



Everest Base Camp Trek, Nepal

Mount Everest – in Tibetan, Chomo Lungma, “goddess-mother”, and in Nepali, Sagarmatha, “forehead in the sky” – is a mountain peak in the Himalaya range, on the frontier of Nepal and Tibet.

Mount Everest is the highest peak in the world. The summit was previously believed to be 8,848 m (29,028 ft) above sea level, according to a 1954 Indian government survey. In November 1999, using the latest global positioning system satellite equipment, the mountain's elevation was revised to 8,850 m (29,035 ft).

A New Zealand mountain climber, Sir Edmund Hillary was one of the first two men to reach the summit of Mount Everest and return. Hillary and Sherpa tribesman, Tenzing Norgay, reached the summit on 29th May 1953. Queen Elizabeth II knighted Hillary, a Royal New Zealand Air Force veteran, in recognition of his achievements.

On this incredible challenge you will trek through some of the most exceptional scenery on earth whilst coping with the exertion of trekking at altitude. Your final goal will be Everest Base Camp, the camp from which the majority of Everest climbing expeditions start from.

Day 1

Depart London and fly to Kathmandu.

Day 2

Arrive Kathmandu, the capital of Nepal. The group will transfer to a hotel for the night. A full expedition briefing will be given on arrival.

Day 3

Breakfast at our hotel, and then drive to the domestic airport to fly to Lukla on the first flight of the day. In the afternoon we will trek to the village of Phakding.

The trail descends northwest to the village of Choblung in the Dudh Kosi Valley. The trail is easy and follows the river's course, passing through the village of Ghat to reach the small village of Phakding for your overnight stay.



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Day 4

The trail heads beside the Dudh Kosi and continues upstream along the banks to the confluence of the Bhote Kosi and Dudh Kosi. After crossing the large suspension bridge, the trail starts ascending through pine tree forests to reach the distinctive horse-shoe shaped bowl village of Namche Bazaar where we will stay overnight.

There are fantastic photographic opportunities on the way as the peaks of Everest (8848m), Lhotse (8511m), Nuptse (7879m), Ama Dablam (6856m) and Taweche (6542m) come into view for the first time.

Day 5

Rest day for acclimatization at Namche Bazaar. As the name suggests, Namche is famous for its local market or bazaar. Rising early, those who climb to the ridge above Namche will be rewarded with the stunning dawn and sunrise over the panorama of the Khumbu peaks.

The day can be spent exploring this colourful village, walking along the Thami Valley in the afternoon, or visiting the National Park Headquarters to see the interesting displays on Sherpa lifestyle and culture, mountaineering in the park, and local flora and fauna.



Day 6

From Namche, the trail goes high above the Dudh Kosi River, where the views are incredible. On a small ridge across the valley, the monastery of Thyangboche can be seen, a small speck against the gigantic mountain background. The trail then descends to Khumjung for the overnight stop. Here tourism has hardly changed the life of the Sherpas. The afternoon will be free in order to assist with further acclimatization to the altitude.

Day 7

The trail today descends to the west of the village down the broad valley leading to the Dudh Kosi River. The Gokyo route turns North, climbing above the more frequented route to Thyangboche and Everest Base Camp. The trail then continues towards a large Chorten on the top of the ridge at 3973 metres. From the ridge, the trail descends in a series of steep switchbacks down a sandy slope to the Dudh Kosi to stop at Phortse Thanghka where we will overnight.

Day 8

The journey to Dole today begins with a steep climb out of the valley through rhododendron forests, which give way to fragrant stands of juniper and large conifers as the elevation increases. This trek is especially beautiful in spring when the rhododendrons are blooming. The route passes through the settlements of Tongba (3950m) and Gyele (3960m) to reach Dole for the overnight stop.

Day 9

The trail today is steep in most places as it climbs through scrub junipers. The trail continues to climb along the side of the valley, high above the river, crossing sandy spurs to reach Machhermo at 4410 metres for the overnight stop. Legends have it that it was here in 1974 that the Yeti killed three yaks and attacked a Sherpa woman.

Day 10

The trail climbs a ridge after which the valley widens as the trail passes through Pangka at 4390 metres. The trail then descends to the riverbank before beginning the climb onto the

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terminal moraine of the Ngozumpa Glacier. It is a steep climb up the moraine, dog legging alongside the stream to the first small lake at 4650 metres. The trail now becomes almost level at 4690 metres and finally we will reach Gokyo at 4750 metres for the overnight stop.

Day 11

The day today is spent exploring around Gokyo. The best views can be seen from Gokyo Ri (5318m), a small peak above the lake. A two hour climb to the top of the peak, provides a panoramic view of Cho Oyu, Gyachung Kang, Everest, Lhotse, Makalu, Cholatse and Twachee. Overnight in Gokyo.

Day 12-13

The trail crosses Cho La pass (or Chhugyuma La pass) at 5420 metres. The pass is not difficult but it is steep and involves a glacier crossing on the eastern side. An ice axe, crampons and a rope are often necessary for negotiating the small icefall at the foot of glacier on the other side of the pass.

Although in ideal conditions there are no technical problems and there is a trail of sorts in the rocks beside the icefall, the western approach to the pass varies in difficulty depending on the amount of snow. The pass is not possible for yaks and usually not suitable for heavily laden porters. The first night is spent at Chhugyuma or Dzongla. The trail continues along the moraine of the glacier, with views of Kalar Pattar and Pumori, finally reaching Lobuche at 4930 metres for the overnight stay.



Day 14-15

The trek starts out early this morning and will prove to be both mentally and physically demanding. The trail heads on over rough ground to reach Gorak Shep. A walk for a further hour and a half reaches Kala Pattar, a small, rocky peak on the southwest ridge of Pumori. Avoid rushing and do not strain yourself. It is a hard climb, but the view from the top surpasses the wildest imagination. Huge creaking glaciers surround us and classic views of Everest are available.

The views from the summit of Kala Pattar (5630m) are truly outstanding. The surroundings have an awesome and unnatural brilliance with Mt Everest rising above them all. There will then be the option to take a short detour up to Everest Base camp itself, although Kala Pattar is the highest point we will reach and offers the best views of Everest. Overnights are spent at Gorkashep or Lobuche.

Day 16

The trail today is an easier walk down to a lower altitude. Following the same route back to the terminal moraines at Dughla, the trail then takes a different route following the wide alpine valley covered in scrub juniper through the temporary settlement of Phulung Karpo (4343m), then on to Pheriche.

The trail continues down to Orsho, then on through Lower Pangboche and down to Deboche, to reach Thyangboche for the overnight.

Day 17

The trek today follows a similar trail through a forest of juniper, rhododendron and fir trees to Phunkitenga and continues on to cross the Dudh Kosi for a steep descent to Trashinga.

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The trail continues on to Namche Bazaar. Following a steep descent passing the Bhote Kosi, crossing the river, and along the bank to Jorsale. Today we will stop overnight at Monjo.

Day 18

The trail continues to descend along the Dudh Kosi, before making a final ascent to reach the Lukla plateau by mid afternoon for your overnight stay.

Day 19

Fly back to Kathmandu and transfer to your hotel. Now is the time to relax and unwind, with some time to explore Kathmandu. In the evening you will be treated to a well deserved gala dinner.

Day 20

Enjoy some time exploring Kathmandu before departing late afternoon for Delhi. Overnight in Delhi.

Day 21

Depart Delhi around lunch time for London Heathrow. Arrive London early evening.



This route is subject to weather conditions, permits and the overall fitness of the group and consequently may change in some details. However, the structure of the trek will remain the same. On average, each day will require about eight hours of activity.

Includes:	Teahouse accommodation and transfers as detailed in the itinerary. Meals on a full board basis from day 3-18, and half board on all other days.
Excludes:	International flights, tips and gratuities, any visas, travel insurance.
Price per person:	Price on application
Best time to travel:	May or October
Is it for you?	This trek does not require any technical climbing and, although challenging, any fit person who has trained for the trip should be able to achieve the goal of reaching Basecamp. Acclimatisation days are built into the itinerary to help combat altitude sickness.