

ITINERARY FOR TREK TO EVEREST BASE CAMP

Your Trek : **Everest Base Camp Trek**
Trek Period : from **17 Oct** to **7 Nov. 2009**.

Day 01: Arrival in Kathmandu. Meeting up on arrival at airport and transfer to Hotel .

Day 02: 0900 hrs, trek briefing at Hotel lobby, after briefing drive to Street children Center (orphanage) that supported by Nepal Sanctuary Treks.

Day 03: Commence Everest Base Camp Trek.

EVEREST BASE CAMP TREK.

This is the shortest way into the Everest Base Camp, taking the spectacular flight into the airstrip of Lukla then meeting the classic trail at Phakding, follow it upwards through Sherpa country, distinct Buddhist culture and colorful market towns to the series of lakes that mark the base camp of the mountain.

0700 AM: Flight from Kathmandu to Lukla (2900m). Descend to Chaurikharka and traverse into the Dudh Kosi valley. Overnight near the river at PHAKDING.

Day 04: NAMCHE BAZAAR (3440m.)

Cross the Dudh Kosi and continue on the eastern bank to Larche Dovan. Cross again to the eastern bank lunch here. The western valley comes from the Nangpa La, the famous pass leading to Tibet. The eastern valley, of the Imja Khola, drains the valleys of Gokyo (Cho Oyu), Lobuche (Everest) and Chukung (Lhotse). Ascend steeply from here to Namche Bazaar. Namche is the main trading village in Khumbu.

Day 05: Rest Day for acclimatization.

Day 06: THYANGBOCHE MONASTERY (3868m.)

Straight through Namche's town, join the main trail emerging onto a precipitous canyon wall 610m. Above the Dudh Kosi. Continue to a junction in the trail then descend to the river, crossing the bridge at Phutenga at 3251m., 2 hours from Namche. Ascend steeply up a forested ridge to a saddle, a little less than 2 hours away. Thyangboche's monastery lies here with its spectacular views of Everest, Nuptse, Lhotse, Ama Dablam, Kangtega, Thamserku & Tobuche.

Day 07: DINGBOCHE (4360m.)

Northeastwards, pass through groves of juniper, fir and rhododendron to the nunnery at Deboche, pass through Milingo and in an hour cross the Imja Khola on an elaborate bridge after which one passes a number of chortens and mani walls to enter PANGBOCHE, in the center of which lies its ancient monastery with its jealously

guarded yeti scalp. The trail out of Pangboche climbs over a shoulder then parallels the river high on the canyon wall. In 2 hours reach DINGBOCHE.

Day 08: LOBUCHE (4930M)

Continue your trek after breakfast; towards the moraine of the Khumbu glacier then climb diagonally north across it passing the hut at Dughla (4621m.), then across the Khumbu Khola on a bridge, continuing along the western banks up the side of the trough into LOBUCHE.

Day 09: GORAKSHEP (5365m.)

Gorakshep is a small glacial lake from the shores of which rises Kala Patthar (5545m.) with its breathtaking view of Everest. Arrive here for Lunch. After lunch, walk for three hours to Everest Base Camp and return to Gorakshep for overnight. It's a 6-hour round trip (but flat) to the various base camp sites (5360m.) of Everest and back to Gorakshep. The trail emerges straight on to the glaciers after circling the lake.

Day 10: KALA PATTHAR & return to LOBUCHE

Pre breakfast (0530 AM) make the summit of Kala Patthar, which is reached in 1 1/2 hours from Gorakshep and return to Gorakshep for breakfast and return to Lobuche.

Day 11: Return to PHERICHE.

Day 12: Return to KHUMJUNG.

One of the biggest Sherpa villages in the region with a beautiful monastery.

Day 13: Return to NAMCHE and on to Monjo

Day 14: Return to LUKLA concludes trek here.

Day 15: AM: Return flight to Kathmandu, transfer to Hotel. Day in Kathmandu at leisure. PM: Nepalese Diner with Nepalese cultural program hosted by Nepal Sanctuary Treks.

Day 16: 0800 AM: Breakfast at hotel.

0900 AM: Guided sightseeing of Swyambhunath Stupa- one of the oldest Buddhist stupa- 2500 yrs old, Kathmandu Durbag Square and Old Kathmandu. PM: Bhaktapur - known as alive museum, a medieval city, founded in 9th century, still remains the time of 17th century. Overnight at Hotel.

Day 17: Departure transfer to Airport.

What's included:

- Airport transfers
- All relevant surface transport
- Accommodation in three star hotel with breakfast in Kathmandu. I would like to suggest you Hotel Tibet (www.hoteltibet.com), newly built, centrally located, elegant

interior, friendly staff and best service.

- All internal flights- Kathmandu/Lukla/Kathmandu
- Sightseeing with entrance fees, guide and vehicle
- Permits, National Park Entrance/Conservation Fees, staff insurance on the trek
- Guide, supporting Sherpas and porters on the trek
- All meals and accommodation at best available tea houses on the trek
- Quality service and trek equipment
- Private group only
- An escort free of cost on 15 paying persons or more.
- Portable Altitude Chamber (pressurized bag for high altitude sickness) and Oxy-meter

Not Included:

- Additional tours and meals that are not mentioned in each 'what's included' panel are not included
- Personal bills
- Visas
- Excess baggage charge (beyond 15 Kg each) and airport tax
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects).
- Tips