
Everest Base Camp – 17 days



Highlights

Beautiful views of Mount Everest and many of the world's highest peaks. You will begin with sightseeing in Kathmandu. Then take a stunning mountain flight from Kathmandu to Lukla. You will trek through green pine forest, alongside the Dudh Kosi river, cross many swing bridges and pass through many charming Sherpa villages. We ascend to Namche Bazaar, a famous Sherpa village nestled amongst hanging glaciers. From here we trek to Thyangboche monastery, and on into alpine desert with snowy mountain views all the way. Eventually we come to the Khumbu glacial moraine, and trek up to Everest Base Camp and take in spectacular views from Kalopattar.

Come and visit Nepal with an experienced team

You will be experiencing the Himalayas with me as your guide. I am a mountain-born Sherpa, trained as a high-altitude guide, and I have been

running treks in the Himalaya for 22 years. I have walked the whole length of the Himalaya, 1700 kilometres.

We will focus on taking in the mountains and the culture and community of the mountain people.

Your trip includes accommodation, most meals, experienced guides, and your bags carried by porters.

Everything is taken care of so you can relax and enjoy.

Itinerary – 17 Days*

Day 1 - Arrive in Kathmandu (1330m)

Day 2 - Katmandu city visit

Day 3 - Fly to Lukla (2800m) and then trek to Phakding, walk approximately 4 hours (2550m).

Day 4 - To Jorsalie (2850m). 5 hours walking.

Day 5 - To Namche walk approximately 7 hours (3440m).

Day 6 - Acclimatisation day in Namche, walk to views of Everest

Day 7 - To Tengboche walk approximately 6/7 hours to (3890m).

Day 8 - To Dingbouche walk approximately 6/7 hours to (4360m)

Day 9 - Acclimatisation day at Dingbouche

Day 10 - To Labuche, walk approximately 5/6 hours to (4920m)

Day 11 - To Gorak Shee (5185m) & Everest Base Camp (5360m) walk approximately 8/9 hours, returning back to Gorak Shee.

Day 12 - Early in the morning ascend to Kalopattar (5550m) and then down to Pheruche, walk approximately 7/8 hours to (4289m).

Day 13 - To Namche bazaar, walk approximately 7/8 hours (3440m)

Day 14 - To Thadokosi, walk approximately 7 hours (2550m).

Day 15 - To Lukla, walk approximately 4 hours (2750m)

Day 16 - Fly back to Kathmandu

Day 17 - Trip finishes

* There are many options to shorten or extend your trip by 2 or 3 days.

Detailed itinerary

Day 1 Arrive in Kathmandu (1330m)

You will arrive in Kathmandu. I will collect you from the airport and take you to your hotel. You will have time to refresh and look around Kathmandu a little. In the afternoon, around 5pm, we will talk about the trip. Make your own arrangements for dinner at the many local restaurants. Meals: not provided



Day 2 Kathmandu city tour

After breakfast there will be a sightseeing tour around Kathmandu. Visit heritage listed Pashupatinath and Boudhanath and then return to the hotel. Afternoon is at your leisure, you can explore Durbar square, Patan, Swayambhunath (Monkey Temple) or Bhaktapur. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, plus novelty and handicraft shops contrast with imagery of a city full of cultural and spiritual significance. Kathmandu has more world heritage sites than any other city in the world.

Meals: breakfast in hotel, lunch and dinner not provided.

Day 3 Fly Lukla (2800m) then trek to Phakding (walk approximately 3 hours finishing at 2550m).

We go to the airport early for a 45-minute flight to Lukla, this is a memorable flight, with wonderful views of the eastern Himalaya. Lukla airstrip was donated by Sir Edmund Hillary and his friends to service the Everest region, following his 1953 climb to the top of Everest top. The airstrip helped progress health and education to the Solu Khumbu region. At Lukla we start trekking through a beautiful village surrounded by mountain. We will see our first Mani walls today. These stone structures are a



compilation of many stone tablets, each with the inscription 'Om Mani Padme Hum' which translates to 'Hail to the jewel in the lotus', and is mantra (chant) venerated by Buddha. We then follow the Kosi river to reach the hotel at a similar altitude of 2750 metres.

Meals: breakfast, lunch, dinner included.

Day 4 To Jorsalie (2850m). 5 hours walking.

Spectacular mountain peaks rise above the deep river valley. We cross the many suspension bridges until we reach Sagarmatha National Park. We see the peaks of Kusum Kangru (6369 m) in the East. Further along the trail, across the valley to the North-West Nuptse (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamserku (6806 m) rises majestically, seemingly from the river floor. The allure of the mountains is hard to resist, but we must be patient, as it is very important to acclimatise slowly and thereby fully appreciate our time at higher altitude. Today's walk is not a long one, and you will be eager to press on. Slow down, and enjoy the walk.

Meals: breakfast, lunch, dinner included.

Day 5 To Namche walk approximately 7 hours (3440m).

This morning we start our walk on the riverside, we cross the river, streams and two suspension bridges. We follow the river course to the meeting of the Dudh Kosi and the Bhote Kosi, and cross to a huge high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'center' of Nepal. This is a tough climb as the trail ascends through pine forest until you get your first view of Mount Everest. The trail continues to climb to Namche, a horseshoe shaped village surrounded by mountains and hanging glaciers. After lunch you can wander through the village, see Tibetan trader's stalls or the Sherpa shops in search of a bargain. Our accommodation will be at the teahouse.

Meals: breakfast, lunch, dinner included.

Day 6 Acclimatisation day in Namche, take in views of Everest

Today is an acclimatisation day to get used to the higher altitude. You will be encouraged to walk to the Everest view hotel (4-5hrs) where spectacular views of Everest and Ama Dablam may be seen. A short walk will take you to Sagarmatha National Park headquarters, where you can view historical photographs, memorabilia, and take a short walk to a spectacular view up the

valley; you can see Taweche (6542 m), Thamserku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) Lhotse (8511 m) and of course the greatest of all, Mount Everest (8848 m) rises at the head of the valley. Our tea house in Namche is surrounded by spectacular peaks, and with some luck you will get a chance to sit in the sun.

Meals: breakfast, lunch, dinner included.

Day 7 To Tengboche walk approximately 6/7 hours to (3890m).

The walk to Tengboche is one of the greatest trekking days in the region. The trail roams easily around the ridges and Everest can be clearly seen ahead, before we descend through 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 deeply Buddhist region the wildlife is unharmed and not too shy. We hope there is a possibility that we may see Himalayan thar, musked deer or pheasants in the forest and around our lodge site. We pass chortens before cresting the ridge to the monastery village of Thyangboche. We stopping the near the monastery over at hotel. The views of the Everest massif, as well as all the other major peaks of the area are astounding. After a rest or cup off tea we can visit this famous monastery.



Meals: breakfast, lunch, dinner included.

Day 8 - To Dingbouche walk approximately 6/7 hours to (4360m)

This morning we begin a steady ascent, with similar views of Everest, Lhotse, Kattogat, Thamserku, Ama Dablam and Nuptse throughout the walk. We head down to cross the Imja Khola before an easy climb along a wide, open trail to the small village of Pangboche (4000m). If we have time, we will take a slight detour to visit the Pangboche gompa - the oldest monastery (around 600 years old) in the Khumbu region. We cross the river again and then gradually trek up to Dingbouche, situated just beneath the impressive Ama Dablam. Overnight to the hotel Dingbouche.

Meals: breakfast, lunch, dinner included.

Day 9 - Acclimatisation day at Dingbouche

An important acclimatisation day today with the option of hiking high up to the ridge overlooking the village. Excellent views of Nuptse from the ridge above the village. Massive glaciers drape beneath cliffs that soar up to 3,500 metres in this dramatic valley. You'll get a chance to rest for the afternoon, read, play cards, or just relax. Overnight same hotel.

Meals: breakfast, lunch, dinner included.

Day 10 - To Labuche, walk approximately 5/6 hours to (4920m)

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 Lhabuche, unfold before us in this contrasting and spectacular landscape. We move up the Thugla ridge and onto glacial 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 enjoy spectacular views all day today. The hill above the town affords fine sunset views of Nuptse. Overnight at hotel in Lhabuche.

Meals: breakfast, lunch, dinner included.

Day 11 - To Gorak Shee (5185m) & Everest Base Camp (5360m) walk approximately 8/9 hours, returning back to Gorak Shee.

We trek alongside the Khumbu glacier as the path winds over the rocky moraine towards the settlement of Gorak Shee. We are high now, amid the glaciers of the world's highest peaks. Following our arrival at Gorak Shee we have lunch before we commence our trek to Everest base camp. In the pre monsoon season many expedition groups can be seen at base camp and this excursion is one of the highlights of the trek. Overnight lodge at Gorak Shee.

Meals: breakfast, lunch, dinner included.

Day 12 Early in the morning go to Kalopattar (5550m) and then walk down to Pheruche walk approximately 7/8 hours to (4289m).

This morning we ascend to Kalopattar, weather permitting. This is a view point with spectacular views of Everest. 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. Take a look in every direction and soak in spectacular views. In the afternoon we

make the return trek to Pheruche. Soon after setting off we reach the site of a row of cairns dedicated to Sherpa climbers who have died on Everest. Our path follows down the valley to the sheltered village of Pheruche at the hotel. Meals: breakfast, lunch, dinner included.

Day 13 To Namche Bazaar, walk approximately 7/8 hours (3440m)

There is still a lot to see as we head down the same trail to Namche. We descend through Pangboche and along the river. Time to enjoy the walk today now that the ascent is behind us. We overnight in Namche Bazaar. Meals: breakfast, lunch, dinner included.

Day 14 - To Thadokosi, walk approximately 7 hours (2550m).

Today is your last views of Everest. It is a pleasant walk down through the pine forests through Phakding to Thadokosi. You will be fit from the high altitude and should find this a pleasant days walk. Overnight in Thadokosi. Meals: breakfast, lunch, dinner included.

Day 15 To Lukla, walk approximately 4 hours (2750m)

This is the last day trekking, we retrace our steps along the valley, passing through a variety of villages and forests before a gentle climb to Lukla. We see our final mountain sunsets of the trek. Our last evening we can relax and celebrate the trek, we have the opportunity to thank porters and say goodbye. Overnight lodge in Lukla. Meals: breakfast, lunch, dinner included.

Day 16 Fly back to Kathmandu

This morning we 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. Meals : Breakfast at hotel. Lunch and dinner not provided

Day 17 Trip finishes

Breakfast at the hotel, and then you will be transferred to the airport.

Meals : Breakfast at hotel. Lunch not provided

Key Information

What is included

- Excellent service. We are renowned for providing better service than you will get with many companies.
- Sherpa guide leader carries a first aid kit for trekking needs.
- Salary for porters
- All breakfasts, lunches and dinners while on the trek (regular main meal from teahouse menu, plus either tea, coffee or cordial with the meal).
- Afternoon tea on trekking days.
- Boiled drinking water
- Washing water on trekking days.
- Airport transfers from Kathmandu.
- Local flights, and 20 kg luggage allowance on Kathmandu/Pokhara flights
Local transfers to and from Pokhara to trek
- Accommodation on trek in teahouses
- Park entrance fees and trekking permits

What is not included

- Lunch & dinner in Kathmandu and Pokhara
- Kathmandu tourist entry tickets to heritage sites.
- Personal drinks or foods, e.g. bottled water, aerated & alcoholic drinks etc
- Items of a personal nature, such as laundry, etc.
- Tips for staff (porters and guides)
- International flights
- Visa for Nepal
- Travel insurance or medical costs in an emergency

Trip cost and how to book

I guarantee a competitive price.

Please email me and I will give you a quote and arrange the booking.
cmingma@gmail.com

Further information about trekking in Nepal

Expert Sherpa Guide

You will be led by Mingma Sherpa, a Nepal Government Licensed Guide. He grew up in a village near Kanchenjunga and has been a High Altitude Sherpa Guide for 22 years.

Mingma is the Director of See High Peaks Trekking Tours and Travel:
<https://seehighpeaks.com>

Mingma has been the group leader for Mindful Adventures since 2015, taking health professionals trekking in the Himalayas.

Mingma helped found a charity to support children's education in Nepal. This is an Australian Registered Charity with Tax Deductible status:
<https://www.facebook.com/PearlLotusFund>

Fitness and Trip Difficulty

You will trek between 4 and 6 hours each day. You will carry a day pack and porters will carry your luggage. At any stage of a moderate trek you can expect long, steep climbs and descents and a wide range of weather conditions. An example of an average day on a moderate trek could include several ascents and descents of 500 metres or more. Level ground is rare in the mountains.

Preparation before your trek

To prepare for a trek, you should begin training approximately 3 months before your departure. As a guide, 40 minutes of cardio exercise a few times a week is enough for a moderate trek. Speed is not important; stamina, confidence and continuity are.

Equipment

- Upon booking I will provide you with a list of equipment you need.
- Some equipment can be hired cheaply in Kathmandu if you do not want to purchase it
- Good boots that are worn in are essential.
- You will need a light daypack and an overnight pack
- We will loan you a duffel bag for the porter carry as well as a heavy down jacket for cold nights

A typical day

You will be woken with a cup of tea brought to your room, usually between 6 and 7am. Breakfast will follow this in the teahouse. After breakfast we commence trekking. The idea is to enjoy the trail, not hurry to the next destination, so we will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers.

We will stop for lunch at around 12pm.

After lunch the walk is usually shorter, and we reach camp around 4pm.

Once we have reached camp you can settle into your teahouse room, have a rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, your diary notes etc. Or you can take in the local village, take short walks, and enjoy the mountain culture, people, and scenery.

Dinner is ordered from the teahouse menu usually around 6 pm to 7 pm.

Trekking evenings are spent in the teahouse, and can be great memories of your trek, talking, playing cards, chatting with local people and other trekkers.

Accommodation on the trek

Teahouse accommodation includes a basic mountain-style room, warm blankets and a pillow.

We will provide you with a clean warm sleeping bag rated to minus 30c.

Climate

Spring trekking in Nepal goes from January to the end of May (there is typically no trekking during the monsoon). Autumn trekking goes from August to November.

Trekking in Autumn

Morning at this time usually has very clear skies, it can become cloudy in the afternoon. Mountain views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen, and deciduous trees can be very beautiful as their colours change. The temperature in the morning as we start walking can be quite cold, sometimes below zero. During the day the temperature can rise as high as 20 degrees Celsius, and you will be quite warm. The sun can be quite hot (hats and sunscreen is needed). In the evenings and nighttime, it can be very cold, often below zero at higher altitudes. In autumn, snow can fall at anytime, but it rarely rains.

This is the high season for trekking and the trails can be busy in popular areas like Everest.

Trekking in Spring

Morning skies are clear, and it will become cloudy every afternoon because the monsoon is starting to build. The clouds against the mountains create stunning beauty. In spring, you will see trees in bud, bright green leaves, rhododendron flowers, magnolias, peach blossoms, and many spring flowers. The Himalaya is home to many of the world's best-known flowering plants and spring is the time to see them. You will also see many birds.

The temperature in the morning is pleasant, usually above zero. During the day, the temperature can rise as high as 25 degrees Celsius and you can walk in shorts and t-shirts. The sun can be quite hot; hats and sunscreen are needed. In the evenings and at night, it can be very cold, and you will still need a jacket and many layers. In spring, it can rain, with occasional snow. This is the expedition and climbing season.

Mountain flights

Flights to Pokhara are fairly dependable, however, at times mountain flights can be delayed due to weather.

A 6-hour jeep from Pokhara to Kathmandu can be arranged in extreme conditions (at additional costs).

Acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water.

During the acclimatisation process, you may experience some of the following symptoms.

- headache
- tiredness
- disturbed sleep
- loss of appetite/nausea
- shortness of breath
- cough
- palpitations
- swelling of the hands and face

These symptoms may not indicate the onset of AMS, and if you experience them, it does not necessarily mean that you should not continue. I am a wilderness first aid trained and will help you monitor your symptoms.

The only cure for acute mountain sickness is to descend.

Porter care

Porters are the backbone of Nepal, so we aim to treat them well. All porters are provided with meals, accommodation and insurance.

Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, governmental changes, and natural circumstances beyond our control.