



NEPAL: EVEREST BASE CAMP

Sample 16-Day Trip Itinerary

Day 1

Arrival into Kathmandu, Nepal (4,366 ft/1,340 m). Upon arrival at Tribhuvan International Airport (KTM), we will be greeted by our local, English-speaking guide. We will take a private bus to our hotel where we will check in and have our first team dinner.

Dinner included.

Day 2

Today we will take a guided sightseeing tour around Kathmandu, followed by preparation for our trek. We will tour Durbar Square, Pashupatinath temple, Swayambhunath Stupa and Boudhanath Stupa, which are all world heritage sites. The Durbar Square sheds light on the life of the royals in ancient times. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Boudhanath Stupa is one of the largest stupas in the world. In the evening, we will have a team meeting and team dinner.

Breakfast, lunch and dinner included.

Day 3

We will take an early morning helicopter flight into Lukla, where we begin our trek into the Khumbu region. The views from the helicopter are amazing, providing dramatic scenes of terraced hills and the distant Himalayan giants. After landing, we will meet our ground crew and begin the 3-4 hour trek to Monjo (9,186 ft/2,800 m). We will 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. **Note:** The Kathmandu helicopter departure to Lukla is weather dependent. We may be required to stay an additional night if we are unable to depart safely.

Breakfast, lunch and dinner included.

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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.

Day 4

After breakfast, we will begin our trek to Namche (11,318 ft/3,450 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 created to protect and preserve the fragile mountain environment. Then, we make the steep hike to Namche. If the weather is clear, we will 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 5

Today is a rest and acclimatization day in Namche Bazaar. Namche is the Sherpa capital and a bustling village cramped with markets and traditional Sherpa houses. We will take a morning hike to the Sherpa museum where we can see views of Mt. Everest, Lhotse (the 4th highest peak in the world) and the beautiful Ama Dablam. The Sherpa Museum houses an exhibit on traditional Sherpa lifestyles and a fabulous photography display. There may be an opportunity to perform community service today, as well, or you will have the rest of the day at your leisure.

Day 6

After breakfast, we will begin our trek to Tengboche (12,687 ft/3,867 m). From Namche, the trail contours 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.

Day 7

After breakfast, we will begin our trek to Dingboche (13,950 ft/4,252 m). The path goes along a wide rocky yak trail to the tiny villages of Somare and Pheriche, 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.



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Day 8

After breakfast, we will enjoy a complete day of rest in Dingboche. Spending a day here will help us acclimatize to the high altitude. We will wander up the valley to a lake, the Tshola Tsho and the perpendicular walls of Cholatse and Tawache. We can climb up onto the ridge overlooking 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 9

After breakfast, we will begin our trek to Lobuche (16,174 ft/4,930 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 gently climbs 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 10

After breakfast, we will begin our trek to Gorak Shep (17,007 ft/5,184 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/5,554 m). As the light begins to fade, we hike 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.

Day 11

After breakfast, we will begin our trek to Mt. Everest Base Camp (17,575 ft/5,357 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.

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Day 12

After breakfast, we will begin our trek to Pangboche (13,074 ft/3,985 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 at a lodge. Approximately 5-6 hours of trekking.

Day 13

After breakfast, we will begin our trek to Namche (11,318 ft/3,450 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 Thamserku 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 6-7 hours of trekking.

Day 14

After breakfast, we will begin our trek to Lukla (9,186 ft/2,800 m). Our final day's trekking follows the Dudh Kosi down to Lukla. This last evening calls for a celebration. We will 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 15

We will take an early morning helicopter flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may also do that today. Our guides can help you with souvenir shopping or sightseeing. There will be a farewell dinner in the evening to celebrate the successful trek to Everest Base Camp.

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

Breakfast and dinner included.

Day 16

A private vehicle will be provided for all airport departures. This day is also a contingency day to return from Lukla in the event of inclement weather.

Breakfast included.

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Cost Per Person Includes:

- All land travel and airport transfers
- Round trip helicopter between Kathmandu and Lukla
- Half day of sightseeing in Kathmandu
- 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, transportation and food beyond the itinerary (to include additional accommodations due to weather delays, etc.)
- All individual drinks, either non-alcoholic or alcoholic
- Hot showers along the trail
- Personal snacks and WiFi
- Airline baggage charges
- Travel, 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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