



NEPAL: EVEREST BASE CAMP

Sample 20-Day Trip Itinerary

Days 1 & 2

Fly out of your country of origin with final destination Kathmandu, Nepal.

Day 3

Upon arrival into Kathmandu (4,366 ft./1340 m), our Nepalese guide will meet all of us at the airport. We will take a private bus to our hotel where we will have our first team dinner. Everyone will sleep two to a room unless you have signed up for single accommodations at an extra cost.

Dinner included.

Day 4

Following breakfast, you will experience a wonderful day of community service and sightseeing in Kathmandu. The community service project will be determined at a later date. Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal, Boudhanath, and after that to the most popular Hindu shrine dedicated to Lord Shiva, Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5 km away from Kathmandu. We walk through Patan Durbar Square and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square. In the evening, we will have a team meeting and team dinner.

Breakfast, lunch and dinner included.

We will cover a total of 80 miles round trip of moderate to strenuous trekking over a 12-day period. All accommodations will be in teahouses in various villages along the trail. All meals included.



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Day 5

After breakfast, we will pack the bus and head to the airport for our flight to Lukla, followed by our trek to Monjo (9,186 ft/2800 m). The flight, and a landing on a steep mountain runway, bring us to the start of our trek at the village of Lukla. After meeting the crew, we head up the Dudh Koshi Valley on a well-marked trail to a lodge in Monjo where we will have dinner and stay the night. Approximately 5-6 hours of trekking.

Day 6

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Namche (11,318 ft/3450 m). From Monjo, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park that was setup to protect and preserve the fragile mountain environment. Then, we take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt. Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Following lunch on the trail, we will continue to Namche where we will have dinner and stay overnight at our lodge. Approximately 5-6 hours of strenuous trekking.

Day 7

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, there may be an opportunity to perform a second day of community service and enjoy a complete day of rest for acclimatization. This is a good opportunity to take a shower and explore the area. Namche is tucked away between two ridges amidst the giant peaks of the Khumbu.

Day 8

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Tengboche (12,687 ft/3867 m). From Namche, the trail contours on to the side of the valley, high above the Dudh Kosi. We get our first really good views of the great peaks of the Khumbu including Mt. Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche. Although the hike up the zigzag path is tiring, it presents us with many spectacular sights of rhododendron bushes, beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in the Khumbu. A spectacular panorama of Everest, Lhotse and Ama Dablam rising on the horizon can be seen from our lodge, where we will have dinner and stay overnight. Approximately 5-6 hours of trekking.



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Day 9

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Dingboche (13,950 ft/4252 m). The path goes along a wide rocky yak trail to the tiny villages of Somare and Pheriche (the HRA health post is there) and finally arriving in Dingboche. The lower half of Dingboche is a line of trekking lodges, while the upper half is still local Sherpa dwellings, fields, rock walls and yak enclosures reminiscent of what all Sherpa villages were like years ago. Above us, an old Buddhist hermitage called Nangar Dzong, the summer meditation place of Lama Sangwa Dorje, sits nestled in the hillside. Below the high peak of Dolma Ri, we will have dinner and stay overnight at our lodge. Approximately 5-6 hours of trekking.

Day 10

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will enjoy a complete day of rest in Dingboche. We will wander up the valley to look at a lake, the Tshola Tsho and the perpendicular walls of Cholatse and Tawache. We can climb up onto the ridge over-looking Dingboche for a view of the Imja Valley and the incredible south face of Mt. Lhotse. We will end the day with a team meeting and team dinner.

Day 11

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Lobuche (16,174 ft/4930 m). We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache and take a steep climb towards the foot of the Khumbu Glacier. The trail zigzags up through the boulders of the glacier's terminal moraine and at the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt. Everest. The path then climbs gently along the glacier, eventually reaching a cluster of houses at Lobuche where we will have dinner and stay overnight at our lodge. Approximately 4-5 hours of trekking.

Day 12

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Gorak Shep (17,007 ft/5184 m) by following the Khumbu Glacier. The trail offers superb views of the surrounding mountains. Following lunch at Gorak Shep, we make our way to the top of one of the finest viewpoints in the Everest region, Kala Pattar (18,221 ft/5554 m). As the light begins to fade, we stroll back to our camp at Gorak Shep where we will have dinner and stay overnight in preparation for our trek to Everest Base Camp the following day. Approximately 5-6 hours of trekking.

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Day 13

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Mt. Everest Base Camp (17,575 ft/5357 m) early in the morning. It takes several hours as the trail weaves its way through the ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu Icefall and the route to the South Col. We return to Gorak Shep where we will have dinner and stay overnight at the same lodge. Approximately 7-8 hours of trekking.

Day 14

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Pangboche (13,074 ft/3985 m). Today's trek is mostly downhill. As we retrace our steps and descend to Pheriche, we arrive at The Himalayan Rescue Association, a trekker's aid post and well worth a visit. After lunch, we cross the Khumbu Khola on a wooden suspension bridge and follow the Imja Khola to the village of Pangboche, where we will have dinner and stay overnight in a lodge. Approximately 5-6 hours of trekking.

Day 15

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Namche (11,318 ft/3450 m). We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to Tengboche. Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamskerku are just a few of the Himalayan giants to be seen. From Tengboche, we descend to the bridge over the Dudh Kosi. At Phunki Tenga, we get to see the water driven prayer wheels before making our way back to Namche where we will have dinner and stay overnight in a lodge. Approximately 5-6 hours of trekking.

Day 16

We will awaken to coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Lukla (9,186 ft/2800 m). Our final day's trekking follows the Dudh Kosi down to Lukla. This last evening calls for a celebration. We have a party with our Sherpa guides and porters. We will sample some chang (local beer) and try out some Sherpa dance steps. We will have dinner at our lodge and pack our bags for the early flight back to Kathmandu the next morning. Approximately 5-6 hours of trekking.

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Day 17

We will awaken to coffee and tea followed by a complete breakfast. After breakfast and weather permitting, we will take our bags to the Lukla airport and fly to Kathmandu. Once we arrive in Kathmandu, the rest of your day is free. You could do last minute shopping in the Thamel neighborhood, a popular attraction for tourists from around the globe. We will have one last team dinner at the hotel in Kathmandu.

Note: The Lukla airport departure to Kathmandu is weather dependent. We may be required to stay an additional night in Lukla if we are unable to safely depart.

Day 18

Today is a complete day of rest in Kathmandu, or we will fly from Lukla to Kathmandu today if our flight on Day 17 was delayed.

Day 19

Our Nepalese support team will take us to the airport in Kathmandu for an afternoon departure back to your country of origin.

Day 20

Arrive home.

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Cost Per Person Includes:

- All land travel and airport transfers
- Half day of sightseeing in Kathmandu
- Round trip airfare between Kathmandu and Lukla
- All hotel/lodge accommodations, double occupancy
- All meals as listed in the itinerary
- All park fees and permits
- English-speaking Sherpas, porters and cooks
- Skilled, professional and experienced guides with Wilderness First Responder certifications

Cost Per Person Does NOT Include:

- International airfare
- Nepal VISA (approximately \$40 USD, cash only)
- Approximately \$300 per person in tips for hotel staff, bus drivers, porters, cooks and guides
- Subsequent lodging and food beyond the itinerary
- All individual drinks, either non-alcoholic or alcoholic
- Community service donations
- Hot showers along the trail
- Personal snacks and WiFi
- Airline baggage charges
- Travelers, Medical and Evacuation Insurance
- Single accommodations available for an additional fee
- Evacuation insurance is mandatory for all helicopter evacuations

If you are a single registering for one of our trips, we will try to accommodate you as a double with the same gender. However, if we are unable to make these arrangements you may be responsible for the additional fee for single accommodations.

Any deviation from this itinerary is at your own expense.

We look forward to traveling with you!

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