

Everest Base Camp Trekking in Nepal

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Everest Base Camp trekking is one of the finest treks in the world that centres on the world's highest peak Mt. Everest (29,029 ft/ 8,848 m). Most of travellers have dream to the Everest base camp trekking at once in life. It is one of the most visited regions in the Nepal Himalaya. This trek starts and finishes at Lukla airstrip to the south of the region better known as the 'Gateway to Everest'. This trek will provide you with a natural thrill as it takes you through breathtaking high-altitude landscapes, Buddhist monasteries, traditional Sherpa culture, high-altitude animals and snow-capped mountains.

Starting from Lukla, After two days trek up the Dudh Koshi valley leads to the famous Namche Bazaar. The route has an abundance of tea houses. Phakding and Monjo are the popular stopovers on the first day and just beyond Monjo is the entrance to the Sagarmatha National Park at Jorsale check point. The trail that followed the Dudh Koshi River starts going uphill from the suspension bridge just a few minutes from Jorsale. Namche Bazaar, one of the popular stops along the Everest route is a Sherpa dominated trading centre that seems to have it all.

Leaving Namche Bazaar, the trail follows the valley of Imja Khola with spectacular views of Thamserku, Kangtega, Lhotse and Everest and Ama Dablam mountains. The most common night halt after Namche is at the top of a steep climb from the Imja Khola at Thyangboche. The Thyangboche Monastery is one of the most famous monasteries because of its unrivalled backdrop. This Buddhist monastery was burnt down in 1989 and rebuilt replacing the old building with a more solid structure. The trail ascends through Pangboche until Dingboche is reached.

From Dingboche 6 hour walk leads to Lobuche which sits on the lateral moraine of the Khumbu glacier. What follows is a roughly 3 hour hike from Lobuche to the last settlement on the trail known as Gorak Shep. The few tea houses at this place provide shelter for the night before one undertakes the final leg of the trek over the glacier to Everest Base Camp. Above Gorak Shep can be seen the popular viewpoint known as Kala Patter, from where many a trekker has captured the image of the world's highest mountain and gazed up in awe. The trek along the glacier to base camp can take up to five hours. This is treacherous ground and one must walk through this area cautiously, as finding a route through can be tricky and the risk of falling on the ice is great.

Itinerary

Day 01: Arrival in Kathmandu and transfer to Hotel.

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Day 02: Trekking permit preparation day/Sightseeing at Kathmandu valley

After Breakfast full day sightseeing in Kathmandu including Pashupatinath Stupa, Swyambhnath Stupa, Kathmandu Durbar Square & Patan Durbar Square. Pashupatinath and Boudhanath. Pashupatinath Temple is situated 5 km east of Kathmandu, the temple of Lord Shiva, Pashupatinath with two tiered golden roof and silver doors is considered one of the holiest shrines of Hindus. The stupa of Boudhanath lies 8kms east of Kathmandu. This ancient colossal stupa is one of the biggest in the world and the center of Buddhism in the

world. It was listed in the UNESCO Heritage Monument in 1979. After lunch proceeded for a city tour of Kathmandu visiting Durbar Square, a complex of palaces, courtyard and temples, built between the 12th and 18th centuries, used to be the seat of the ancient Malla kings of Kathmandu. In the afternoon visit the Swoyambunath Stupa and Patan City. Swoyambunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Ancient city of Patan Durbar Square, Tibetan Refugee Camp and Handicraft Industrial Estate. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone.

Day 03: Fly to Lukla 2800m & Walk to Phakding 2500m

Early in the 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 35 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 04: Trek Phakding to Namche Bazaar (3450m)

From Phakding we cross the river and head up the 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). 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 05: Rest day Namche Bazaar

Sagarmartha National Park Headquarters just above our Sherpa hotel offers a very interesting display of photographs, memorabilia and information on the park, and the hill above is a wonderful vantage point for the spectacular view up the Imja Khola Valley towards Everest. The change from the narrow lowland valleys to the broad glacial ones is immediately obvious. The steep-sided glacial valley before us gradually winds towards the base of Everest, broken only by the moraines left by retreating glaciers. Its more gradual rate of climb is a blessing for those trekking higher. Towering to over 4000 metres above the valley floor, spectacular peaks seem to engulf us. Around us are Taweche (6542 m),

Thamserku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) and Lhotse (8511 m). The greatest of all, Mt Everest (8848 m), rises at the head of the valley. The Sherpa Cultural Centre has an interesting collection of mountaineering items and photographs. Those who are fit and acclimatising well may wish to take the optional walk to the Everest View Hotel (4-5hrs) where spectacular views of Everest and Ama Dablam may be seen. For those feeling well acclimatised there is also the option of a day walk to the pretty village of Khumjung. Khumjung is where Sir Edmund Hillary built his "Schoolhouse In the Clouds" and the famed Khunde hospital is close by. World Expeditions supports both of these famous community facilities, as well as the many other projects operated by the Himalayan Trust. There will generally be the opportunity for you to visit the hospital and school. We will also be able to visit the monastery at Khumjung where we may have the opportunity to see the "scalp of a yeti".

Day 06: Trek To Deboche (3770m) via Thyangboche. Walk approx 6-7 hours

The walk to Deboche is one of the most spectacular trekking days in Nepal. The trail meanders easily around the ridges and Everest can be clearly seen on the horizon ahead before we descend through splendid rhododendron forests for lunch. After lunch we cross the Dudh Kosi and begin the ascent to the top of a long ridge which flows from the summit of Kantega. Our trail takes us through pine and rhododendron forest, and, as this is a devout Buddhist region, the wildlife is unharmed and not too shy. As a result there is a possibility that we may see Himalayan Thar, Musk Deer or pheasants in the forest and around our campsite. As we approach the ridgeline we pass through a traditional gateway and around a chorten before cresting the ridge onto a wide grassy meadow at the monastery village of Thyangboche. The monastery was re-built with the assistance of Sir Edmund Hillary after it was destroyed by fire in 1989. The views of the Everest massif, as well as all the other major peaks of the area are astounding. After a rest and visit to the monastery we head downhill to our private eco campsite at Deboche.

Day 07: Trek To Dingboche (4360m), walk approx. 6-7 hours

This morning we will begin a steady ascent. The stunning views of Everest, Lhotse, Kantega, Thamserku, Ama Dablam and Nuptse are spectacular throughout our walk today. We head down to cross the Imja Khola before an easy climb along a wide, open trail to the small village of Pangboche (4000m). We may take a slight detour to visit the Pangboche Gumpa – the oldest monastery (around 300 years old) in the Khumbu Region. We cross the river again and then gradually trek up to Dingboche, situated just beneath the impressive Ama Dablam.

Day 08: Trek To Lobuche (4930m). Walk approx 6 hours

We are gaining altitude and it is important that we move at a slow, steady pace. The slopes are quite barren now as we move above the tree line. Views of different peaks, such as Cholatse and Lobuche, unfold before us in this contrasting and spectacular landscape. We move up the Dhugla Ridge and onto moraine towards the Khumbu Glacier. Rock cairns can be seen, many of which are dedicated to the memory of climbers attempting the high mountains of the area, including Everest. The temperatures drop here as we are more exposed amongst this glacial moraine. We will enjoy spectacular views all day today of Pumori and Nuptse. The hill above the town affords fine sunset views of Nuptse.

Day 09: Trek To Gorak Shep (5288m) & Base Camp (5360m). Walk approx 7-8 hours

We trek alongside the Khumbu Glacier as the path winds over the rocky moraine towards the settlement of Gorak Shep. We are high, among the glaciers of the world's highest peaks. Following our arrival at Gorak Shep we have an early lunch before we commence our trek to Everest Base Camp. In the pre monsoon season many expeditions can be seen at base camp and this excursion is one of the highlights of the trek.

Day 10: Trek Kala Pattar (5545m), & trek Dingboche (4330m), walk approx. 7-8 hours

Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks atop the hill the views are spectacular. Most eyes are locked on the mass of Everest and its rocky buttresses immediately before us. Many of the famous ascent routes are quite clear. Below us the Khumbu Glacier snakes towards the icefall and Western Cwm. We can see the area where expeditions set their base camp but the original site was at Lake Camp, now known as Gorak Shep. Take a look in every direction and soak it in. The view south and our route out, is particularly beautiful. In the afternoon we make the return trek to our private ecp camp at Dingboche, soon after setting off we reach the site of a row of cairns to Sherpa climbers who died on Everest, before we continue to the small settlement at Tugla. Our path on an old lateral moraine takes us to the sheltered village of Dingboche and our permanent camp. To the east at the head of the Imja Khola valley sits the pyramid peak of Imja Tse (6189 m). This afternoon we can walk up the ridge behind Dingboche for sunset views of Nuptse, Lhotse and Chhukung Peak.

Day 11: Trek To Deboche (3770m). Walk approx 4-5 hours

There can be a tendency now to rush, particularly as we are walking downhill, but there is still much to see. We descend to Pangboche and visit its historic old monastery, thought to be the oldest in the Khumbu. Continue to Deboche for the night.

Day 12: Trek To Namche (3440m), walk approx. 5-6 hours

If the weather is clear, the mountain views from Thyangboche monastery as we pass through

are outstanding – Everest, Lhotse and Nuptse are at the head of the valley, their line of sight flanked by Taweche on one side and Ama Dablam on the other. Almost directly above us are Kantega and Thamserku. Completing a 360 degree panorama of mountains are Khumbli and Kongde Ri which encircle us from across the valley. It's a pleasant walk down to Namche, and as we near the village we pass through terraced fields that are home to a brightly colored pheasant, the Danphe Pheasant, the national bird of Nepal.

Day 13: Trek To Ghat (2800m). Walk approx 5-6 hours

Leaving Namche we descend through the forest towards the Dudh Kosi, and continue our return journey crossing and recrossing the river. It will seem like a long time since we ascended through the villages on our first days of the trek, as we have witnessed many stunning views on our trek into the highest mountain range in the world. Leaving the Sagarmatha National Park today we will arrive at our private eco campsite at Ghat by mid afternoon.

Day 14: To Lukla (2800m). Walk approx 2-3 hours

Retracing our steps along the valley, we pass through a variety of settlements and forests before a gentle climb to Lukla. We savour our final mountain sunsets of the trek as we complete this exhilarating journey. Our last evening of the trek is a good time to have a small party for all the team, especially the porters who will return to their villages from here. There is usually lots of music, dancing and singing and if we are lucky, one of the superb cakes that our Nepali chefs are renowned for. Overnight lodge.

Day 15: Fly To Kathmandu by air (1330m)

This morning we will fly to Kathmandu, a thrilling flight over forests, fields and villages, with the Himalaya in the background. On arrival, we transfer to the hotel. The rest of the day is at leisure.

Day 16: Free day in kathmandu / Shopping / Sightseeing. Evening Farewell Dinner

Free day in kathmandu / Shopping / Sightseeing. Evening farewell dinner.

Day 17: Fly back to onward destination

Fly back to onward destination. Transfer to Aiport.