



Everest Base Camp Program

7 October 2017

DAY 1	Depart OR Tambo International Airport for Kathmandu via the UAE. We usually use Emirates that get us to Kathmandu late afternoon of day 2.
DAY 2	Arrive in Kathmandu with new smells, colors and sounds. A fascinating city caught between the mystical past and a modern day Asian metropolis. Check into our comfortable Eco Resort Hotel and meet our Nepalese hosts.
DAY 3	<p>Kathmandu Sightseeing Tour (1,310m) – Start full day sightseeing after breakfast and get final trekking kit sorted in the afternoon.</p> <p>Kathmandu Durbar Square: We visit this famous sight which has housed countless kings of different dynasties with its charming temples representing the finest specimens of Hindu and Buddhist architectures.</p> <p>Swayambhunath: One of world's most glorious, ancient, enigmatic and the holiest of Buddhist Chaityas dating back more than 2000 years is situated on a hillock. Swayambhunath, literally "the Self-Created or Existent", is a mosaic of small stupas and pagoda temples constructed by a succession of kings and noblemen. The main structure is made of a solid hemisphere of brick and clay, supporting a lofty conical spire capped by a pinnacle of copper gilt. Painted on the four sides on the base of the spire are the "All Seeing Eyes" of Lord Buddha. The main features of Swayambhunath in brief are "The Five Buddha's."</p> <p>Bouddhanth: This colossal and ancient Stupa, one of Nepal's most unique monuments and said to be the world's biggest, attracts Nepalese pilgrims of Tibetan stock from as far as Tibet, Ladhak in India and Bhutan. Baudhanath Stupa with all seeing eyes of primordial Buddha on all the four sides of the stupa, is said to hold the remains of Kasyapa – the Buddha of a previous time.</p> <p>Pashupatinath: Just a small walk takes us the temple of Lord Siva - Pashupatinath situated near the banks of sacred Bagmati River. With a two tiered golden roof and silver doors, it is famous for its superb Newari architecture. Although entrance to the temple precinct is permitted to "Hindus Only", visitors can clearly see the temple from the eastern bank of the Bagmati River. Pashupati, literally, "Lord of the Animals" is the patron deity of Nepal and believed to have been unearthed by an obscure herdsman while one of his cattle was showering the earth with milk.</p> <p>At the end of the day we will do final shopping for kit and other trekking related items. The shops stay open till late and you can get almost anything you need for the trek. On the second night we attend a special welcome program - traditional Nepali dinner with live cultural dancers at an authentic local restaurant. Then it's back to the hotel for our last night before the mountain!</p>

<p>DAY 4</p>	<p>Flight Kathmandu (1,310m) – Lukla (2,840m)</p> <p>Trek to Phakding (2,610m). (2-3 hours)</p> <p>Early morning transfer to airport for flight to Lukla. The flight into Lukla is a lifetime experience in itself. The airfield is on a slope and the difference in height between the two ends of the runway is about 400 meters! Meet with our sirdar (guide) and the rest of the crew. Our luggage will be sorted into loads and while we have lunch, our crew will load these onto the yaks. After lunch we trek for a few hours along the Dudh Kosi River to the village of Phakding 2800m where we will overnight.</p>
<p>DAY 5</p>	<p>Namche (3,440m) (5-6 hrs)</p> <p>The trail continues north up the Dudh Kosi valley to Jorsale, where the trail officially enters the Sagarmatha National Park. There is an entrance station just beyond the village where trekking permits are checked and National Park fees collected. Continue along the trail, crossing the Bhote Kosi River to begin the steep climb up to Namche Bazaar 3500m, the administrative center of the Sagarmatha National Park and the hub of Sherpa society. This is our first tough day.</p>
<p>DAY 6</p>	<p>Namche rest for acclimatization</p> <p>Today we explore the village of Namche to allow for acclimatization. Namche is the famous picturesque Sherpa capital you may have read about in all the Everest books. During the afternoon you are at leisure to enjoy some apple pie at one of the German bakeries!</p>
<p>DAY 7</p>	<p>Tengboche (3,860m) (5 hrs)</p> <p>Today is another tough 5 hour trek to Tengboche Monastery (3,860m). We walk with a beautiful view of the soaring peaks of Thamserku and steadily descend to the Imja Khola for lunch at Phunki with its water driven prayer wheels. After lunch, a 2 hrs ascent will take us to Tengboche Monastery (3,860m) – surely one of the most beautiful places in the world.</p>
<p>DAY 8</p>	<p>Dingboche (4,312m) (5 hrs) – Possible second acclimatization day</p> <p>Today we break through 4,000m on our way to Dingboche (4,312m). Along the way we stop at the Imja Khola village of Pangboche (3,900m) for lunch and look at the Yeti scalp. We make our way to the summer village of Dingboche (4,260m) enjoying superb scenery along the way.</p>

<p>DAY 9</p>	<p>Dingboche to Lobuche (4,920m) (4-5 hrs)</p> <p>Lobuche (4,920m) is another tough 5-6 hrs walk. We move up a small ridge and contour around the base of Khumbu Glacier and lunch at Dhugla (4,600m). After lunch, we take a steep ascent to the terminal moraine of the glacier from where the views are stunning. We continue again along the moraine and camp at the foot off the Lobuche Ice Fall (4,930m).</p>
<p>DAY 10</p>	<p>Lobuche to Gorakshep (5,140m) (4 hrs)</p> <p>The actual distance is not far on this day but we wake up early and move forward to Gorek Sherpa where we take a rest. If we are strong enough, we trek to the actual base camp today.</p>
<p>DAY 11</p>	<p>Hike up to Kalapatthar (5,545m). Everest Base Camp (5,360m) Back to Lobuche (4,920m) / (5 hrs)</p> <p>Today we climb Kala Patthar and visit Everest Base Camp (if we didn't do so yesterday). From Gorakshep, we have a steep ascent to the top of Kala Patthar top from where there are stunning views of Everest, Lotse and Nupste. The actual distance is not so far but we have to take it very slowly to make up for the altitude. It's a hard pull to the top but the views surpass anything you can imagine. Typically we do this trek early morning to ensure good views of Everest before the clouds come up.</p> <p>All around us flow huge glaciers and only the creaking of the ice disturbs the silence. The mountains of Pumori (7,145m), Lingtren (6,697m) and Khumbutse (6,623m) separate us from Tibet and just over the Lho La pass we see the huge rock of Changtse (7,750m) in Tibet itself. But Sagarmatha, or Mt. Everest, the queen of them all towers over everyone.</p>
<p>DAY 12</p>	<p>Pheriche (4270m) (4 hrs)</p> <p>Follow the main Khumbu Valley down to Pheriche, site of the Himalayan Rescue Association's Trekkers' Aid Post.</p>
<p>DAY 13</p>	<p>Tengboche (3,860m) (5 hrs)</p> <p>Easy walk along the Imja Khola to include a visit to the gompa at Pangboche, then a short climb up to the Tengboche Monastery.</p>
<p>DAY 14</p>	<p>Namche (3,440m) (4 hrs)</p> <p>The trail descends steeply towards Pungki Thanka and another steep climb to Namche Bazaar. Apple pie time!</p>

DAY 15	Lukla (2,840m) (6 hrs) Down along the gorge of the Dudh Kosi and trek further up to the small mountain airstrip at Lukla to catch our return flight to Kathmandu. Weather permitting, our trekking crew might prepare a farewell treat for us. We would be expected to join in the singing and the dancing!
DAY 16	Flight: Lukla to Kathmandu Fly back to Kathmandu. Enjoy the diverse restaurants and chaotic markets for shopping and relaxing.
DAY 17	Day at leisure in Kathmandu
DAY 18	Depart Kathmandu for home
DAY 19	Arrive at OR Tambo International Airport