



# EVEREST BASE CAMP

## Price includes:

- ◆ Transfers between Kathmandu Airport and hotel in Kathmandu
- ◆ Accommodation for 3 nights in Kathmandu B&B with basic ensuite facilities
- ◆ Return flights between Kathmandu and Lukla
- ◆ Trek as per itinerary, full board, camping equipment (**not sleeping bags**), porters, Sirdar (head guide), and cooking staff; trekking permit

## Items not included:

- ◆ Visa (approximately £20)
- ◆ Nepal airport taxes (approximately £15 payable in rupees (Rs1650) on departure)
- ◆ Meals in Kathmandu (other than breakfast)
- ◆ Travel insurance
- ◆ Tips for porters (perhaps about £5 per trek member)
- ◆ Items of a personal nature such as drinks, laundry, telephone calls and souvenirs.
- ◆ Tours or visits undertaken in Kathmandu

## EVEREST BASE CAMP TREK – ITINERARY

### Day 1:

**Depart UK :** Fly to Kathmandu.

### Day 2:

**Arrive Kathmandu :** Transfer to hotel. Rest of day free.

### Day 3:

**Kathmandu:** Explore Kathmandu, its temples, and markets.

Looking out over Kathmandu from the roof of your hotel with the Monkey Temple in the background



Dhurba Square Kathmandu

Waiting to board the plane at Kathmandu airport



### Day 4:

**Fly to Lukla :** An early start for a spectacular flight, by small twin engine plane, to the tiny airstrip at Lukla (2827m). Here we meet our porters and begin the trek with a short walk (3 hrs) to **Phakding** (2600m).

**Day 5:**

**Phakding-Namche Bazaar** (5 hrs): A steady climb through the farms and settlements of the Dudh Kosi valley to Namche Bazaar (3440m). The most important Sherpa town and former trading centre with Tibet.



Crossing the last bridge before Namche Bazaar

Looking down on Namche Bazaar nestled in a Cwm on the hillside



**Day 6:**

**Namche Bazaar** : Rest day to acclimatise. Explore Namche Bazaar and visit the Everest Museum situated on a small hill above the town.



Setting up camp at Khumjung

**Day 7:**

A short walk to **Khumjung** via the Everest View Hotel where we will stop for tea and to take in the view. We spend the rest of the day visiting the local Gompa (temple) and the Hilary School as well as the small hospital which serves the whole of the Solo Khumbu area



Taking a welcome break on arrival at Thyangboche

**Day 8:**

**Khumjung-Thyangboche** (3-4 hrs): Terrific views of Ama Dablam with glimpses of Everest. A gentle trail crosses the Dudh Kosi river at Phuki Teng where the long climb to Thyangboche starts.



Ama Dablam towering over Dingboche

**Day 9:**

**Thyangboche-Dingboche** (5-6 hrs): Descend to the Dudh Kosi river through rhododendron forests passing Pangboche (where the monastery once held a yeti scalp, apparently stolen a few years back!) to camp at Dingboche (4252m).

Relaxing at Chunkhung on the acclimatisation walk



**Day 10:**

**Dingboche** : Acclimatisation walk to Chunkhung situated between the giant peaks of Lhotse and Ama Dablam.

**Day 11:**

**Dingboche-Lobuche** (5 hrs): We climb gradually through grazing lands, to Dughla and then on to the terminal moraines of the Khumbu glacier, to Lobuche (4930m.) a cluster of huts & tea houses.



A Loo with a view!!  
Looking out from  
Lobuche

Breakfast in the Mess  
Tent before setting off  
for Base Camp



**Day 12:**

**Lobuche-Gorak Shep – Base Camp & return the camp at Gorak Shep** (7-8 hrs): The morning sun strikes Pumori (7161m) as we skirt the tongue of the Khumbu glacier and cross glacial debris to our camp at Gorak Shep (5100m). With a packed lunch to keep us going we press on to Everest Base Camp situated beneath the Khumbu Ice Fall before returning the Gorak Shep for the night.



Everest South West  
Face & the Khumbu  
Icefall from Kala Pattar

**Day 13:**

**Kala Pattar & descend to Durgla** (5-6 hrs): An exciting day as we climb to the summit of Kala Pattar (5623m) for a view of Everest's South West face & the chaotic Khumbu Icefall. An endless panorama of mountain peaks stretches away South. We descend for an early lunch at our overnight campsite at Gorak Shep and then continue our return journey to Durgla where we camp for the night beneath the terminal moraines of the Khumbu Glacier

A snowy start for our  
descent from Durgla to  
Dengboche.  
Yes you can get bad  
weather.



**Day 14:**

**Durgla-Dengboche** (4-5 hrs): We descend the Imja Khola Valley to Dengboche, (3901m).

**Day 15:**

**Dengboche-Namche Bazaar** (5-6 hrs): From Deboche (3757m) we continue to the world famous Thyangboche Monastery with its superb views of Ama Dablam. We then descend through woods to the Dhud Kosi river before climbing to Namche Bazaar.



Shopping in  
Namche Bazaar

A small friend joins us  
for a chat in Monja



**Day 16:**

A short day takes us to the village of **Monja** (at the entrance to The National Park) for the night.

**Day 17:**

**Monja-Lukla** (5-6 hrs): The Dudh Khosi valley drops away & we retrace our steps to Lukla.



Looking back up the Dudh Kosi from Lukla airport



A well earned beer in Lukla at the end of the trekking

**Day 18:**

**Fly to Kathmandu** : The flight from Lukla gives us our last chance to glimpse the mighty Himalaya.

**Day 19:**

**Free in Kathmandu** : Do some shopping, explore at leisure, take a balloon flight over the Kathmandu Valley or just relax and reflect.

**Day 20:**

**Kathmandu - UK:**

Transfer to the airport for return flight to the UK.



Even after all that exercise the long steep steps up to the Monkey Temple are no slight effort