

Safe Journeys Adventure Treks

Everest Trek Itinerary and *Information*



When the walking trails of Nepal were opened, Everest Base Camp became the premier goal for many adventurous walkers, and it remains the same for many to day. This is the classic trek, through the heart of Sherpa country, to Kala Pattar, a high point on the slopes of Mt. Pumori above base camp, recognised as the best vantage place to see Mount Everest. After exploring the temples, shrines, bazaars and restaurants of Kathmandu we take an exciting mountain flight to Lukla, the gateway to the Everest region. From the airstrip we trek north through pine forests to the bustling Sherpa 'capital', Namche Bazaar, and then head to the magnificent Thyangboche Monastery in the shadow of the Everest massif and Ama Dablam. Surrounded by mani walls, chortens and prayer flags, our stay here is one of the highlights of the trek. As we ascend further, the alpine scenery becomes more rugged and we climb above the tree line to reach Dingboche in the Imja valley for further acclimatisation and exploration. There is then a steady ascent, following glacial moraines to our lodge at Lobuje and then to Gorak Shep. From here we ascend to the summit of Kala Patar for brilliant views of Mount Everest and a breathtaking 360-degree panorama of the world's highest mountains.

Please note we **include** full board on trek unlike other companies

Itinerary

WALKING TIMES: This itinerary is intended as a guide only. All times stated are approximate. Local conditions and the weather, and individual and group fitness, may necessitate variations to the program and can affect the availability of views and panoramas described.)

DAY 1: KATHMANDU (1360M)

You arrive in Kathmandu and are transferred to the Hotel. We will discuss the trekking program and coordinate any last-minute arrangements.

DAY 2: KATHMANDU

In the afternoon we explore Swayambu Stupa, a huge Buddhist and Hindu Temple located on a hill within walking distance from our hotel. From here we can see the Himalayas on a clear day.

DAY 3: PHAKDING (2652M)

Trekking 3 hours

In the early morning we take the spectacular flight from Kathmandu to Lukla (2827m), flying parallel to the Himalayan giants bordering Nepal and Tibet. Flight time is about 40 minutes to the airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s. After landing we will have time to explore the village while the Sherpa crew sort and load the trekking equipment. In the afternoon, we begin the trek by descending towards the Dudh Kosi River, where we join the main trail to Namche Bazaar, just above Chaunrikharka (2713m). The walking is easy and after passing through the small village of Ghat (2550m), it is a short walk to Phakding.

DAY 4: MONJO (2835M)

Trekking 3½ hours

From Phakding we cross the river and head up valley following porters from the south ferrying supplies to Namche. The trail keeps close to the river valley and is lined with beautiful blue pine and rhododendron forest that is very spectacular in the Spring months when the flowers are in bloom. We cross the Dudh Kosi at Benkar where there are tantalizing glimpses of the snow peaks Kusum Kanguru (6369m) and Thamserku (6623m). From here it is only a short walk to Monjo (2835m)

where we arrive in time for lunch. We spend the night in Monjo with the afternoon free, with the opportunity to do some exploring around the village. The day has been deliberately kept short to aid acclimatization, a very important process.

DAY 5: NAMCHE BAZAAR

(3446M)

Trekking 4 hours

Today the walking is a little tougher and includes the steep ascent to Namche Bazaar. From Monjo, it is a short walk to the entrance of the National Park before we cross the Dudh Kosi, to Jorsale (2805m). The trek continues upstream on generally flat terrain, crossing back to the right bank, to the confluence of the Bhote Kosi and Dudh Kosi rivers; it is here that we start the steep ascent to Namche Bazaar. After crossing a large and stable suspension bridge high above the river we slowly ascend at a steady pace towards Namche. There are some fantastic photographic opportunities as the peaks of Everest, Lhotse, Nuptse, Ama Dablam and Taweche (6542m) come into view for the first time. After arriving in Namche, we enjoy lunch with the afternoon free to bargain in the shops for 'Tibetan' artefacts, or relax and marvel at the beautiful scenery.

DAY 6: NAMCHE BAZAAR

Acclimatization

We remain at Namche for a second night to allow for proper acclimatization to the altitude.

Namche is a prosperous village, situated in a large, protected hollow. It gained its importance during the period when Tibetan salt was traded for the lowland grains of Nepal. Today a limited amount of trade exists at Namche and Tibetans are often seen in the village trading rugs and Chinese-made goods, clothing, salt and dried meat.

Also on this day there will be a walk up to the village of Khumjung.

From here we get a spectacular view of Everest and rest of the Himalayan giants.

Please note all our group treks are led by a UK leader as well as Sherpa guides

DAY 7: TENGBOCHE(3875M) walking 6 hours

From Namche, we climb towards the park headquarters and follow a contouring trail high above the Dudh Kosi river. Above Namche the route to Tengboche becomes visible with the monastery seen below the summit of Everest and surrounded by Himalayan peaks. On today's walk there are opportunities to spot the local wildlife, including the beautiful Danphe Pheasant often seen among the birch and silver fir forest between Shanasa and

Trashinga, and Himalayan Thar on the high ground above the trail. After reaching the re-forestation nursery at Trashinga, the trail drops steeply to cross the Dudh Kosi at Phunkitenga (3250m), where we take lunch. In the afternoon we pass water-driven prayer wheels and ascend, initially steeply, through pine, fir, black juniper and rhododendron forest towards Tengboche. The monastery and our lodge are located in a beautiful meadow surrounded by towering Himalayan peaks in a truly peaceful and tranquil setting. The most notable peaks seen from here are Kantega, Ama Dablam - perhaps the most beautiful peak in the region - and of course Mount Everest.

DAY 8: PANGBOCHE (3900M)Trekking time 2 hours)

A short walk up to the traditional Sherpa village of Pangboche and a visit to the oldest Gumpa in the Khumbu. From Tengboche, we descend through forest of birch, fir, juniper and rhododendron, to the nunnery at Debuche. Along the way keep an eye open for Blood and Danphe Pheasant, Musk Deer and, high on the steep slopes of the valley, the Himalayan Thar. After half an hour's fairly level walking we cross the Imja Khola and gradually ascend to the village of Pangboche where the peak of Ama Dablam dominates the skyline. After lunch we will take a tour of the village and perhaps view the beautiful monastery that once housed the legendary Yeti scalp.

DAY 9: PHERICHE(4240M)Trekking 4 hours

In the morning our route ascends gradually, high above the Imja Khola, passing the teahouses at Orsho before crossing a hill and down to our lodge in the settlement of Pheriche. The scenery is spectacular: although Everest has disappeared behind the Lhotse-Nuptse ridge, the huge peaks that tower above the eastern end of the valley are ample compensation. We are now almost completely above the treeline. In clear conditions, look out for spectacular sunsets here and on Ama Dablam. Today's walk is quite tiring due to the altitude so it is important to take notice of your leader's advice and recommendations regarding rest and fluid intake.

DAY 10: PHERICHE , acclimatization walk

Pheriche is a small settlement, occupied mainly through the monsoon months, when large numbers of yaks are brought here to graze on the valley pastures. Behind our lodge the huge rock faces of Taweche seem to soar to the heavens. The views are fantastic in this valley; the towering south face of Lhotse to the north, Island Peak in the centre of the valley, and the fluted ice-walls of unnamed peaks that line the southern end of the valley form a hauntingly beautiful sight. In the morning we will hike up the steep hill behind our lodge, and this offers great views of the fifth highest mountain in the world, Makalu (8481m), which is not visible from the valley floor.. On this day we have a tough walk up to Nagarchang Ri, before a late lunch.

DAY 11: LOBUJE (4930M)Trekking 6 hours

In the morning we ascend the small ridge behind the village above the Pheriche valley. From the chorten at the top, Taweche and Cholatse (6440m) make for a striking scene as they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La dominate the skyline. The walking is now generally fairly flat on wide-open fields, but do take your time and ensure you are well hydrated. Late in the morning we cross the Khumbu Khola at Dughla (4620m) and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest. In the afternoon, there is a solid and quite steep climb on a rocky trail to the top of the moraine. On the crest of the ridge, you pass a line of memorial cairns, built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last 50 years. From here the view is spectacular, Pumori (7145m) Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m) are seen at the head of the valley, whilst Everest is hidden behind the towering walls of Nuptse and Lhotse. We then follow the valley stream to our lodge at Lobuje, arriving early afternoon. Today is a tiring day but the fantastic scenery makes it all very worthwhile.

Please note at the end of the trek we include a full dinner and cultural entertainment evening in Kathmandu

DAY 12: Kala Patar (base camp) (5160M) Trekking around 10 hours

After an early rise, we have a short trek to Gorak Shep where we will have breakfast and some tea before beginning the walk up to Kala Patar. (5545m). A gradual ascent enables you to build the slow, steady rhythm required when walking at high altitude. From the lodge the ascent is quite steep, so start very slowly and try to ascend at steady rhythmic pace. Our goal, Kala Patar, is the rocky hilltop below Pumori. It is a tough walk, but the view from the top surpasses the wildest imagination. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints will provide views almost as good. Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest - the highest mountain in the world - surround us, and 200 metres below, the area of the Everest Base Camp can be seen in a bowl at the bottom of the Khumbu Ice Fall. For many trekkers, reaching Kala Patar is a very emotional experience and it is worthwhile spending as long as you wish to savor this special moment.

The descent back down to Gorak Shep is easy. Upon arrival in our lodge in Lobuche, hot tea will be waiting and a short time later our evening meal.

DAY 13: Pangboche.

(3875M) Trekking 6 hours

From Lobuche we re-trace our steps to Dughla, it seems much quicker and easier going down! From here we take a different route from our ascent, following the wide alpine valley covered in scrub juniper through to the temporary settlement of Phulung Karpo (4343m), and then to Pheriche.

There is also a Trekkers' Aid Post here, supported by the Himalayan Rescue Association which, although not manned year round, is well worth a visit if open. From Pheriche we cross the Khumbu Khola and ascend a short steep trail to the top of a small ridge for great views of the Imja valley, Ama Dablam and Kantega. We then descend to the small settlements at Orsho and Shomare, and then to Lower Pangboche to our Lodge.

DAY 14: NAMCHE BAZAAR

(3446M) Trekking 5 hours

After breakfast we descend steeply through beautiful forest of juniper, rhododendron and fir to Tengboche and then down again to Phunkitenga. After a welcome break and perhaps a cup of tea we cross the Dudh Kosi, and ascend to Trashinga. From here the trail contours high above the valley through Sanasa, before returning to Namche Bazaar where we spend the night.

Day 15: LUKLA (2800M)

Trekking 6½ hours

Our last day of trekking is a long walk along the valley before we make the final climb up to the airstrip at Lukla. We will take lunch at our lodge at Phakding,

DAY 16: KATHMANDU

We rise early in the morning to be ready for the arrival of the aircraft for the flight back to Kathmandu. We will be met at the airport and transferred to the Hotel.

DAY 17: KATHMANDU

Free in Kathmandu with a visit to Bodanath Stupa and in the evening a farewell meal and culture show.

Day 18: Today we say farewell to you to continue your journey or we transfer you to the airport for your flight home

Fixed date Group trek price

£1095

You can extend your trek to take in either the Gokyo Lakes which is fantastic option, if you can spare three more days. Its also possible to ascend Island peak which is tough option as it reaches over 6000 metres, but is possible if you have some experience.

Gokyo / Cho La Option –Add £195

Day 13:Dzongla (4850m)

Trekking time 5hrs

From Lobuche we head down hill towards Duglha and then contour above the beautiful Turquoise Lake of Tshola Tsho. Our destination for the night is the tiny settlement of Dzongla.

Day 14:Dragnag

(4700m)

Trekking time 6 hrs

The Chugima La (Cho La) Pass is quite a tough climb. Starting early we cross this wonderful high level plateau to the foot of the pass. It is a tough ascent but rarely actually difficult. From boulders at the bottom, we ascend up scree slopes and across a stream to a final steep section. There may be snow underfoot and its condition could vary. At the pass itself (17,780ft) we clamber up onto an excellent wide flat glacier, generally safe to walk on. We are suspended up here among these beautiful peaks sculpted by hanging glaciers, a really magical scene. We then continue down to the village of Dragnag.

Day 15: Gokyo

(4750m)

Trekking time 3hrs

From Dragnag we head down over rough terrain to the Ngozumpa Glacier, which we then cross over to the main route to Gokyo. We should now be well acclimatised and the route up the high moorland valley is a real joy as we come to the first of the Gokyo lakes. Gokyo (15,720ft) itself is by the shore of the third, larger lake. Originally summer pasture huts, it has some good lodges now. In the afternoon we head up Gokyo Ri. The route up to Gokyo 'peak' starts directly across the river which we cross by stepping stones, and begin the ascent almost immediately. The path is good, keeping to a steady incline, winding up the hill. Taking plenty of breathers allows us to really savour the gradually unfolding view. The top (17,990ft) is not a summit in the strict sense, but a levelling out that marks the point where this incredible panorama is complete. The south face of Cho Oyu towering directly in front of us begins the 360° view with Everest, Lhotse, Nuptse and Makalu behind dominating the myriad lesser peaks. It is a phenomenal sight across the glacier, the sheer sides of Cholatse and Taboche are particularly stunning..

Day 16: Dole.(4040m)

Trekking time 5hrs

After an initial steep descent to Machermo, the path flattens out with pleasant vistas to the Yak herding settlement of Dole.

Day17: Namche(3450m)

Trekking time 5hrs

An easy day back down to the Sherpa capitol once more.

Day 18:Lukla (2850m)

Trekking time 7hrs

Steeply down the ridge again to the suspension bridge then we follow the river down the way we came up, as far as Phakding for lunch. In the afternoon we continue down before the final rise to Lukla.

Day 19: Katmandu

Fly Lukla-Kathmandu

We catch the spectacular flight past the mountains back to Kathmandu. We are met and brought back to a warm welcome at our Hotel.

Day 20: Kathmandu

Free day in Kathmandu with visit to Boudhanath. **In the evening we shall have a farewell meal and are entertained with the music and dance of Nepal.**

Day 21:Flight Home

After an early breakfast, you will be taken to the airport.

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Note On arrival in Kathmandu, you have an extra day to relax after the flight. You then fly up to Lukla to begin the trek. We have three extra days specifically for letting your body acclimatize. The itinerary has been tried and tested for twenty years, but if you do experience any altitude problems the leader and Sherpa guides are very experienced to deal with it.

Note. In twenty years running treks to Everest we have never needed a helicopter rescue for our clients.

Island Peak option

Return via Island Peak (6173m) which is a tougher option and includes the use of ropes and crampons, then we have the following option Add £695

DAY 13: Chukhung (4750m)

Chukhung features the last lodges en route to Island Peak Base Camp. We spend the afternoon preparing gear.

Day 14: Island Peak Base Camp(5000m)

With approx 3 hours walking today, we can leave a little late and still set up a good camp. Then we fully prepare for tomorrow.

Day 15: climb Island Peak 6173m

Crossing the gully above the camp the trail makes a climb for another hour to a narrow ridge, leading on to the glacier. Here it is time to rope-up and put on our crampons as the most interesting part of the climb begins with the glacier crossing. This is followed by the steep snow slope that leads onto the summit ridge. This ridge is wonderfully airy and on reaching the summit we have stunning close-up views of the south face of Lhotse looming over us whilst in the other direction, there are more dramatic mountain views. We descend along the same route down to base camp.

DAY 16: Pangboche

DAY 17: Namche

DAY 18: Namche

DAY 19: Lukla

DAY 20: Fly Kathmandu

Day 21: Free in Kathmandu

Day 22: Fly home.

INCLUDED

As per Everest base camp above, plus:

Lodges, plus full camping trek arrangement (guide, cook, kitchen boy, porters, all meals while camping, cooking and camping equipment).

Peak permit fee

Experienced Climbing guide (equipment allowance and wages)

High altitude tent, ropes, snow bars, ice screw, high food

Staff insurance

NOT INCLUDED

Personal climbing gear, which can be hired in Nepal



Important Information:

- **Costs** are based on 2 sharing and are per person
- **Dates:** see respective website page.
- **Passports.** Passports should be valid for a minimum period of 6 months on the date on entry into Nepal (source: Nepal Embassy, UK)
- **Tourist Visa** is required for UK Nationals. This is not onerous and can be done on entry into Nepal or prior to departure. Full details provided on booking including the visa application form.
- When you book with Safe Journeys Trek, you will receive more information, including, itinerary, clothing and equipment list, a visa application form and much more to help you prepare.
- **Airport arrivals.** We pick you up on arrival and transfer you back on departure; all part of the service.
- **Singles.** Safe Journeys does not believe in penalising single travellers unnecessarily. If you are a single traveler and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number traveling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement (£100 based on full trip).
- **Extended Stays.** You are free to extend your stay in Nepal with extra days before or after the trek. Accommodation, if you wish or you are free to make your own arrangements.
- **Fitness.** The perception that you have to be super fit to reach EBC or even trek in the area is not true. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 6 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required. Island Peak does require a higher level of fitness. If you are in any doubt about whether you are fit enough, please consult us prior to booking.
- **Clothing and equipment** list will be provided on booking.
- **Medical/Vaccinations.** You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. You should also seek professional advice on what vaccinations you require for Nepal and other locations should you have an extended trip.
please call Safe Journeys and our experienced staff will be happy to answer any questions that you may have.
- **Local Payments.** We do not charge any local payments.
- **Travel Insurance.** It is absolutely vital that you have adequate travel insurance.