

## Everest Base Camp Trek

*With Ascent of Kala Patar 5550ms*



### **Mon 7 Oct Depart London Heathrow on overnight flight to Kathmandu**

Depart London Heathrow at 2045hrs for o/nt flight to Delhi, arriving 0945hrs next morning.

### **Tue 08 Oct Arrive Kathmandu, meet our staff and transfer to Hotel**

Connect from Delhi to Kathmandu. On arrival at Kathmandu Tribhuvan International Airport you will be transferred to a camping place at Dulikhel in the Kathmandu Valley, west of the city. A chance today to learn from the support team about Nepal and the set up for meals and camping tonight and on future days.

### **Wed 09 Oct Fly to Lukla (2,900m). Trek to Tok Tok (2,760m), 3-4 hours**

This morning an early 50 mins. transfer to the airport for the domestic flights to Lukla. The group will be divided across at least three flying groups. Enormous patience will be required especially as the domestic airport is very busy and flights are frequently delayed. The views from the plane are stunning, providing dramatic scenes of terraced hills and the distant Himalayan giants. On arrival in Lukla the different flying parties will meet up at the Paradise Hotel ready to begin the trek into the Khumbu region. Today a relatively easy 3-4 hour trek contouring along the Dud Khosi river to take you to Tok Tok (2,760m), this night's resting place. Be prepared for your first rope bridge crossing and for the enormous number of trekkers, porters and yaks on the trail. It is very important to stay in the allocated walking groups and to listen to the advice from the guides and leaders.

# HIGHEST CLASSROOM

## **Thu 10 Oct To Namche Bazaar (3450m), 5-6 hours**

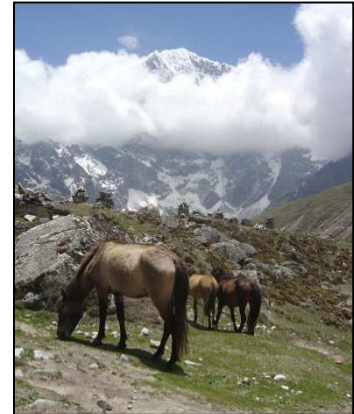
We continue trekking along the banks of the Dudh Kosi, crossing this roaring river on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply (be prepared for a height gain over 690ms.) and you can expect breathtaking views as you approach Namche Bazaar, the gateway to the Khumbu region.

## **Fri 11 Oct Everest Viewpoint (3660m) and short trek to Kyanguma (3550m)**

Today is primarily a rest and acclimatisation day near to Namche Bazaar. We will trek first up to the Everest Viewpoint above Namche, where they are great views of Mt. Everest, Lhotse (the 4th highest peak in the world) and the beautiful Ama Dablam.

Then descend via Khunde village and continue a short way on the route to EBC, until you reach a lovely camping place at Kyanguma.

The rest of the day is for relaxation and acclimatisation.



## **Sat 12 Oct To Deboche (3,820m), 4-5 hours**

From Kyanguma we trek along the contour of the hill and then down to the valley floor en route to Tangboche (3860). The climb up to Tangboche is arduous and height gain will be around 600ms.. It will be a touch climb but you are rewarded by amazing views into the deep and lush valleys below. Our route will take us through the spiritual centre of the Khumbu region. At Tangboche there is a famous monastery, inside of which are ornate wall hangings, a giant sculpture of Buddha, and the musical instruments and robes of the Lamas. After visiting the monastery, continue down to Deboche about half an hour's distance, where we camp in the grounds of the Rhodendrun Lodge.

## **Sun 13 Oct To Dingboche (4,410m), 4-5 hours**

Our trek continues along the roaring glacial waters of the Dudh Kosi with magnificent views of the mountains. We leave, today, the temperate wooded zone and head into more barren uplands. The air is thinner too so be prepared for the altitude making you easily breathless. We cross another exciting suspension bridge on the Imja Khola, and climb to Pangboche amongst thousands of Mani stones. From Pangboche the route winds high above the valley floor, passing through various Sherpa settlements until we climb up to reach our camping place for the next two days, Dingboche.

## **Mon 14 Oct Acclimatisation day in Dingboche**

Today is set aside as an acclimatization day, now that we have gone well above 4,000m. There is the option of a light hike up the nearby ridge to see the stupas and for a wider variety of photos and views of the spectacular 6,000m peaks of Tawoche, Cholatse, Island Peak and the 8,000m wall of Lhotse. On a clear day one may see Mount Makulu, a giant of more than 8,000m and the 5th highest mountain in the world. Near to our camping place and tea house in Dingboche there is an internet "café" charging reasonable connection rates.

## **Tue 15 Oct To Lobuche (4,910m)**

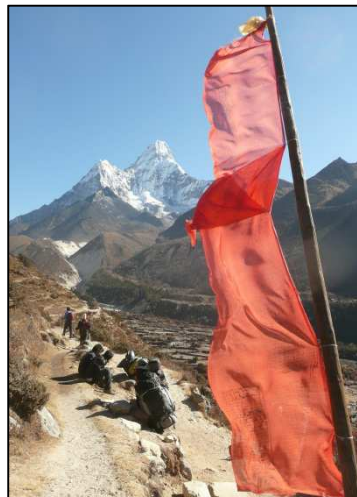
From Dingboche the trail climbs and contours upwards across some exposed hill slopes. We will stop near Thokla (4,620m) for lunch before continuing along the lateral moraine of the Khumbu Glacier.



# HIGHEST CLASSROOM

Above Thokla we pass by the stone memorials to climbers who have died on the mountains around us. Look carefully to find touching memorials to famous mountaineers. We follow the trail to Lobuche and camp just below the terminal moraine of the tributary glacier. NB This valley is a wind corridor and can be very cold, especially when the sun is not shining.

## **Wed 16 Oct Gorak Shep (5,410m) and Kala Pattar (5,550m)**



An early morning start brings us closer to our two objectives.

We wind our way through the terminal moraine of the Khumbu glacier to our accommodation at Gorak Shep, situated at the base of Kala Patthar. This was the original Base Camp used by Sir Edmund Hillary and Tenzing Norgay on their successful ascent of Everest, before the Base Camp moved closer to the mountain on the edge of the Khumbu Icefall.

After lunch we set out from Gorak Shep to ascend the non-technical trail up Kala Patthar (5,550m) and are rewarded for our efforts by unforgettable views. From this lofty perch we can clearly see the summit of Mount Everest, Nuptse, Lhotse and Ama Dablam. This is simply an amazing panorama and we'll allow ample time to savor the rewards of our efforts.

## **Thu 17 Oct To Everest Base Camp (5,346m), 4-5 hours Then down to Dingboche (4410m) 3-4 hours**

Today we will journey towards our goal, the Base Camp of Mount Everest, located at the foot of the Khumbu Icefall. After a cold start the path leads you initially downhill across a dried up lake. After that for approx. 3 hours you're picking your way up & down around boulders with the prayer flags of Everest base camp slowly getting nearer. This is where you'll see all the features of glaciation and after a last climb you're there. To have achieved your objective is fantastic but don't expect too much of base camp itself. Take lots of pictures and turn for the journey home. Well Done! You'll have lunch at Gorak Shep and then start to descend to Dingboche. A tough day!

## **Fri 18 Oct Descend to Pangboche and on to Kyangjuma 6-8 hours**

Today we follow the route back down the Khumbu valley to Pangboche and on to Kyangjuma. The route mainly feels like downhill. You'll be retracing the route that you took up here so lots of the scenery will look familiar. As you descend you should find that you breathe more easily & consequently we allow the trekking days & distances to become longer. A long but rewarding day. This journey will take you out of the high land and its rock & sand, and back to the trees & valleys that were a feature of the early part of your trek. Again you're using the same camp site so you should be feeling like a seasoned traveller by now. Lots of people will pass you heading north. Hopefully you'll get to talk to some of them about your adventures. Remember to have a good long look back before you leave the upland viewpoint near Deboche.

# HIGHEST CLASSROOM



## **Sat 19 Oct To Namche Bazaar and on to Tok Tok 6-7 hours**

Today we return to the busy town of Namche. It will seem very developed after all our time in the uplands. Get ready for some of those luxuries you may have missed as we stay in Namche for an hour of sight-seeing and shopping. Then down the steep descent to the big suspension bridge far below Namche, and finally to Tok Tok for the night's camp.

## **Sun 20 Oct To Lukla (2,840m), 5- 6 hours**

Our last day on the trail, we hike from Tok tok to Lukla. There is a sting in the tail because the final sections are over ridges and valleys, steadily climbing up to Lukla. Be prepared and be patient! We stay overnight in Lukla where you'll enjoy a celebration dinner..

## **Mon 21 Oct Fly to Kathmandu (1,350m)**

The scenic morning flight back to Kathmandu gives us one last chance to say farewell to the mountains.

Flight schedules allowing, we shall have time over the next two days to explore, go shopping, and visit some of the Kathmandu and Baktapur palaces, temples and markets.

We camp again out at out at Dulikhel in the Kathmandu Valley.



# HIGHEST CLASSROOM

## **Tue 22 Oct Kathmandu**

Please note that the extra day in Kathmandu will be used up in the event of flight delays to Lukla earlier in the expedition. We camp again out at out at Dulikhel in the Kathmandu Valley.

## **Wed 23 Oct International flight home.**

Transfer to Kathmandu Tribhuvan International Airport for your 1345hrs. return flight home, arriving approximately 1830hrs. same day. This is a long day with around 16 hours of actual flying and 5 or more hours queuing, waiting for connections etc. The time difference is with Nepal five hours ahead of the UK. Just cherish the memories to help you through this long day!

