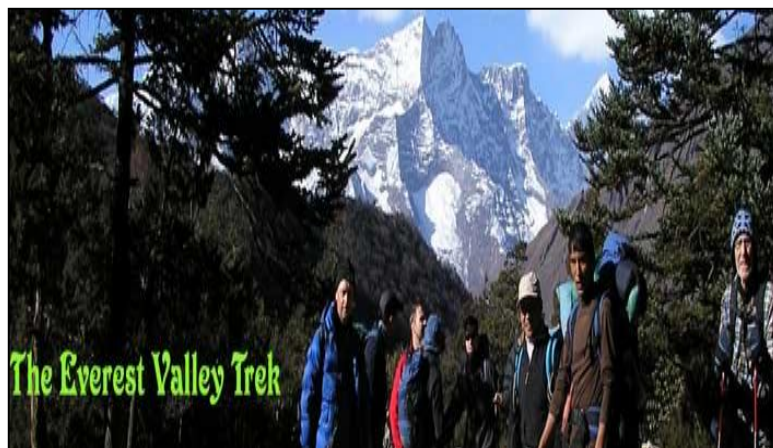


# Safe Journeys Adventure Treks

## *Everest Valley Trek Itinerary*



### Introduction

**This is an easier option than the full Everest trek with the highest point reached being the Buddhist monastery of Tengpoche (3867 metres).**

Though this trek is shorter, it certainly does not miss out on scenery, with panoramic views of all the Khumbu peaks including Everest itself.

Tengpoche has the largest and most active monastery in the Khumbu and supports around 70 monks. Most of this trek goes through the Sagarmatha (Everest) National Park, which is a sanctuary for various types of animals that can be seen along the trail

Our walking days are about five hours with a long break for lunch, this gives plenty of time to acclimatise and enjoy the scenery. This trek is designed for people without a background of mountain walking but who want to experience the amazing culture and scenery of this region.

# 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, so we have 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 Bhoté 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.

## **DAY 7: THYANGBOCHE**

**(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 Thyangboche 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 Ttyangboche. 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 Gompa in the Khumbu.

## **Day 9: NAMCHE BAZAAR**

From Pangboche we drop down and cross the Dudh Kosi River. From here we climb up to Tengboche and then back down to Namche..

## **DAY 10: LUKLA (2800M)**

### **Trekking 3½ hours**

We follow the trail down to Jorsale and back to Monjo from here it is a short walk via Benkar through blue pine and rhododendron forest with great views of Kusum Kangaru and then our lunch in Phakding. Our last afternoon of trekking is only a short walk along the valley before we make the final climb up to the airstrip at Lukla.

## **DAY 11: 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 12: KATHMANDU**

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

## **DAY 13: Depart for home**

## **Fixed date Group trek price**

£895

Optional single supplement of £100.

This guarantees you a single room in your Hotel in Kathmandu, but we can not guarantee single rooms on trek, only if available.

If you would like extra nights in Kathmandu add £30/night

## **Included**

Hotel in Kathmandu on B+B basis  
Sightseeing Tours  
UK leader  
Full cost of trek  
All transfers in Nepal  
Return flight to Lukla  
Lodges on Trek  
Experienced Sherpa Guides  
Back up facilities of the Trekking company  
Porters  
Get together meal.  
Park permit  
Trekking registration

## Not included

Nepal visa  
Casual drinks and snacks in Nepal  
Travel insurance (compulsory)  
Hot showers on trek (if available).  
International flight  
Breakfast is included in Kathmandu only. Please allow £15 £20 per day for other meals and hot drinks on trek and in Kathmandu. We do not include food on trek allowing you to choose what you want to eat and when. The menus in the lodges are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Please note that if you buy imported food and drink whilst on trek you will spend more than the above amount as both are very expensive in the Everest Region.