

Guided Trekking Tour

NEPAL



Day by Day Itinerary

Day 1	Arrival Kathmandu	
Day 2	Phakdaling	2652 m
Day 3	Namche Bazaar	3440 m
Day 4	Namche Bazaar	3440 m
Day 5	Thame	3820 m
Day 6	Extra night Thame	3820 m
Day 7	Kongde	4250 m
Day 8	Extra night Kongde	4250 m
Day 9	Phadking	2610 m
Day 10	Lukla	
Day 11	Kathmandu	
Day 12	Day off	
Day 13	End of tour	

Tour Details 2019

Dates: May 4, 11, 19

Sep 21, 27

Oct 4, 12, 18, 26

Nov 1

Length: 13 days / 12 nights

Cost: US \$2950 per person

Single upgrade US\$750

Grade: Challenging

Starts: Kathmandu

Ends: Kathmandu

Lodge to Lodge Everest Trek

Mount Everest has captivated intrepid men and women since the 1920s. The exploits of legends such as George Mallory, Sir Edmund Hillary and Tenzing Norgay put the mighty mountain on the map.

Today we offer a wonderful lodge to lodge Everest trek taking in the very best of this region. First, we trek along the busy Everest Base Camp Trail, alongside other hikers, local Sherpas, yaks and mules. Then off the main trail to explore the quiet countryside through farmland and charming villages as we ascend each day. Finally, we end up on a secluded trail up to our last lodge where we will see spectacular views of Mount Everest.

Aside from breathtaking scenery, travellers to the region can experience unique Sherpa culture by visiting monasteries and museums along the way. Days are filled with walking for the sheer pleasure of it, past colourful prayer wheels and across swing bridges straight out of an Indiana Jones movie, while evenings are rewarded with hot food and conversation with like-minded people around the dining-room fire.

Now it is possible to trek in the Khumbu staying at comfortable lodges with all the modern conveniences. Our luxury lodges all offer spacious rooms which are pleasantly decorated and have attached bathrooms with running hot and cold water. The best feature of this trip is to be able to sleep in comfortable bed, take a hot shower and even enjoy a glass of wine with your dinner. A highlight of the tour is having breakfast with Everest as your backdrop.

The heady mix of natural beauty, fascinating culture and a personal sense of achievement, as well as warm Nepalese hospitality from the people, makes the Everest trek one of the world's most unforgettable.

Fast Facts

- ◆ Push your physical self on this trek day after day
- ◆ Watch the landscape change each day from Pine forests to "moon-scape"
- ◆ Get a close view of the world's highest peak
- ◆ Nine days of trekking
- ◆ Rest Days: in Namche Bazaar, Thame and Kongde
- ◆ Stay in lodges for 9 nights and deluxe hotel with pool for 3 nights.

ITINERARY

Day 1: Meet at the group hotel in Kathmandu. On arrival in Kathmandu, you will be met at the airport by your representative. There is a short drive to your hotel. It's a perfect location to rest, relax or go to town to buy anything you may have forgotten. We have group welcome dinner where you will be introduced to your other members joining the adventure with you. Your leader will brief you on the program.

Day 2: Fly to Lukla, then trek mainly downhill to the riverside settlement of Phakding (2610m). After breakfast we take a bus to the domestic terminal of Kathmandu Airport for the 45 minute flight to Lukla. Landing on the narrow, sloping runway high above the Dudh Koshi River in the heart of the mountains is a very spectacular way to arrive. To assist with acclimatization, we allow 2 days for the walk up to Namche Bazaar. After lunch we start our trek with an easy, mostly downhill leg, from Lukla to Phakding. This trek takes us through pastoral country of the Sherpas as we pass several small villages and farms. Many Sherpas now make their living exclusively from trekking now. On route, there are many tea houses and basic lodges where it is possible to stop for a drink or a snack. We will also pass by many stones intricately carved with prayers in the evocative Tibetan script, and prayer wheels of all sizes. Everywhere in the valley colorful strings of prayer flags flutter from high points and bridges. After 2-3 hours of trekking we finally meet the river and reach our first lodge at Phakding located beside the tumbling Dudh Koshi River. The altitude at this first stop is actually lower than Lukla at 2610 metres.

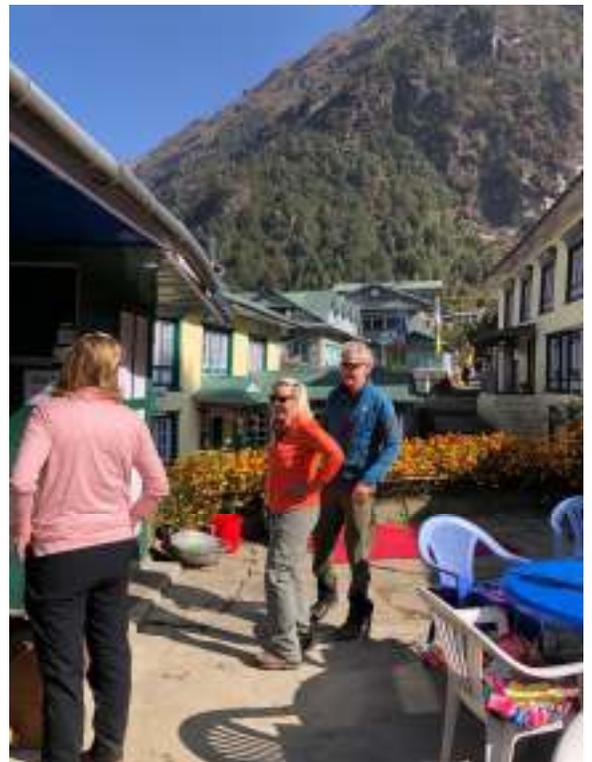
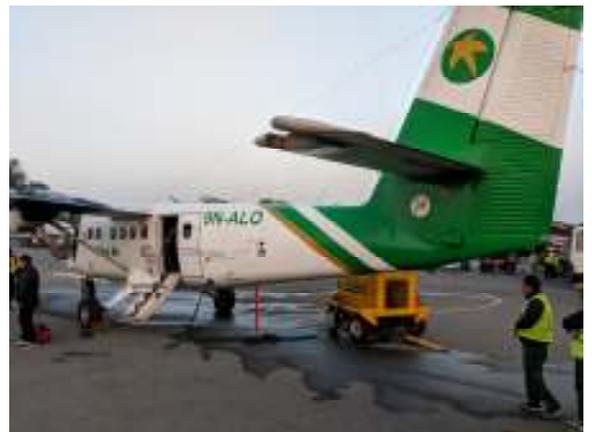
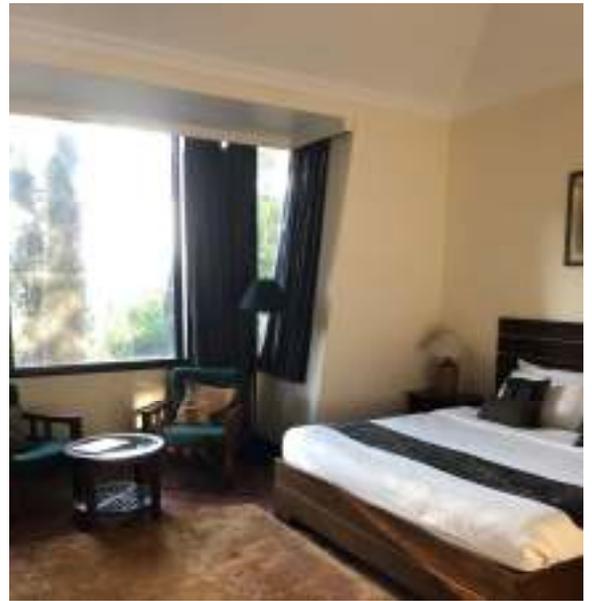
ASCENT – 350M DISTANCE – 7KM DESCENT – 630M TIME – 3 HOURS

Day 3: Trek to the Sherpa capital of Namche Bazaar (3400m). Rest of the day free to relax or explore. Take a very pleasant walk by the river through pine forest leads to a short climb to escape a narrow gorge section. We pass the entrance to the Khumbu National Park where details of our permits are recorded and then drop down again to the river which we cross on a suspension bridge. We continue up the wooded valley on a good trail and cross the river again before reaching a confluence of rivers one coming down from Thame and the other from the main Khumbu Valley. We make a final crossing here on a spectacular high suspension bridge and then begin an hour and a half long ascent to Namche on a wide switch back trail. About an hour below Namche, we gain our first views of Everest. Altitude at our overnight accommodation is 3400 metres.

ASCENT – 1150M DISTANCE – 10KM DESCENT – 400M TIME – 6-7 HOURS

Day 4: At Namche Bazaar. Optional day-walk to Khumjung and Kunde for views of Everest. Namche Bazaar is tucked away between 2 ridges amongst the giant peaks of the Khumbu. An ancient market place where goods from as far away as Tibet were and still are traded, Namche today boasts an abundance of lodges, cafes, bars and souvenir shops. It is also the last chance to get anything you may need for the trek ahead. Close to our lodge is the internationally known Museum of Sherpa Culture and the traditional villages of Kunde and Kumjung are a highly recommended half-day excursion. The location of our lodge is superb giving us a birds eye view over Namche and across the Valley to the serrated ridges of the Kongde range, while the magnificent peak of Thamskeru (6623m) rises as a backdrop. Just a short walk away is a classic view of Ama Dablam, one of the most beautiful mountains in all Nepal.

Day 5: Trek above the Bhote Khosi River via Phurte and Thamo to the Sherpa settlement of Thame (3820m). After breakfast, we start the day with a 2 to 3-hour walk through forest of spruce, juniper and pine to



village of Thamo. This trail is much less used by trekkers and we will immediately notice the difference. It is, however, an important trail which leads all the way to Tibet via the Nangpa La on the shoulder of Cho Oyu (8012m). On today's trek we will meet less trekkers. We stop for our lunch in Thamo which is the home village of the Ang Rita Sherpa, who has summited Everest 10 times without oxygen. After lunch, we continue walking for another 2 hours to arrive at a deep gorge where the Bhote Koshi River thunders below the trail. We cross a sturdy bridge spanning the gorge to reach Thame (3800m). This small village is the home of many famous mountaineers including Tensing Norgay, the first man to reach the summit of Everest along with Sir Edmund Hillary. Apa Sherpa who has reached the summit at least 18 times in his life, lives here now. The village is very picturesque and also has a magnificent 16th century Nyingmapa gomba (monastery) built by Lama Rolwa Dorje. We check into our deluxe rooms offering breathtaking views of Thamserku and Kusum Kanguru. ASCENT – 850M DISTANCE – 13KM DESCENT – 550M TIME – 5 HOURS



Day 6: Thame Monastery visit and optional trek to Sumdur Ridge (4830m).

We spend a second night in Thame. A steady pace is required for the steep trail up to Thame Monastery. Most people agree that viewing the interior of the traditionally decorated gomba is well worth the effort of the climb. After spending some time here, there is the option to extend our acclimatization walk up to a shoulder of Sumdur Peak where we have magnificent views of Teng Kangpoche, Kongde and Everest. We return to spend a second night at our cosy lodge at Thame. ASCENT – 900M DISTANCE – 9KM DESCENT – 900M TIME – 4-5 HOURS



Day 7: Trek on an ancient and recently renovated trail to Kongde (4250m)

Trek on an ancient and recently renovated trail to Kongde (4250m) with its amazing Everest views. We start out today with a descent of around 30 minutes and then follow a trail on the south side of the Bhote Kosi River, through the tiny village of Pare. We then climb gradually through beautiful rhododendron, pine and bamboo forest to arrive at the glacier of Kongde Peak where we have stunning views of Everest, Lhotse and Ama Dablam. This is a very new trail, built specifically for this trek and we are unlikely to see any other hikers on this section. Although the trail is well built it does cross some very steep ground and there is one short section where cables are used as hand rails to safeguard progress.

We check into our lodge for the next two nights in Kongde. This lodge is situated at 4250 metres and has the most spectacular view, looking right across the valley to Namche and beyond to Thyangboche, with the backdrop of Everest, Lhotse, Thamserku and Ama Dablam. The restaurant and bar serve fine wines and delicious cuisine which we can enjoy while watching the sunset on the world's highest peak out of the window. It just doesn't get better than this! ASCENT – 700M DISTANCE- 9KM DESCENT – 270 TIME – 7-9 HOURS



Day 8: Trek to the viewpoint of Farak Ri (5000m) or relax at the lodge. We spend a second night in Kongde. For those who wish to make the excursion to Farak Ri (5000m) we have an early start to catch the best views. It will take us 2 to 3 hours to reach the top of this viewpoint peak. From the summit, we are treated to a panoramic view of the entire Khumbu Valley, including four of the six highest peaks in the world, namely Everest, Lhotse, Makalu, and Cho Oyu. Returning to Kongde we have lunch on the terrace with our view over Namche and Khumjung village, and the rest of the day is free for relaxing or further walks in the area. ASCENT – 900M DISTANCE – 4KM DESCENT – 900M TIME – 4 HOURS

Day 9: Today involves a long trek down to reach the Everest Trail and the small Sherpa village of Phakding (2610m). From our high perch above the Dudh Kosi River the trail to Phakding descends quite steeply and trekking poles are highly recommended. There is no hurry and along the way we have the chance to spend time in a number of small Sherpa settlements, situated off the main trail and unused to seeing trekkers. Finally, we join the Everest Base Camp Trail and continue our trek to Phakding. ASCENT – 100M DISTANCE – 6KM DESCENT – 1740M TIME – 5 HOURS



Day 10: Trek back to Lukla, with the afternoon free to explore this thriving airstrip settlement. We enjoy a leisurely start to the day before completing our trek with the final short stage to Lukla. Remembering that our first day's walk from Lukla was downhill and what comes down must go up, as we climb steeply for the final 40 minutes to crest the ridge on which Lukla Airstrip was built. Here we check in at the comfortable lodge for our last night in the Khumbu. ASCENT – 400M DISTANCE – 7KM DESCENT – 170M TIME – 3 HOURS



Day 11: Fly to Kathmandu. The rest of the day is free for sightseeing or relaxing. Saying goodbye to our Sherpa crew, we take the 45 minute flight back to Kathmandu. Arriving in the bustling city after trek is always a bit of a shock but we are soon in the tranquility of our hotel. The rest of the day is free for you to relax and do independent sightseeing. If you need guided sightseeing, you can let your representative know in advance.



Day 12: Free day at leisure. This is an important contingency day in case of delays to the flights from Lukla. If we have experienced no delays this is an opportunity to explore the fascinating city of Kathmandu. The afternoon is free for independent sightseeing or shopping in the colorful bazaars. This evening we will have a celebratory meal and reflect on our Everest adventure.

Day 13: Departure day. Transfers to Kathmandu Airport are provided.

Some of our accommodations for the tour:



What to Expect

What will the weather be like?

The daytime temperature will be warm and sunny. In Spring and Autumn, you can expect warm weather in Kathmandu, but colder and cooler evenings. Sunscreen is a must during the day, as is a down jacket or other layers for the colder nights.

How many hours of hiking a day?

Be prepared to hike between 4 to 8 hours daily, typically going up slowly. The mountain countryside is all hills. Hiking boots are a must, and trekking poles are highly recommended. You will carry also a small backpack with your necessities: jacket, water, camera, maybe a snack.

How fit do I need to be?

The fitter the better, and hiking experience is recommended. This is a high altitude trek, making it hard to breathe at times. Guests have taken Diamox in order to alleviate some symptoms of altitude sickness. Please see your doctor for more information. Nothing can really prepare you for the trek's extreme hills and altitude of up to 4250m. But don't be put off – people with average fitness can do this trek. 'Slow and steady' is the key to achieving, and enjoying, your trek.

What are the accommodations like?

We use comfortable lodges (the best in the area) with twin-bedded rooms, private bathroom and shower, and communal lounge and dining room.

What are the meals like?

We serve a combination of Asian, Western and vegetarian meals.

Getting There

There are numerous flights going directly to Kathmandu.

We will do the airport transfers on Day 1 and Day 13.



Is this for you?

Generally, the trekking conditions on this comfort trek in the Everest region are relatively easy, following good paths and yak trails throughout.

Trekking from Thame to Kongde and from Kongde to Phakding, however, we will encounter trails which are less often trekked and which have one or two more challenging sections.

The maximum altitude reached on the holiday is under 5000 metres and the maximum altitude at which we sleep is 4250 meters.

It should be noted however, that trekking at altitudes above 3000 meters makes greater demands on the body than walking at low elevations and can be challenging even for fit hikers.

You will need to ensure you are physically prepared for the trek and you should be comfortable walking for 4 to 8 hours each day and for several days continuously. This Everest trekking holiday should be well within the capabilities of all fit and active hikers.

How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in the completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately.
- A deposit is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly from a travel insurance provider.
- Ensure that you are in proper health for the trip. Contact us for more information on vaccinations, inoculations, and fitness requirements.