



Everest Base Camp Trek



Activity: Trek **Grade: 5 (Extreme)** **Duration: 19 days**

Nepal is a country in a league of its own with breathtakingly beautiful scenery, a fascinating culture and friendly people. Meeting the villagers whilst trekking through this landlocked gem of a nation is one of its greatest pleasures.

Our route takes us via the Sherpa capital of Namche Bazaar through beautiful valleys, dense forests and across glacial rivers, enjoying tantalising glimpses of the mighty Everest before we reach our goal of Base Camp. There is also time built in to trek to the summit of Kalapatar, the famous Everest viewpoint, and wonder at sunrise views of the highest mountain on the planet. We also have time to explore the colourful and frenetic capital of Kathmandu.

DETAILED ITINERARY

Day 1: Depart London for Kathmandu

Day 2: Arrive Kathmandu

We arrive into Kathmandu, usually late afternoon, and transfer to our hotel in the Thamel area. We have time to relax before dinner in a local restaurant and a good night's sleep. Night hotel.

Day 3: Kathmandu

After a full trip briefing, we head out into Kathmandu and take in some fantastic sights, such as Bodhnath and Swayambhunath (more commonly known as the monkey-temple): Buddhist temples swathed in prayer-flags and incredibly photogenic! Packed full with temples and palaces, markets and sadhus, Kathmandu is a labyrinth of streets and markets, crowded with exotic produce and a mystifying blend of people. Visit the central Durbar Square, infused with a medieval atmosphere, overflowing with stupas and home to the Old Royal Palace. There is also the opportunity to hire/buy any last-minute trekking equipment or haggle for your souvenirs at the many shops and stalls. We return to Thamel for lunch and have the afternoon free to explore before returning to the hotel in time for dinner and our final packing session. Night hotel.

Day 4: Kathmandu – Lukla - Phakding

We take a stunning early morning flight from Kathmandu to Lukla, 'Gateway to the Everest region,' perched at 2840m above the Dudh Kosi or 'River of Milk' – so named because of the pale milky appearance of the glacier melt-water. After meeting our assistant guides and porters in a local tea house, we trek north down towards Phakding (2610m) along a meandering trail which is lined with mani stone walls, made with hundreds of stone tablets and giant carved boulders, some brilliantly decorated with



DETAILED ITINERARY (cont.)

brightly-coloured paints. The Buddhists believe these to be sacred and so as a sign of respect to the local culture we pass them in a clockwise direction. Night teahouse.

Trek approx. 3 hours

Day 5: Phakding – Namche Bazaar

We head onwards and upwards as the trail starts to rise through a forest of rhododendron, magnolia and giant fir-trees. Our target this evening is Namche Bazaar (3440m), a delightful mountain village and the Sherpa 'capital', but first we must ascend Namche Hill; walking at a gentle but steady pace we finally arrive at the town that is itself an important meeting and trading point for the local people. Night teahouse.

Trek approx. 7-9 hours

Day 6: Acclimatisation Day

A valuable acclimatisation day sees us walking up to a great viewpoint to get our first sighting of Everest and its equally famous neighbours. We also take in the local museum before heading up further via the airstrip, stopping at the highest hotel for a well-earned cup of hot lemon, having gained approx 400m. We then head back to our tea house for lunch and a rest in the afternoon. We can explore the markets (which sell everything a trekker could require!) or happily laze around in the sun. It is important to note that acclimatisation is extremely important and that by using these acclimatisation days correctly we greatly improve our chances of reaching our goal of Base Camp, which lies at an altitude of 5364m. Night teahouse.

Days 7-9: Namche Bazaar – Dingboche

The trail turns northeast from Namche along a tributary valley and the mountain views start to open up, becoming more dramatic as the climb approaches the holy ground of Tengboche, which is surrounded by a protected juniper forest; this section takes around 5-7 hours. From here, on a ridge above the much-photographed *gompa* (monastery) is a mountain vista with few equals: Everest, Lhotse, Nuptse, Ama Dablam, Kwangde and Kangtega all loom above us. After a good night's rest, we head up



CHALLENGE GRADING

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is graded **Extreme (5)**. Main challenges lie in the mountainous terrain and conditions, extremes of temperature, and the altitude at which we trek.

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.



DETAILED ITINERARY (cont.)

to the valley and reach the picturesque 'summer village' of Dingboche (4400m), where it is time to take another acclimatisation day. Nights in teahouses.

Trek approx. 6 – 8 hours daily

Days 10-13: Dingboche – Base Camp – Gorakshep

Leaving Dingboche after another vital acclimatisation day, the trails ascend gently but still the pace is easy – it's important not to rush in the rarefied atmosphere. We reach Lobuche (4910m), often reached by walking past frozen rivers where stone houses sit in an icy wilderness of stunning beauty. We stay here a night and then head to Gorakshep (5164m), site of our highest teahouse, en-route to our goal of Everest Base Camp. Reaching the famous Base Camp rocks (5380m), we celebrate with photos and hugs before heading back to Gorakshep for the night. If our legs allow, we rise early morning to trek up to the summit of Kalapatar (5545m) for sunrise views over Everest – filled with a real sense of achievement as we stare in awe at the spectacular surroundings. Nights in teahouses.

Trek approx. 4 – 8 hours daily (Base Camp Day 9 – 11 hours)

Days 14-16: Gorakshep – Namche – Lukla

We retrace the trail with comparative ease to Lukla, via Pengboche, home to Khumbu's oldest gumpa and yeti relics. Our bodies are acclimatised to the altitude and the further we descend the fitter we feel. Where we stay on the way down is flexible. On arrival in Lukla we celebrate our success and say our thanks to our local guides and porters. Nights in teahouses.

Trek approx. 6 – 8 hours

Day 17: Lukla - Kathmandu

Fly from Lukla to Kathmandu, and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating our achievements! Night hotel.

Day 18: Free Day Kathmandu

Free day to explore Kathmandu further and make those last-minute purchases!

(Lunch and Dinner not included)

Day 19: Fly Kathmandu to London

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Copyright DA1999 / Updated 2018

Chitwan National Park Extension Available – Adds 4 Extra Days

Discover the jungle and wetlands of Chitwan National Park in Nepal's sub-tropical lowlands, home to a wealth of wildlife including rhino, bear and the elusive Bengal tiger. See website for further information.

