



Everest Base Camp Trek

Day to Day Itinerary

March 27 – April 18, 2020

March 27: Depart country of origin

March 28: Arrive Kathmandu

March 29: After breakfast we will complete a full gear check and trip orientation. Afternoon for trekkers to obtain any missing gear and prepare for the trek and/or explore Kathmandu. Welcome dinner

March 30: Kathmandu formal tour. While modern by Nepalese standards, Kathmandu is a sacred city to Hindus and Buddhists. Our tour is an important introduction to understanding the cultures that lay ahead. Kathmandu is prominently featured in Buddhist scriptures and Hindu texts such as the Ramayana. Our tour includes three World Heritage Sights — 3,000-year-old Swayambhu (monkey temple), the Hindu temple and cremation site Pashupati, and the great Stupa of Bodnath.

March 31: After final administration requirements, we'll fly via Twin Otter to the landing strip in Lukla. Weather permitting, this flight offers outstanding views of the eastern Himalayas. In Lukla, we meet and join our Sherpa staff, load the yaks and begin the ascent to Base Camp. Our first day is an easy walk to lush environs of Phakding, located on the Dudh Kosi river. Hiking time: 3-4 hours

April 1: We'll follow the Dudh Kosi, ascending 2,300 ft./700m through Himalayan pine and Doedar cedar forests, to the celebrated village of Namche Bazaar (11,300 ft./3444m). The village of Namche is an historic trading post where Nepalese and Tibetan traders exchange salt, dried meat, gold and textiles. Besides being a superb place to shop for traditional crafts, Namche remains the central trading post in the Khumbu, attracting Himalayan and lowland merchants. Our group will spend two days in Namche, affording us the opportunity to acclimate, visit local markets and spend time with friends in town. On the hike, we'll capture our first glimpses of Everest and neighboring peaks. Hiking time: 5-6 hours



April 2: In the morning, we'll take an acclimatization hike, gaining 1,000 feet to take in the amazing mountain vista. In the afternoon, we'll have time to visit sights in Namche Bazaar, including the local marketplace.

April 3: On perhaps one of the most fascinating days of the trek, we'll travel to the village of Thame (12,464 ft./3,800m), off the main trekking path. We'll have the unique opportunity of visiting the home of Lakpa Rita Sherpa, our Sirdar (lead Sherpa) and Everest climbing guide. His family has been a mainstay of this small community, raising yaks and farming. This gives us an intimate view of Sherpa culture while visiting a traditional home. Interestingly enough, a number of famous climbing Sherpa have come from Thame. The Thame experience is one rarely afforded to trekkers. After lunch, we climb to the Thame monastery and further explore local Buddhism. We'll tour this 400 year-old gumpa (monastery) and learn about its inner workings and the lives of its monks. As we view the monastery, we'll discuss the wall paintings and artifacts that are central to Buddhist practice. Hiking time: 5 hours

April 4: From Thame, we'll walk to the beautiful twin villages of Khunde and Khumjung (12,400 ft./3780m), two of the largest villages in the Khumbu and home of Sir Edmund Hillary's hospital and school. The day's walk is moderate and pretty, winding through thick cedar forest. Hiking time: 6 hours

April 5: We'll continue on and climb to the village of Tengboche (12,683 ft./3865m), the cultural and religious center of the Khumbu. At the monastery we'll attend Buddhist ceremonies and rituals performed by local monks. Vistas from Tengboche are spectacular. The jagged peaks of Thamserku and Kangtega stand to our south, as Everest, Lhotse, Nuptse and Ama Dablam are visible to the north. The Monastery at Tengboche is one of the most well-known in the world, as the Rinpoche is revered throughout the Buddhist community, and has authored a number of books and essays. In the past our groups have had an audience with the Rinpoche and received his blessing.

Views from this locale (one of the finest on earth), include Kwangde (20,293 ft./6,185m), Tawachee (21,457 ft./6540m), Nuptse (25,843 ft./7876m), Lhotse 27,883ft/8498m, Everest 29,035ft/8850m, Ama Dablam 22,487ft/6854m), Kantega (22,235 ft./6,777m), Thamserku (21,674 ft./6,606m). Hiking time: 4-5 hours



April 6-7: We'll climb to the village of Pheriche (13,907 ft./4238m), which is not far from Dingboche (a village en route to Island Peak). Pheriche has become famous for its high-altitude medical clinic. The clinic attracts world-renowned physicians who from time to time acquire data to analyze the effects of high altitude on human physiology. We'll visit the clinic and learn more about the effects of high altitude on Himalayan climbers. Hiking time: 4 hours. We'll also spend an additional day further acclimatizing and hiking.

April 8: Above Pheriche, the character of the terrain changes, and we'll begin to understand the starkness of the high alpine landscape. Our path climbs the terminal moraine of the Khumbu glacier and continues to the settlement of Lobuche (16,174 ft./4,929m), where we'll spend one night. This trail passes through a famous memorial that honors the many Sherpa who lost their lives in the high mountains. Lobuche is located on the flank of an old lateral moraine of the Khumbu glacier. Hiking time: 4-5 hours

April 9: The trail winds through the high tundra and glacial moraine to Gorak Shep (16,924ft/5158m), the last inhabited area before Everest Base Camp. Gorak Shep presents a rougher environment and gives the trekker the true flavor of the rigors of mountaineering. In the afternoon, depending on weather conditions, we will either make an ascent of Kala Pattar (18,300 ft./5577m), and return to Gorak Shep for the night. Kala Pattar is a small peak with excellent views of Everest, Nuptse and nearby Pumori and will be the highpoint of acclimatization before heading to Lobuche East and Island Peak. Many well-known Everest photos are taken from the summit of Kala Pattar. Base camp lies beneath the sweeping ridges of Everest and Nuptse. Hiking time: 4-5 hours.

April 10: This morning, we walk to Base Camp where we will sleep for the night. Hiking time: 6 hours

April 11: Waking before sunrise, we'll make an early ascent of Kala Pattar (if not completed on the way in) about 3 hours from base camp, (18,300 ft./5577m), a small peak with excellent views of Everest, Nuptse and nearby Pumori. Many well-known Everest photos are taken from the summit of Kala Pattar. Then we begin our return to lower altitudes and quickly feel the difference in our lungs. This night is spent in the village of Dingboche (14,450 ft./4404m), a stunning village of stone huts known as the



summer village for local herders. The mountain views are outstanding from the Imja valley as Makalu stands in the distance. Hiking time: 8-9 hours.

April 12: (note – climbers may opt to heli back to Lukla on this day and heli on to Kathmandu on this or following day)

We'll enjoy the downhill walks as we take our time and return to Namche Bazaar. This seemingly remote village is a center of commerce where we'll spend the evening and morning shopping, drinking coffee, getting shaves, sampling food and enjoying all the thrills of "urban" life. Hiking time: 8 hours

April 13: In the afternoon, we'll descend the hill from Namche and enter the lower valley, returning to lush greenery and the Dudh Kosi river. This night's stay will be in Phakding, just at the head of the lower valley. Hiking time: 3 ½ - 4 ½ hours

April 14: Our final walk to Lukla usually has us arriving for lunch, with the afternoon available to explore Lukla. In Lukla, we'll also begin the process of readjusting to the lowlands and prepare for the Heli (included in price) or air flight back to Kathmandu. It'll be a memorable night of laughter and merriment. Hiking time: 4 hours

April 15: Early morning flight (heli or plane) to KTM (weather permitting). We'll spend much of the afternoon relaxing and enjoying the deluxe services of the Yak and Yeti hotel.

April 16: Free time to tour the city including the temples and sites of Durbar Square and the Thamel section. Here we'll assist trekkers with their final shopping needs, and have a farewell dinner.

April 17: Early morning departure

April 18: Arrive in the U.S.