

Safe Journeys Adventure Treks

Everest Trek Itinerary



When the walking trails of Nepal were opened, Everest Base Camp became the premier goal for many adventurous walkers, and it remains the same for many to day. This is the classic trek, through the heart of Sherpa country, to Kala Pattar, a high point on the slopes of Mt. Pumori above base camp, recognised as the best vantage place to see Mount Everest. After exploring the temples, shrines, bazaars and restaurants of Kathmandu we take an exciting mountain flight to Lukla, the gateway to the Everest region. From the airstrip we trek north through pine forests to the bustling Sherpa ‘capital’, Namche Bazaar, and then head to the magnificent Thyangboche Monastery in the shadow of the Everest massif and Ama Dablam. Surrounded by mani walls, chortens and prayer flags, our stay here is one of the highlights of the trek. As we ascend further, the alpine scenery becomes more rugged and we climb above the tree line to reach Dingboche in the Imja valley for further acclimatisation and exploration. There is then a steady ascent, following glacial moraines to our lodge at Lobuje and then to Gorak Shep. From here we ascend to the summit of Kala Patar for brilliant views of Mount Everest and a breathtaking 360-degree panorama of the world’s highest mountains.

Itinerary

WALKING TIMES: This itinerary is intended as a guide only. All times stated are approximate. Local conditions and the weather, and individual and group fitness, may necessitate variations to the program and can affect the availability of views and panoramas described.)

DAY 1: KATHMANDU (1360M)

You arrive in Kathmandu and are transferred to the Hotel. We will discuss the trekking program and co-ordinate any last-minute arrangements.

DAY 2: KATHMANDU

In the afternoon we explore Swayambu Stupa, a huge Buddhist and Hindu Temple located on a hill within walking distance from our hotel. From here we can see the Himalayas on a clear day.

DAY 3: PHAKDING (2652M)

Trekking 3 hours

In the early morning we take the spectacular flight from Kathmandu to Lukla (2827m), flying parallel to the Himalayan giants bordering Nepal and Tibet. Flight time is about 40 minutes to the airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s. After landing we will have time to explore the village while the Sherpa crew sort and load the trekking equipment. In the afternoon, we begin the trek by descending towards the Dudh Kosi River, where we join the main trail to Namche Bazaar, just above Chaunrikharka (2713m). The walking is easy and after passing through the small village of Ghat (2550m), it is a short walk to Phakding.

DAY 4: MONJO (2835M)

Trekking 3½ hours

From Phakding we cross the river and head up valley following porters from the south ferrying supplies to Namche. The trail keeps close to the river valley and is lined with beautiful blue pine and rhododendron forest that is very spectacular in the Spring months when the flowers are in bloom. We cross the Dudh Kosi at Benkar where there are tantalizing glimpses of the snow peaks Kusum Kanguru (6369m) and Thamserku (6623m). From here it is only a short walk to Monjo (2835m)

where we arrive in time for lunch. We spend the night in Monjo with the afternoon free, with the opportunity to do some exploring around the village. The day has been deliberately kept short to aid acclimatization, a very important process.

DAY 5: NAMCHE BAZAAR

(3446M)

Trekking 4 hours

Today the walking is a little tougher and includes the steep ascent to Namche Bazaar. From Monjo, it is a short walk to the entrance of the National Park before we cross the Dudh Kosi, to Jorsale (2805m). The trek continues upstream on generally flat terrain, crossing back to the right bank, to the confluence of the Bhote Kosi and Dudh Kosi rivers; it is here that we start the steep ascent to Namche Bazaar. After crossing a large and stable suspension bridge high above the river we slowly ascend at a

steady pace towards Namche. There are some fantastic photographic opportunities as the peaks of Everest, Lhotse, Nuptse, Ama Dablam and Taweche (6542m) come into view for the first time.

After arriving in Namche, we enjoy lunch with the afternoon free to bargain in the shops for 'Tibetan' artefacts, or relax and marvel at the beautiful scenery.

DAY 6: NAMCHE BAZAAR

Acclimatization

We remain at Namche for a second night to allow for proper acclimatization to the altitude.

Namche is a prosperous village, situated in a large, protected hollow. It gained its importance during the period when Tibetan salt was traded for the lowland grains of Nepal. Today a limited amount of trade exists at Namche and Tibetans are often seen in the village trading rugs and Chinese-made goods, clothing, salt and dried meat.

Also on this day there will be a walk up to the village of Khumjung.

From here we get a spectacular view of Everest and rest of the Himalayan giants.

DAY 7: TENGBOCHE(3875M) walking 6 hours

From Namche, we climb towards the park headquarters and follow a contouring trail high above the Dudh Kosi river. Above Namche the route to Tengboche becomes visible with the monastery seen below the summit of Everest and surrounded by Himalayan peaks. On today's walk there are opportunities to spot the local wildlife, including the beautiful Danphe Pheasant often seen among the birch and silver fir forest between Shanasa and

Trashinga, and Himalayan Thar on the high ground above the trail. After reaching the re-forestation nursery at Trashinga, the trail drops steeply to cross the Dudh Kosi at Phunkitenga (3250m), where we take lunch. In the afternoon we pass water-driven prayer wheels and ascend, initially steeply, through pine, fir, black juniper and rhododendron forest towards Tengboche. The monastery and our lodge are located in a beautiful meadow surrounded by towering Himalayan peaks in a truly peaceful and tranquil setting. The most notable peaks seen from here are Kantega, Ama Dablam - perhaps the most beautiful peak in the region - and of course Mount Everest.

DAY 8: PANGBOCHE (3900M) Trekking time 2 hours

A short walk up to the traditional Sherpa village of Pangboche and a visit to the oldest Gompa in the Khumbu. From Tengboche, we descend through forest of birch, fir, juniper and rhododendron, to the nunnery at Debuche. Along the way keep an eye open for Blood and Danphe Pheasant, Musk Deer and, high on the steep slopes of the valley, the Himalayan Thar. After half an hour's fairly level walking we cross the Imja Khola and gradually ascend to the village of Pangboche where the peak of Ama Dablam dominates the skyline. After lunch we will take a tour of the village and perhaps view the beautiful monastery that once housed the legendary Yeti scalp.

DAY 9: PHERICHE(4240M) Trekking 4 hours

In the morning our route ascends gradually, high above the Imja Khola, passing the teahouses at Orsho before crossing a hill and down to our lodge in the settlement of Pheriche. The scenery is spectacular: although Everest has disappeared behind the Lhotse-Nuptse ridge, the huge peaks that tower above the eastern end of the valley are ample compensation. We are now almost completely above the treeline. In clear conditions, look out for spectacular sunsets here and on Ama Dablam. Today's walk is quite tiring due to the altitude so it is important to take notice of your leader's advice and recommendations regarding rest and fluid intake.

DAY 10: PHERICHE , acclimatization walk

Pheriche is a small settlement, occupied mainly through the monsoon months, when large numbers of yaks are brought here to graze on the valley pastures. Behind our lodge the huge rock faces of Taweche seem to soar to the heavens. The views are fantastic in this valley; the towering south face of Lhotse to the north, Island Peak in the center of the valley, and the fluted ice-walls of unnamed peaks that line the southern end of the valley form a hauntingly beautiful sight. In the morning we will hike up the steep hill behind our lodge, and this offers great views of the fifth highest mountain in the world, Makalu (8481m), which is not visible from the valley floor.. On this day we have a tough walk up to Nagarchang Ri, before a late lunch.

DAY 11: LOBUJE (4930M) Trekking 6 hours

In the morning we ascend the small ridge behind the village above the Pheriche valley. From the chorten at the top, Taweche and Cholatse (6440m) make for a striking scene as they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La dominate the skyline. The walking is now generally fairly flat on wide-open fields, but do take your time and ensure you are well hydrated. Late in the morning we cross the Khumbu Khola at Dughla (4620m) and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest. In the afternoon, there is a solid and quite steep climb on a rocky trail to the top of the moraine. On the crest of the ridge, you pass a line of memorial cairns, built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last 50 years. From here the view is spectacular, Pumori (7145m) Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m) are seen at the head of the valley, whilst Everest is hidden behind the towering walls of Nuptse and Lhotse. We then follow the valley stream to our lodge at Lobuje, arriving early afternoon. Today is a tiring day but the fantastic scenery makes it all very worthwhile.

DAY 12: Kala Patar (base camp)
(5160M) Trekking around 10 hours

After an early rise, we have a short trek to Gorak Shep where we will have breakfast and some tea before beginning the walk up to Kala Patar. (5545m). A gradual ascent enables you to build the slow, steady rhythm required when walking at high altitude. From the lodge the ascent is quite steep, so start very slowly and try to ascend at steady rhythmic pace. Our goal, Kala Patar, is the rocky hilltop below Pumori. It is a tough walk, but the view from the top surpasses the wildest imagination. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints will provide views almost as good. Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest - the highest mountain in the world - surround us, and 200 metres below, the area of the Everest Base Camp can be seen in a bowl at the bottom of the Khumbu Ice Fall. For many trekkers, reaching Kala Patar is a very emotional experience and it is worthwhile spending as long as you wish to savor this special moment.

The descent back down to Gorak Shep is easy. Upon arrival in our lodge in Lobuche, hot tea will be waiting and a short time later our evening meal.

DAY 13: Pangboche.

(3875M) Trekking 6 hours

From Lobuche we re-trace our steps to Dughla, it seems much quicker and easier going down! From here we take a different route from our ascent, following the wide alpine valley covered in scrub juniper through to the temporary settlement of Phulung Karpo (4343m), and then to Pheriche.

There is also a Trekkers' Aid Post here, supported by the Himalayan Rescue Association which, although not manned year round, is well worth a visit if open. From Pheriche we cross the Khumbu Khola and ascend a short steep trail to the top of a small ridge for great views of the Imja valley, Ama Dablam and Kantega. We then descend to the small settlements at Orsho and Shomare, and then to Lower Pangboche to our Lodge.

DAY 14: NAMCHE BAZAAR

(3446M) Trekking 5 hours

After breakfast we descend steeply through beautiful forest of juniper, rhododendron and fir to Tengboche and then down again to Phunkitenga. After a welcome break and perhaps a cup of tea we cross the Dudh Kosi, and ascend to Trashinga. From here the trail contours high above the valley through Sanasa, before returning to Namche Bazaar where we spend the night.

Day 15: LUKLA (2800M)

Trekking 6½ hours

Our last day of trekking is a long walk along the valley before we make the final climb up to the airstrip at Lukla. We will take lunch at our lodge at Phakding,

DAY 16: KATHMANDU

We rise early in the morning to be ready for the arrival of the aircraft for the flight back to Kathmandu. We will be met at the airport and transferred to the Hotel.

DAY 17: KATHMANDU

Free in Kathmandu with a visit to Bodanath Stupa and in the evening a farewell meal and culture show.

Day 18: Today we say farewell to you to continue your journey or we transfer you to the airport for your flight home

Fixed date Group trek price

£1195

Optional single supplement of £100

This guarantees you a single room in your Hotel in Kathmandu, but we can not guarantee single rooms on trek, only if available.

If you would like extra nights in Kathmandu add £40/night

Included

Hotel in Kathmandu on B+B basis
Sightseeing Tours
UK leader
Full cost of trek
All transfers in Nepal
Return flight to Lukla
Lodges on Trek
Experienced Sherpa Guides
Back up facilities of the Trekking
company
Porters
Get together meal.
Park permit
Trekking registration

Not included

Nepal visa
Travel insurance (compulsory)
Hot showers on trek (if available)
International flight
Lunch and dinner in Kathmandu
Breakfast is included in Kathmandu
only.
All meals and hot drinks on trek.
Casual drinks and snacks in Nepal

Please note: if you wish to return to Kathmandu and not complete your itinerary, all extra hotel expenses will be your own responsibility