest, the tallest of them all, Mt Lhotse, Mt. Nuptse, Lobouche Peak, Mt Amadablam, Kasum Kangru peak, Thamserku peak and Kwangde peak. You will also be visiting Sherpa villages and monasteries to gain insight into their culture and lifestyle from up close. The Everest trek involves a tremendous amount of up-and-down walking. This classical trek into the Solu-Khumbu region begins with a spectacular mountain flight to Lukla & continually trekking along the Dudh Kosi ("Milk River"). After crossing the Namche "Sherpa headquarter/Capital" we will continue on to Tengboche. With its beautiful Buddhist monastery, this small village is considered the spiritual center of the Khumbu area. We will gradually make our ascent to Dengboche, Lobuche and finally along the glacial moraine to Gorak Shep at the base of Kala Pattar. Now you will have the option of a sunset or sunrise trek to the 18,188 feet summit of Kala Pattar for a panoramic view of some of the world's highest mountains including Everest at 29,035 feet.

FEATURES

Mountains: The Khumbu Himalaya Range: Everest, Lhotse, Thamserku, Ama Dablam, Nuptse, Tawatse, Kantega, Pumo Ri, etc.

Rivers : Bhote Kosi, Lobuche Khola and Dudh Kosi.

Ethnic Tribes : Mostly Sherpas and Tibetans in Namche Bazaar, Thyangboche, Pheriche, Lobuche, Lukla with monasteries, chortens & Mani stones.

Forests : Rhododendron and Pine.

Landscapes : Varying from temperate valleys to snow clad mountains.

Grade : 4 +

Flights : Both ways from Kathmandu to Lukla.

Warning : Altitude Sickness.

Day 1: Arriving at Kathmandu.

Upon arrival in **Kathmandu's Tribhuvan International Airport**, meet, assist and transfer to the hotel where room check –in-assistance will be provided and welcome drink will be served.

Day 2: Sightseeing Kathmandu

Morning half Sightseeing tour of Kathmandu durbar square and Swyambhunath in the afternoon participate in the pre-departure trek briefing followed by equipment check. Also the last minute shopping.

Eve: Welcome dinner at a Nepali restaurant featuring cultural program. **Overnight at hotel.**

Day 3: Fly from Kathmandu to Lukla (2880m) & Trek to Phakding (2680m) - 5 hours.

Early morning-fly from **Kathmandu** to **Lukla** highlights the snowline of the Himalayan Range in the north and landing in the Lukla airport is said to be one of the most spectacular flights in the world. After a short break, the trek starts by following the trail leading to the northwest direction, which ultimately descends to the river at **Phakding (2652m)**.

Overnight Camping at Phakding.

Day 04: Trek to Namche Bazaar (3447 m). – 6 hours.

Follow the Bhoté Koshi through the forest and pasture land, along the valley dotted with small Sherpa Settlements. Cross the Bhoté Koshi and climb steeply, along switching back trail, lies the large Sherpa village of **Namche Bazaar**. Near half waypoint, view of **Everest (8848 m)** and Lhotse (8511m) come into sight. This prosperous town is largest one in Khumbu. Mt. Thamserku (6,648m) and Kwangde-Ri (6,624m) loom along the east and west of the village. The sacred mountain Khumbila (5,707m) dominates the skyline along the west. Dinner and overnight at Namche Bazar.

Day 05: Namche Bazaar– Kyangjuma 3 hours. Acclimatization

Walk to the checkpoint to show the permits. Then walk uphill for a short period to reach a huge prayer stone from where the path straightens and we get magnificent views of some of the Himalayan ranges. **Three hours camping.**

Day 06: Trek to Tengboche (3867m). - 5 hours.

We walk we descend through the rhododendron forest, watching for the blood pheasant and Imphayan pheasant in the undergrowth. As we reach the valley, there is Imja Khola (river) at Phunki (3200m), next to several large water driven prayer wheels. The afternoon is spent climbing slowly on a steep trail to the **Tengboche** Monastery and one of the most beautiful spots on earth. Tengboche lies at the base of Kangtaiga and is a classic setting with superb views backs up the valley to the Ama Dablam, and the Everest poking its southwest face over the huge ridgeline linking Nuptse and Lhotse. At the rear is the beautiful west face of the Tamserku (6,608m) and Kang Taiga (6,685m). **Dinner and overnight at Tengboche.**

Day 07: Trek to Deigpoche. (4360m). 4~ 5 hours.

We move up the Imja river valley to Pangboche (3900m). We stop here for lunch and visit the Monastery and look at the 'Yeti Sculpt'. In the afternoon we continue on to the summer village of Dingboche (4360m). the scenery all day is superb.

Day 08: Rest day at Deingpoche.

Today you can enjoy another day for acclimatization. This day we will have trip to Chhukung valley, then we return back to Dingboche in the evening. We will take you to Chhukung Ri (5546 mtrs) too. From there, we can observe a fifth highest mountain Makalu.

Day 09: Trek to Lobuche (4,931m). 5~ 6 hours.

The trail ascends the broad, gently sloping valley from Periche to Phalang Karpo. The views of Tawachee and Cholatse (6440m) are particularly good from this portion of the trail, which passes through country reported to be the habitat of the snow leopard and yeti. Some people do stay overnight in Dugla as suggested by the doctors but many of them go to **Lobuche**.

Dinner and overnight at Lobuche.

Day 10: Trek to Kala Pattar (5545 m) and Back to Gorak Shep (5160). 7~8 hours.

We start our day early in the morning. After about one-and-half-hours walk we get to see the Khumbu Glacier. The path becomes tougher not because it's uphill but more rocky and also due to the high altitude. We reach **Gorak Shep** in about three hours. This was the base camp for the 1952 Swiss Everest expedition.

Gork Shep has a small lake that is usually frozen and several monuments to climbers who have died during various Everest expeditions. Most of the trekkers reach Gorak Shep by the lunch time and they have enough time to climb Kala Pattar and back to Gorak Shep.

Dinner and overnight at Gorak Shep.

Day 11: Trek to Everest Base Camp (5360m) and Back to Gorak Shep. – 8 hours.

Everest base camp is not actually a specific site. Various expeditions have selected different locations for a semi-permanent camp during their assault on the mountain. Some of the sites that expeditions have used as base camps are identifiable from debris on the glacier at 5,360m or more. The trip to base camp, while fascinating, is not spectacular as the ascent of Kalapatthar because there is no view of Everest itself from base camp.

Dinner and overnight at Gorak Shep.

Day 12: Trek to Pheriche (4240m). - 5 hours.

En route to **Pheriche**, if you are lucky you can have good sight of Nepal's national bird "Danphe". Near Gorak Shep you are likely to see Tibetan snow cocks racing happily down the hillside. The few houses and the gompa of the tiny village of Devuche are off the trees to the west, and the nunnery is up the hill to the east. From Devuche the trail passes many Mani walls in a deep rhododendron forests.

There is a trekkers' aid post operated at Pheriche, supported by the Himalayan Rescue Association (HRA) and Tokyo Medical College. A western physician is usually in attendance during the trekking season. This establishment, and the doctors who operate it, specialize in the study and treatment of altitude sickness and strive to educate trekkers in the dangers of too fast an ascent to high altitudes.

Dinner and overnight at Pheriche.

Day 13: Back trek to Monjo (2860m). – 8 hours.

Today walk will be the longest but mostly downhill. We will cross Thingpoche and Namche on our way to Manjo. Back track to **Monjo**.

Dinner and overnight at Monjo.

Day 14: Back trek to Lukla (2860m). – 5 hours.

Back track to **Lukla**.

Dinner and overnight at Lukla. Grand farewell party with our Sherpa team.

Day 15: Fly back to Kathmandu – 45 minutes

Tea House Lodges & Camps envisaged or similar on Trek (Subject to availability)

Location	Organized Trek	Standard Lodges	Normal tea house	No. of Nights
Phakding	Tented Camp	HCR	Normal tea house	1
Namche	Tented Camp	Hotel Everest	Normal tea house	2
Thyangboche	Tented Camp	Gompa lodge cottages	Normal tea house	2
Phiriche	Tented Camp	Hotel Himalaya	Normal tea house	3
Lobuche	Tented Camp	HCR	Normal tea house	1
Gorekshep	Tented Camp	Buddha Lodge	Normal tea house	2
Monjo	Tented Camp	Hotel Hill Tip	Normal tea house	1
Lukla	Hotel Numbur	Hotel Numbur	Normal tea house	1

Please find trekking services information below.

The cost includes:

- ✓ KTM- Lukla- KTM airfares with departure taxes
- ✓ KTM- Lukla- KTM airfares with departure taxes for Trek Guides
- ✓ Everest national park entrance fees
- ✓ TIMS card fee
- ✓ Airport-hotel-airport transfers by private tourist A/C bus
- ✓ Food (B,L,D) & accommodation during the trek at lodge and camping.
- ✓ Tea, Coffee normally 3 times a day
- ✓ Hot water will be served as drinking water. Also purified drinking water.
- ✓ Morning and evening hot water basin for washing
- ✓ Required numbers of porters during trekking period
- ✓ Experienced 3 trekking Guides, (1 Guide between 10 clients)
- ✓ Experiences 12 Support Sherpas, (5 Sherpas between 10 clients)
- ✓ Insurance for all local staffs(Guide, Support Sherpa, Porters)
- ✓ Medical Oxygens with mask set for medical purpose
- ✓ Gamov/PAC bag for medical purpose
- ✓ Group staff medical box.

The above cost excludes:

- Overweight luggage for flight (exceeding than 15 kg will be charged **Rs100 per kg**).
- Tipping of staff.
- Travel/Medical Insurance.
- Domestic Airport **Tax NPR 171** per person per sector.
- Final departure airport **tax NPR 1130 plus NPR 565** Tourism Service Fee payable at the airport at the time of departure.
- Helicopter evacuation.