



Everest Base Camp Trek

With its ancient culture and the Himalayas as a backdrop, Nepal has long been the destination of choice for travellers in search of adventure. Land locked between the high plateaus of Tibet to the north and the hot, fertile plains of India to the south, Nepal is a land of ancient history, colourful cultures and people, amazing architecture and stunning scenery.

On this trek, you go from the hustle and bustle of Kathmandu, a cosmopolitan city very much in the 21st century, but still with pockets dating back to ancient times, into the supreme majesty of Nepal's high Himalayas. The pathways you will tread will not only take you to the foot of the world's highest mountain through jaw-dropping scenery, but will envelop you in the spirit of Nepal and its people. As you pass through villages following traditional trade routes you will be given an insight into life in rural Nepal and marvel at the adaptability, resilience and tenacity of Nepal's Sherpa people.

This trek can be generally qualified as moderate, with occasional strenuous days. A set of well-worn hiking boots, with a number of pairs of good hiking socks are an absolute necessity. No technical experience or mountaineering gear is necessary. While porters will carry the majority of your baggage, a moderate level of fitness is required.

You will need to bring a durable daypack to carry necessary items for quick access during the trek, such as water, toilet paper, camera, a warm layer, snacks etc. A full kit list will be sent to you upon confirmation of your participation on the trek.





Itinerary

Day 1: Trek briefing and preparation.

Day 2: Fly from Kathmandu to Lukla (2886m), approximately 30 minutes. Our trek to Phakding (2640m) starts directly from the airport and will take three to four hours. You will trek along a pleasant trail gently descending, with a steep climb from Tarhe Khola, where you have a superb view of the Kusum-Kangru (6369m). After another short climb, you reach Ghat village, and after another 1 ½ hrs of trekking you arrive at Phakding village. Overnight in Phakding.

Day 3: Trek from Phakding to Namche Bazaar (3440m), approximately 5-6 hours. After crossing a suspension bridge over the Dudh Kosi River, the walk is pleasant with a few short uphill climbs and then downhill, with magnificent views of Thamserku (6808m). From the village of Benkar, you will cross a long suspension bridge over the Dudh Koshi River once more, and then continue on this trail of trekkers, Ghopkyo (mix of yak and cow) and porters, before finally arriving at the small village of Monjo. Monjo is situated below the magnificent peak of Thamserku and near to the entrance of Sagarmatha National Park. After a few minutes walk from Monjo, you will enter the Sagarmatha National Park, where your trekking permit is checked. From here there is a short descent to Jorsalle village, the last village before Namche Bazaar. You will continue to trek by the river until the last bridge over the Imjatse River is reached. From here the walk is along a winding uphill path all the way to Namche Bazaar, with views of Kwangde Peak and its other sister peaks to the east, with Kusum Kangru behind you as you climb higher. There are also views of the Mt. Everest - Nuptse Wall, Lhotse and a closer view of Taweche Peak, which can be seen all the way up to Thop Danda, where there's a resting stonewall for porters and trekkers. From here, there is still another 1-2 hour walk, which brings you to the famed Namche Bazaar, with its colourful houses situated in an amphitheatre shaped bowl.



Namche Bazaar is the main trading village in the Khumbu region and holds a busy Saturday market. It is also a meeting place for Hindu traders from the lowlands and the Tibetan yak caravans that have reached the town by crossing the glaciated Nangpa La. Overnight in Namche Bazaar.

Day 4: Acclimatization day in Namche Bazaar. Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tengboche. As part of our acclimatization process we undertake a morning walk, in order to follow the rule of walk high, sleep low. As a group we will head to Syangboche (3800m) where the Everest View Hotel is situated offering (subject to weather) outstanding views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. From here we return to Namche for lunch and you are at leisure to spend the afternoon as you wish. For those of you with sufficient energy, you may wish to undertake the short, uphill walk to the Sagarmatha National Park headquarters, a magnificent spot perched on top of Namche Bazaar with spectacular views of the surrounding snow-capped giants and the valleys way down below. There is also an interesting museum with all kinds of information regarding the history of the Himalayas, its geography, culture, mountaineering history and information on flora and fauna of this region. Overnight in Namche Bazaar. Saturday market. It is also a meeting place for Hindu traders from the lowlands and the Tibetan yak caravans that have reached the town by crossing the glaciated Nangpa La. Overnight in Namche Bazaar. (BLD)





Day 5: Trek from Namche Bazaar to Tengboche (3867m), approximately 5-6 hours. The trail leads along a winding path high above the Dudh Koshi with great views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and a close-up view of Thamserku. You will come to a busy place called Shanasa, and in this area there is a much higher chance of seeing the beautifully coloured Danphe pheasant, the national bird of Nepal, the elusive musk deer and sometimes, even a herd of Himalayan Thar (mountain goat). From Shanasa, the trail steeply drops to a bridge over the Dudh Koshi at Phunki Tenga (3250m), a small settlement with a couple of teahouses in the midst of the alpine woods of mostly silver fir

blue pines, rhododendron and some magnolia and birch trees. The village has an excellent place for lunch and you can take a short rest before making the steep climb to Tengboche. The walk from here is strenuous for an hour on a winding trail through shaded woods until a small religious monument of prayer stones covered with rhododendron leaves and junipers is reached. From here the walk is uphill for another hour, with views of Thamserku and Kangtenga. Tengboche is one of the most beautiful places in the Himalayas, and the first thing that you will see is a big Ghompa (monastery) beneath the peak of Ama Dablam, with Everest looming above, the Nuptse wall to the north, Lhotse and Lhotse Shar to the north east and many more peaks all around you. Tengboche is famous for its legendary monastery, the largest in the Khumbu region.

It also has an amazing bakery, offering tempting treats to tired and hungry trekkers. Overnight in Tengboche.

Day 6: Trek from Tengboche to Dingboche (4410m), approximately 5-6 hours. Trekking today you gently descend through a forest of birch, fir, juniper and rhododendron and come out at a lovely spot at Deboche (3,650m) with further views of Mt. Ama Dablam, Mt. Everest, Nuptse and Lhotse. From Deboche you will walk past the long mani prayer wall and the path is gradual until you reach a small bridge over the narrow gorge of the Imjatse River. The walk continues gradually uphill, passing through Pangboche village and then continuing onto Shomare, a small settlement with a fantastic close-up view of Ama-Dabla. From here your journey continues eastwards, after an hours walk, before a small wooden bridge the road splits two ways and we take the route leading east beneath the towering north face of Ama Dablam. The trail climbs slowly, winding above the Imjatse River, until you come to a big mani stupa. From here onwards the walk is fairly moderate as you enter the Imjatse Valley beneath the mighty peaks of Ama Dablam, Nuptse and Lhotse with views of the eastern snow capped mountains. Dingboche is a beautiful patchwork of fields enclosed by stonewalls protecting the crops of barley and potatoes from the cold winds and grazing animals. Overnight in Dingboche



Day 7: Rest at Dingboche for acclimatization and a local excursion. Here you can climb steeply up to Nakartsang Gompa for the rare outstanding view of Mount Makalu (8463m) along with Lhotse, Island Peak, Baruntse, Ama Dablam and Thamserku or head up the Imja Valley to Chhukung, a small summer settlement at 4730m, with fantastic views. It is also the staging place for climbers attempting Island Peak. Overnight in Dingboche

Day 8: Trek from Dingboche to Lobuche (4910m) via Dongla (4620m), approximately 6 hours. Today's onward journey leads north for about 40-50mins until you come to a mani prayer stupa. The trail is gentle, looking down to Pheriche village below. Today's walk offers views of the Mt. Tawache, Ama Dablam and to the north Pokalde (5741m), Kongma-tse (5820m) and the great wall of Nuptse. After a walk of 1 ½-2hrs the trail from Pheriche joins another near Dugla (4595m) before a small wooden bridge over the river of Khumbu glacier. You will stop at Thukla, for lunch, before continuing for an hour up a steep hill to the top. As you summit the hill you enter a memorial ground of prayer flags and monuments dedicated to climbers who have lost their lives attempting to reach the lofty pinnacles of these majestic mountains. From here you have unrivalled views of Mt. Pumori and other peaks west of Everest. The path then climbs gently along the glacier, to eventually





reach the cluster of houses at Lobuche, hidden and sheltered from the wind. Overnight in Lobuche.

Day 9: Trek from Lobuche (4910m) to Gorakshep (5140m), approximately 3 ½-4 hours and then on to Base Camp (5486m), a further 4 ½-5 hour round trip. The first hours walk is gradual followed by a short 20 minutes climb to the top of the pass. The walk from here follows a rocky moraine path, and as you walk you can see the icy, glacial pond and icebergs down below of Khumbu glacier. After the last rocky moraine dunes, a short downhill walk brings you to Gorakshep on a flat field below Kalapatthar (5545m) and Mt. Pumori (7145m). Gorakshep has two teahouses, and it was used as base camp in the early 50's Edmund Hilary expedition to Mt. Everest. You will have lunch and a rest at Gorakshep, and for those who feel up to it, you can walk to your ultimate destination,

Everest Base Camp. The walk is strenuous due to the high altitude and thin air and it passes over rocky dunes, moraine and streams. A great view of the Khumbu Icefall awaits you. Overnight in Gorakshep.

Day 10: Trek from Gorakshep to Kalapatthar (5545m) for sunrise and down to Pheriche (4243m), approximately 9-10 hours in total. This morning you have the option to ascend to the summit of Kalapatthar for sunrise. A few minutes of easy walking on the sandy fields brings you to the base of the peak, then a steep climb brings you to a near level field. The walk from here is gradual until you reach a rocky spot after approx. 1 ½-2 hours. From here, it's another steep climb to the top of about 2-3 hrs. At the top of Kalapatthar is a small rocky peak on the southwest ridge of Mt. Pumori, the view from here is beyond the imagination, as Everest looks within a stones throws distance. Between the summit of Nuptse, Lho-la and Lhotse, the panoramic view from this spot is something to cherish, and you'll feel the hard climb was worth it, as you get the feeling of being on top of the world. All of the high snow capped giants that dominate, will be all around you. To the south the Khumbu glacier sweeps below you and you can also see Everest Base Camp nestled on its moraine. From here you will head back down to Gorakshep for breakfast and then on to Pheriche. Pheriche is known as the Windy Town and is home to the Himalayan Rescue Association Aid Post, manned by foreign volunteer doctors. Here you can see the perpendicular walls of Cholatse and Tawache. Overnight in Pheriche.

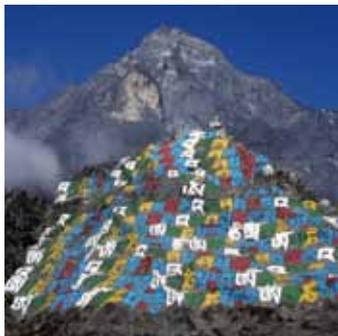


Day 11: Trek from Pheriche to Phortse (3810m), approximately 4 ½ hours. The trail descends to Pangboche and then wiggles up and down to Phortse. On the way there is an opportunity to see wild life in and around the area such as mountain goats, musk deer and many species of Himalayan birds. There are village monasteries in Pangboche and Phortse rich in the cultural heritage of the Sherpa people. The old monastery in Pangboche is believed to have been established during the 16th century and Pangboche village is known to have the highest permanent settlement throughout the year. Overnight in Phortse.

Day 12: Trek from Phortse (3810m) to Khumjung (3790m), approximately 3 ½ hours. The trail here descends for nearly twenty minutes and ascends up steeply for almost one hour to Mongla (4000m). From this spot, you can see the panoramic view of Ama Dablam, Thamserku, Kusum Kangaru, Konde-Ri and Tawache Peak. The trail then follows an up and down route to Khumjung. Khumjung village is believed to have the largest settlement of the Khumbu region. There is a well-equipped high school and hospital built by the late Edmund Hillary in the 1960s. Not limited to this, the skull of a Yeti is housed in an old monastery. Overnight in Khumjung.

Day 13: Trek from Khumjung to Phakding (2640m), approximately 5 hours. From Khumjung you will head uphill out of the village onto high pastures. From here you will walk across the pastures to Syangboche and then down to Namche Bazaar for lunch. From Namche you will retrace your day 2 route back down to Phakding. Overnight in Phakding.





Day 14: Trek from Phakding to Lukla (2800m), approximately 4 hours. This day the trail gradually ascends back to Lukla. Overnight in Lukla.

Day 15: Early morning flight back to Kathmandu taking approximately 30 minutes. Overnight in Kathmandu.

Costs

Please contact info@himalayanquests.com for costs and further information.

Notes

- >> The trek itinerary is a guide only and may be subject to change at short notice.
- >> Your safety and enjoyment is our utmost priority. If you have any questions whatsoever, please do not hesitate to email: info@himalayanquests.com