

## Overview

Everest base camp trek with Conquer the Kala Pattar (5554m) at the foot of Mount Everest in just 2 weeks in Nepal! Steep icy slopes, glacial lakes unreal, this trek takes you to the heart of the Khumbu region and its ancient villages. You move you to the top face of the planet through the land of the famous Sherpas on hikes supported. You soak their authentic culture and attend Buddhist ceremonies. Everest (8850m, climbed for the first time May 29, 1953 by Sherpa Tenzing and Hillary) stands at the mouth of a glacial valley, the ascent is beyond doubt one of the finest mountain treks in Nepal.

Anyone rugged, reason can discover these great valleys where the Sherpas, the people of the "Roof of the World" live. This route will take the time to visit their villages Khunde, Khumjung, Pangboche, and their monasteries Thamo, Tengboche, Namche. Well acclimatized, then you will go to the conquest of Kala Pattar (5,600m) for a fantastic view of Mount Everest, the Ice Fall, Nuptse (7,861m) of Pumori (7161m)...in the Everest region.

Your journey with us ends with the discovery of the Kathmandu Valley, a true cultural and historical mosaic. Cultural initiation and an unforgettable adventure sport in Nepal, the birthplace of Buddhism

## Itinerary Details

### Day 01 : Arrival Kathmandu (1300m/ 4264ft)

Our airport guide & driver will welcome and greet you at Tribuvan International Airport on your Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself. Overnight Hotel breakfast included.

### Day 02 : Trek Preparation day & rest day in Kathmandu after long flight

### Day 03 : Flight To Lukla And Trek To Phakding (2652m/ 8700ft)

Estimated time: 4-5 hours estimated height gain: ~1352m/ 4436ft Early morning you will be picked up by your guide to go to the domestic airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi River on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called "trekking peaks". Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding. Overnight stay

#### **Day 04 : Trek To Namche Bazaar (3440m/ 11280ft)**

Estimated time: 6-7 hours estimated height gain: ~788m/ 2580ft From Phakding we follow the valley of the Dudh Kosi River, staying on the west bank of the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola River and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Overnight stay at Lodge.

#### **Day 05 : Acclimatization Day At Namche Bazaar**

Acclimatisation is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar. Overnight stay at Lodge.

#### **Day 06 : Trek To Tengboche (3870m/ 12694ft)**

Estimated time: 5-6 hours estimated height gain: ~430m/ 1414ft Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. Overnight stay at Lodge.

#### **Day 07 : Trek To Dingboche (4360m/ 14300ft)**

Estimated time: 4-5 hours estimated height gain: ~490m/ 1606ft From tengboche, for really better Acclimatization purpose, we will trek towards Dingboche which is trail that follow the climbing route of Island peak, Phokalde peak etc. Dingboche is nice village and

offer best Lodges and Views is nice. Overnight stay at Lodge.

### **Day 08 : Rest Day In Dingboche**

After Breakfast, for Acclimatization you will hike up to chhukung (point of climbing famous Island peak). Again we will back to Dingboche and stay overnight. Overnight stay at Lodge.

### **Day 09 : Trek To Lobuche (4940m/ 16207ft)**

Estimated time: 5-6 hours estimated height gain: ~580m/ 1907ft The trails meet at Duglala from Pheriche. From Dughla the trail goes directly up the terminal moraine of the Khumbu Glacier for about an hour to the memorial area known as Chukpilhara, which was built in memory of six Sherpas who died in an avalanche during the 1970 Japanese skiing expedition on Everest. From here the trail drops a bit and follows the western side of the valley to Lobuche, a summer settlement at 4930m that has become a major trekking stop. The sunset on Nuptse, seen from here, is a memorable sight. Overnight stay at Lodge.

### **Day 10 : Lobuche- Gorakshep-Everest Base Camp- Gorakshep (5364m/ 17594ft)**

Estimated time: 6-7 hours estimated height gain: ~424m/ 1387ft We will trek to Gorakshep (the Last point where lodges are Available). From these places, we have to walk up to Everest base camp and Kalapattar and back to Gorakshep for Overnight. There are no lodges at Everest base camp or kalapattar. This high places are a day walk and return to Gorakshep and down as per necessary. The first section of today's trail follows the western side of the broad Khumbu valley and ascents gently through meadows besides the glacial moraine. The ascent becomes steeper and rougher as it crosses several side moraines. After rounding a bend in the trail, the conical peak of Pumori comes into view. On the lower slopes of this mountain a ridge extending to the south terminates in a small peak, known as Kala Pattar (5545m), meaning 'black rock'. The trail then makes a short descent onto the sandy, flat expanse of Gorak Shep. From here we will continue to the current Everest base camp, which is about a 4 hours return walk from Gorak Shep. Overnight stay at Lodge.

### **Day 11 : Gorakshep- Kalapattar-Pheriche (4280m/ 14070ft)**

Estimated time: 5-6 hours After an early morning rise we will start our day by climbing the Kala Pattar (5545m). This is a steep ascent up the grassy slopes west of Gorak Shep. From Kala Pattar the entire Everest south face is visible as well as Lho La (the pass between Nepal and Tibet, also named the Western Cwm), Changtse (the northern peak of Everest) and most of the West-Ridge route. We return to Gorak Shep and continue to descent to Pheriche. Overnight stay at Lodge.

### **Day 12 : Pheriche- Namche (3800m/ 12110ft)**

Estimated time: 6 hours This is descending trek, so you can either trek down to Tengboche ( same way back) or trek up to Khumjung which offer much better views of Everest and others and Khumjung is really nice sherpa Village at 3800 m. this is about 7 hours trek down if you trek up to Khumjung directly. All meals included from tengboche, for really better Acclimatization purpose, we will trek towards Dingboche which is trail that follow the climbing route of Island peak, Phokalde peak etc. Dingboche is nice village and offer best Lodges and Views is nice. Overnight stay at Lodge.

### **Day 13 : Namche- Lukla (2840m/ 9315ft)**

Estimated time: 6 hours This is easy day and short day. All the way descend via Namche bazaar. You can spend time around Everest view hotel at Khumjung and take lunch at Namche and slow trek down to Manju (4/5 hrs). Overnight stay at Lodge.

### **Day 14 : Lukla- Kathmandu**

After breakfast, fly to Kathmandu (this is scenic flight of 35 min). Drive to Hotel and easy day at Kathmandu city for rest day or shopping. Overnight stay at Hotel.

### **Day 15 : Departure**

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime. Breakfast included.