



THE EVEREST BASE CAMP TREK **(Duration 16 nights / 17 days)**

Grade:	4
Trek Time Period:	13 nights / 14 days
Flights:	Both ways (Kathmandu / Lukla / Kathmandu)
Warning:	Altitude Sickness

Introduction

The Khumbu Everest Trek takes one to the foothills of the mightiest of the mountains in the world. Enroute, traverse through rhododendron and pine forests, rivers, Sherpa villages and Buddhist Monasteries from temperate to snow line regions. The Himalayas are best seen on this trek as one traces the main route through the Khumbu region from the Sherpa town of Namche Bazaar. Trekkers get a close view of the world's greatest mountains, Everest, Lhotse, Nuptse, Thamserku, Tawache and others.

Features

A. Mountains:	The Khumbu Himalaya Range: Everest, Lhotse, Thamserku, Ama Dablam, Nuptse, Tawatse, Kantega, Pumo Ri, etc.
B. Rivers:	Bhote Kosi and Dudh Kosi.
C. Ethnic Villages & Tribes:	Mostly Sherpas and Tibetans in the villages like Namche Bazaar, Thyangboche, Pheriche, Lobuche, Lukla, etc. with monasteries, Chortens and Mani stones.
E. Forests:	Rhododendron and Pine.
F. Landscapes:	Varying from temperate valleys to snow clad mountains.



Itinerary

Day 01: Kathmandu

Arrive Kathmandu. Upon arrival, met by representatives and transferred to the Hotel.

Eve: Trek briefing followed by dinner at a typical Nepali restaurant.

Overnight at the Hotel.

Day 02: Kathmandu

10:00 Hrs - After breakfast, meet at the lobby and proceed for the sightseeing tour of the ancient **Kathmandu city** with its many beautiful temples and shopping courtyards. As one crosses from the modern area of New Road into the Durbar Square, the one time Freak Street, one is suddenly in the midst of Kathmandu's famed medieval architecture. The major tourist attractions on this tour includes a visit to the **Hanuman Dhoka (Hanuman ate) which** takes its name from the Monkey God, Hanuman from the epic, Ramayana The palace of the Malla Kings located in the Hanuman Dhoka is of the 14th Century and it is still retained as a ceremonial palace of the present Shah dynasty. Important traditional Royal ceremonies including the coronation of the King of Nepal are still conducted at Hanuman Dhoka Palace. Near the Hanuman Dhoka is the house of the Living Goddess Kumari - **Kumari Bahal**. Two painted stone Lions stand guard at the entrance. Visitors may enter the courtyard to see the Living Goddess but are forbidden to take photographs.

Also visit **Kasthamandap**", a temple built from the wood of a single tree from Where Kathmandu city derived its name.

Continue drive to **Swayambhunath Stupa** - one of the protected monument sites of the Kathmandu Valley. It is situated on the top of the hill lying 4 kilometers west of Kathmandu. More than 2,500 years old, this ancient landmark is connected to the visit of Manjushree who created Kathmandu – a lake than – by draining its waters. The sage saw a celestial lotus in bloom on the top of this hill and sacrificed it. It is an important pilgrimage center as well as the center of art, architecture, religion and culture of Mahayana Buddhism.

The stupa of Swayambhu is a Hemispherical mound of compacted earth, and is built to specific rules, and is replete with symbols. The mound represents the four elements of earth, fire, wind and water. The 13 gilded rings of the spire symbolize the 13 steps of the ladder leading to *Nirvana*, the final salvation. The shrine is bedecked in colorful prayer flags. The pilgrim's progress to Swayambhunath's holy premises is actually through a sylvan path of 365 steps. The entrance is graced by a huge *Vajra* (Symbol of thunder bolt). Statues of Buddha adorn the four corners of the stupa. Statues of goddess Ganga and Jamuna guard the eternal flame behind it. There is a Tibetan gompa (monastery) and innumerable chaityas (small stupas). The balcony of Swayambhunath is ideal for viewing the entire valley spread out below.



There are five images of Panchadhyani Buddha around the main stupa of the Swayambhu. They are Achhyobhya in east, Ratna Sambhava in south Amitabha in the west, Amoghasiddhi in the north and Vairochana in the south-east just by the side of Achhyobhya. Two Sikhara temples known as, Pratappur and Anantpur are standing on either side of the main stupa. To the right of this temple is a monastery called Swayambnu Vahi. It is one of the oldest monasteries of the Sayambhu area. On the west of the main stupa is the monastery called Devadharma Gumba. Similarly there is a temple of Vayapura in southwest corner along with chaitya known as Mangal Vahudwara chaitya near by. It is a unique style of Chaitya found in the Kathmandu Valley.

PM: Free for packing

Overnight at the Hotel.

Day 03: Kathmandu / Lukla / Phakding

06:00 Hrs : Transfer to the airport Domestic terminal to board the Yeti Air Flight to Lukla (2880m) The Flights from Kathmandu to Lukla, highlights the snowline of the Himalayan Range in the north and the rugged landing in Lukla airport is said to be one of the most spectacular flight 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).

Dinner and overnight at the Lodge / Camp.

Day 04: Trek to Phakding/Namche Bazaar (3447 m).

Follow the Bhote Koshi through the forest and pasture land, along the valley dotted small Sherpa settlements. Cross the Bhote Koshi and climb steeply, along switching back trail, lies the large Sherpa village of Namche Bazaar. Near half way point, view of Everest (8848 m) and Lhotse (8511 m) come into sight. This prosperous town is largest in Khumbu. Mt. Thamserku (6648 m) and Kwangde Ri (6624 m) loom along the east and west of the village. The sacred mountain Khumbila (5707 m) dominates the skyline along the west. Duration of trek- 6 hours.

Dinner and overnight at the Lodge/camp

Day 05: Namche Bazaar

Rest day for acclimatization.

Dinner and overnight at the Lodge / Camp.

Day 06: Trek Namche Bazar / Tengpoche (3867m).

Having been consistently at high altitude above 4200m most trekkers welcome the thought of returning to warmer, softer climbs and the days walk to Thyangboche is a delightful way of doing so. The route starts back to Dingboche and through the long walled paths of the village, and a gradual ascent along the flanks of the hills below the village before a steep drop to the Dodh Koshi. A little further the route joins the main trail coming from Pheriche. The route then passes through the village of Pangboche(3985m). Out here the Scalp of the Yeti which traveled the world in the 60's is housed in the monastery high on the hill side. The monastery lies more on the route to Phortse and is not easily reached from the



lower trail. A spectacular little bridge over the river leads into the fir and rhododendron forest and a lovely afternoon's walk with a short climb before reaching Tengpoche. The duration of trek is 6 hrs.

Dinner and overnight at the Lodge / Camp.

Day 07: Trek Tengboche / Pheriche (4240m)

This trek is a short, steep and muddy descent to Devuche through a forest of birches, conifers and rhododendrons. The trail goes up to the left, through the front yards of a few herders' huts, over a stone wall and climbs a small ridge before descending to Khumbu Khola, crossing it on a wooden bridge. From the bridge it is a 10 minute walk, usually in the wind to Pheriche. Pheriche is windier, and hence feels colder, than most places in Khumbu.

A trekkers' aid post operates at Pheriche, supported by the Himalayan Rescue Association and Tokyo Medical College. A western physician is usually in attendance during the trekking season. This establishment, and the doctors who operate it, specialise 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 the Lodge / Camp.

Day 08: Pheriche – Rest day for acclimatization.

Dinner and overnight at the Lodge / Camp.

Day 09: Trek Pheriche / Lobuche (4931m).

An ill-defined track traverses across to join the main trail coming up from Pheriche. On the way you can watch the beautiful view of the Mt. Cholatse (6442m) back on the west side of the route. A steep ascent leads to the terminal moraine of the Khumbu Glacier. The stark and the rugged beauty creates almost a moonscape. The campsite at Lobuche is situated at the wind swept valley with the enchanting views of the Tawatse (6501m) and Nuptse (7855m).

Dinner and overnight at the Lodge / Camp.

Day 10: Trek Lobuche / Gorak Shep (5160m).

This was the base camp for the 1952 Swiss Everest expedition. In 1953 the British Everest expedition called this "lake camp" frozen and several. Gork Shep has a small lake that is usually frozen and several monuments to climbers who have died during various Everest expeditions. The carved stone in memory of Jake Brittenbach of the 1963 US expedition and the monument of Indian Ambassador H Dayal, who died during a visit to base camp after the 1965 Indian expedition, are north-east of the lake.

Dinner and overnight at the Lodge / Camp.

Day 11: Trek Gorakshap / Everest Base Camp (5360m) / Gorakshap

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 5360m or more. (Note : The trip to base camp, while fascinating, is not spectacular as the ascent of Kala Pattar because there is no view of Everest itself from base camp.)

Dinner and overnight at the Lodge / Camp.

Day 12: Gorakshep / Dingboche (4350 m).

The route passing through the moraines gradually loses altitude before reaching the windswept village of Pheriche. Here, the Himalayan Rescue Association (HRA) has its Aid Post.

A climb over the ridge past Chortens and Main walls you reach the Chukung valley and the prosperous village of Dingboche. This village with their own irrigation scheme, is probably the place at highest altitude to grow crops.

Dinner and overnight at the Lodge / Camp.

Day 13: Dingboche / Thyangboche (3867m)

Having been consistently at high altitude above 4200m most trekkers welcome the thought of returning to warmer, softer climbs and the days walk to Thyangboche is a delightful way of doing so. The route starts back to Dingboche and through the long walled paths of the village, and a gradual ascent along the flanks of the hills below the village before a steep drop to the Dudh Koshi. A little further the route joins the main trail coming from Pheriche. The route then passes through the village of Pangboche (3985m). Out here the Scalp of the Yeti which travelled the world in the 60's is housed in the monastery high on the hill side. The monastery lies more on the route to Phortse and is not easily reached from the lower trail. A spectacular little bridge over the river leads into the fir and rhododendron forest and a lovely afternoon's walk with a short climb before reaching Thyangboche. It is a classic setting with superb views back up the valley to the Ama Dablam, and the Everest poking its south west face over the huge ridgeline linking Nuptse and the Lhotse. At the rear is the beautiful west face of the Tamserku (6608m) and Kang Taiga (6685m). The duration of trek is 6 hrs.

Dinner and overnight at the Lodge / Camp.

Day 14: Thyangboche / Namche Bazaar / Monjo

The descent to the Imja Khola and the small village of Phunki (3250m) with its water powered Prayer Wheels takes about one and half hour. The original bridge built by Sir Edmund Hillary was washed away when a flood caused by the landslide from the Ama Dablam caused a flooding in this region. Cross the river over the smaller bridge and start the climb towards Khumjung. As the gradient lessens there are many beautiful lunch spots. However, we continue on the trek towards Namche by following the path round the eastern flanks of the hills. At the rear is the beautiful west face of the Thamserku (6608m) and Kang Taiga (6685m).

After lunch, we descend down to Monjo for overnight stay by way of Jorsale and crossing the bridge high above the Dudh Kosi.

Dinner and overnight at the Lodge / Camp.



Day 15: Monjo / Phakding / Lukla

After breakfast, set out towards Phanking, cross the suspension bridge and then it is surprising 4 hour tough walk back to Lukla.

In the evening Dinner with the Trek staff.

Dinner and overnight at the Lodge / Camp.

Day 16: Early morning, fly Lukla / Kathmandu. Upon arrival, meet and transfer to the Hotel.

Rest of the day is Free.

Eve: Farewell Dinner at the Rum Doodle restaurant

Overnight at the Hotel.

Day 17: Day free until final departure transfer to the airport for onward flight.

****End of Arrangements****