



Nepal
Everest Base Camp
12-Day Trek

20-DAY TRIP ITINERARY

Days 1 and 2 - Fly out of connecting cities from the United States and fly to Kathmandu.

Day 3 - Upon arrival into Kathmandu, Nepal (4,366 ft./1340 m), our Nepalese guide will meet all of us at the airport, and we will take a private bus to our hotel. Everyone will sleep two to a room unless you have signed up for single accommodations at an extra cost. We will have our first team dinner.
Dinner included.

Day 4 - This is a wonderful day of community service and sightseeing in Kathmandu following breakfast. The community service project will be determined at a later date. Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism, and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal, Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva, Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple, and Golden Temple are the major attractions at the square. In the evening we will have a team meeting and team dinner.
Breakfast, lunch, and dinner included.

We will cover a total of 80 miles round trip of moderate to strenuous trekking over a 12-day period. All accommodations will be in teahouses in various villages along the trail. All meals included.

Day 5 - Following breakfast, we will pack the bus and head to the airport for our flight to Lukla followed by our trek to Monjo (9,186 ft/2800 m). The flight and a landing on a steep mountain runway bring us to the start of our trek at the village of Lukla. After meeting the crew, we head up the Dudh Koshi Valley on a well-marked trail and then stay overnight at a lodge in Monjo where we will have dinner and rest for the night. Approximately 2 hours of trekking.

Day 6 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Namche (11,318 ft/3450 m). From Monjo, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt. Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Following lunch on the trail, we will continue to Namche where we will have dinner and overnight at our lodge. Approximately 5-6 hours of strenuous trekking.

Day 7 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, there may be an opportunity to perform a second day of community service for the children of Namche and enjoy a complete day of rest for acclimatization. This is a good opportunity to take a shower and explore the area. Namche is tucked away between two ridges amidst the giant peaks of the Khumbu.

Day 8 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Tengboche (12,687 ft/3867 m). From Namche, the trail contours on to the side of the valley, high

above the Dudh Kosi. We get our first really good views of the great peaks of the Khumbu including Mt. Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche. Although the hike up the zigzag path is tiring, it presents us with many beautiful sights of rhododendron bushes with beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in the Khumbu. A spectacular panorama of Everest, Lhotse and Ama Dablam rising on the horizon can be seen from the campsite where we will have dinner and overnight at our lodge. Approximately 5-6 hours of trekking.

Day 9 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Dingboche (13,950 ft/4252 m). The path goes along a wide rocky yak trail to the tiny villages of Somare and Pheriche (the HRA health post is there) and finally arriving in Dingboche. The lower half of Dingboche is a line of trekking lodges, while the upper half is still local Sherpa dwellings, fields, rock walls and yak enclosures, reminiscent of what all Sherpa villages were like years ago. Above us, an old Buddhist hermitage called Nangar Dzong, the summer meditation place of Lama Sangwa Dorje, sits nestled in the hillside. Below the high peak of Dolma Ri, we will have dinner and overnight at our lodge. Approximately 5-6 hours of trekking.

Day 10 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will enjoy a complete day of rest at Dingboche. We will wander up the valley to look at a lake, the Tshola Tsho and the perpendicular walls of Cholatse and Tawache. We can climb up onto the ridge over-looking Dingboche for the view of the Imja Valley and the incredible south face of Mt. Lhotse. We will end the day with a team meeting and dinner and rest for the night.

Day 11 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Lobuche (16,174 ft/4930 m). We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache and take a steep climb towards the foot of the Khumbu Glacier. The trail zigzags up through the boulders of the glacier's terminal moraine and at the top of this climb, there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt. Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche where we will have dinner and overnight at our lodge or tents. Approximately 4-5 hours of trekking.

Day 12 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Gorak Shep (17,007 ft/5184 m) by following the Khumbu Glacier. The trail offers superb views of the surrounding mountains. Following lunch at Gorak Shep, we make our way to the top of one of the finest viewpoints in the Everest region, Kala Pattar (18,221 ft/5554 m). As the light begins to fade we stroll back to our camp at Gorak Shep where we will have dinner and overnight at our lodge or tents in preparation for our trek to Everest Base Camp the following day. Approximately 5-6 hours of trekking.

Day 13 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Mt. Everest Base Camp (17,575 ft/5357 m) early in the morning. It takes several hours as the trail weaves its way through the ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu Icefall and the route to the South Col. We return to Gorak Shep where we will have dinner and overnight in the same lodge or tents. Approximately 7-8 hours of trekking.

Day 14 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Pangboche (13,074 ft/3985 m). Today's trek is mostly downhill. As we retrace our steps and descend to Pheriche, we arrive at The Himalayan Rescue Association, a trekker's aid post and worth a visit. After lunch, we cross the Khumbu Khola on a wooden suspension bridge and follow the Imja Khola to the village of Pangboche where we will have dinner and overnight in a lodge. Approximately 5-6 hours of trekking.

Day 15 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Namche (11,318 ft/3450 m). We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to Tengboche. Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega, and Thamserku are just a few of the Himalayan giants to be seen. From Tengboche we descend to the bridge over the Dudh Kosi. At Phunki Tenga, we get to see the water driven prayer wheels, before making our way back to Namche where we will have dinner and overnight in a lodge. Approximately 5-6 hours of trekking.

Day 16 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast, we will begin our trek to Lukla (9,186 ft/2800 m). Our final day's trekking follows the Dudh Kosi down to Lukla. This last evening calls for a celebration. We have a party with our Sherpa guides and porters. We sample some chang (local beer) and try out some Sherpa dance steps. We will pack our bags for the early flight the next morning and have dinner at our lodge. Approximately 5-6 hours of trekking.

Day 17 - We will awaken to morning coffee and tea followed by a complete breakfast. After breakfast and weather permitting, we will take our bags to the Lukla airport and fly to Kathmandu. Once we arrive in Kathmandu, the rest of your day is free. You could do last minute shopping in the Thamel neighborhood, a popular attraction for tourists from around the globe. We will have one last team dinner and accommodations at the Yak and Yeti Hotel or Lodge in Kathmandu.

Day 18 - Our Nepalese support team will take us to the airport for an afternoon departure.

Day 19 - Arrive Home

\$4,950 Cost Per Person, Double Occupancy

Cost Per Person Includes:

- Any deviation from this itinerary is at your own expense *
- Plan for approximately \$300 per person in tips for hotel staff, bus drivers, porters, cooks, and guides *
- All land travel and airport transfers
- Half day of sightseeing in Kathmandu
- Airfare from Kathmandu/Lukla/Kathmandu
- All hotel/lodge accommodations (two to a room)
- All meals on the mountain and breakfast and dinner off the mountain
- Nepal VISA
- All park fees and permits
- English speaking Sherpas

Cost Per Person Does NOT Include:

- International airfare – approximately \$2,000 from the US
- Approximately \$300 per person in tips for hotel staff, bus drivers, porters, cooks, and guides
- Subsequent lodging and food beyond the team itinerary
- All individual drinks either non- alcoholic or alcoholic
- All supplies and donations for the community service
- Hot showers along the trail
- Extra airline baggage charges
- Travelers, Medical and Evacuation Insurance
- Single accommodations available for an additional \$1,000 per person
- If you are a single registering for one of our trips, we will try to accommodate you as a double with the same gender. However, if we are unable to make these arrangements, you will be responsible for the additional fees as a single.
- In the event that helicopters are needed for transportation, the cost will be divided equally amongst the clients.

For additional information, please contact:

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