

Everest region and Kala Pattar

Overview

You really will feel on top of the world on the most famous trek in the world. Fly in to Lukla and walk to the Sherpa village of Namche Bazaar, visit the monastery at Tengboche before walking up the Pheriche Valley and up to the peak of Kala Pattar to enjoy a bird's eye view of Everest Base Camp and a 360 degree view of all the Himalayan giants. It is important to allow enough time on this trek for acclimatization.

Trip Details

Day 01 Welcome to Kathmandu

A Himalayan Holidays representative will meet and welcome you at Kathmandu Airport and transfer you to your hotel. After a welcome drink and check-in at the hotel a pre-trek briefing will be held. The rest of the day is yours to explore the local area.

Day 02 Kathmandu Sightseeing

After breakfast you will be picked up at the hotel to begin an interesting tour around Kathmandu. Your English-speaking guide will escort you to Durbar Square the historic centre of the city and home to the living goddess Kumari. Then on to Swayambhunath or Monkey Temple, situated high on a hill top this stupa is one of the most recognized images of the Kathmandu Valley and affords magnificent views of the city and valley below. From here you travel to Pashupatinath, the site of the most important Hindu temple in Nepal and located on the banks of the holy Bagmati River. Here you will see holy men known as Sadhus performing their religious rituals and you may witness funeral pyres burning on the river side ghats.

Day 03 Kathmandu - Lukla - Phakding 2800m (Approx 3 hours trekking)

You will be transferred from your hotel to Kathmandu airport for your 40 minute spectacular flight to Lukla. A few hours of easy walking takes you up to the picturesque village of Phakding at 2,800 metres and where you spend our first night at a trekking lodge. o/n at lodge BLD

Day 04 Phakding to Namche Bazaar 3480m (Approx 6 -7 hours trekking)

From Phakding we cross the Dudh Kosi river to follow the trail north up the valley where the trail officially enters the Sagarmatha National Park. Here your trekking permits will be checked before continuing on through the National Park. We walk on through Jorsale continue along the trail, cross the Bhote Kosi River on a high suspension bridge and begin the steady steep climb to Namche Bazaar at 3480 metres. o/n at lodge BLD

Day 05 Rest day for acclimatization

We have a rest day in Namche Bazaar to acclimatize. This town is the hub of Sherpa society and the administrative centre of the Solu Khumbu region. There are many shops selling Tibetan and Nepalese artifacts, restaurants, a bakery, money changer and even an internet service. The National Park Headquarters/information centre is worth visiting and if you have forgotten anything there are plenty of shops selling trekking clothing and equipment. o/n at lodge BLD

Day 06 Namche - Thami return to Namche 3500m (Approx 7 hours trekking)

An acclimatization walk to the west to visit Thami and visit the monastery is a good way to spend the second day in the area. If you are lucky enough to chat with the monks or nuns they can tell you the fascinating origin of the monastery while you admire the religious wall paintings and artifacts. You may also like to visit the local primary school and you will definitely want to spin the huge prayer wheels before we cross the river on our return walk back to our lodge. o/n at lodge BLD

Day 07 Namche Bazaar to Tengboche 3870m (Approx 4 – 5 hours trekking)

Today's trek starts by walking up from Namche Bazaar to the Syangboche airstrip. From here we trek on to see the Everest View Hotel which affords great views of Mt Everest from its balcony. On the trail you may see Himalayan Thar or if you are lucky the brilliantly coloured impeyan pheasant (the national bird of Nepal), you descend to Dudh Kosi past water driven prayer wheels where you may choose to enjoy a picturesque rest stop before ascending to Tengboche. This very famous monastery which is illuminated at night and looks magnificent with its back drop of the Ama Dablam mountain also has an impressive visitor centre, and if you are lucky you may get to witness the monk's early morning ceremony of trumpets and prayers o/n at lodge BLD

Day 08 Tengboche to Pheriche 4240m (Approx 5 hours trekking)

From Tengboche, the trail descends to Devoche and crosses the Imja Khola before climbing up to Pangboche for lunch. We then trek onto Pheriche a small settlement in a flat valley. o/n at lodge BLD

Day 09 Pheriche – day for acclimatization

There is a Himalayan Rescue Association Medical Centre amongst the lodges and you may wish to visit the centre for one of the interesting lectures on Altitude Mountain Sickness or just enjoy a walk in the flat terrain. o/n at lodge BLD

Day 10 Pheriche – Lobuche 4928m (Approx 4 hours trekking)

Although the valley looks flat, it is not long before you are gradually climbing up and you will have gained an altitude of approx 600 metres before Thukla, a good stop for morning tea. As you trek on to Lobuche you might see golden eagles soaring above

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you, and once at Lobuche you may choose to do an after lunch acclimatization walk up to the 5000m point which will give you views of the next day's destination of Kala Pattar. o/n at lodge BLD

Day 11 Lobuche - Kala Patter 5545m – Lobuche (Approx 6 – 7 hours trekking)

We make a very early start and ascend the trail along boulder fields and glacial debris to the edge of the Khumbu Glacier then continue up to Gorak Shep at 5160 m which is nestled below the coned summit of Mt. Pumori 7161m. and the sheer west face of Nuptse. This is a good place for breakfast and a rest before making a steep ascent to the top of a small peak, Kala Pattar 5545m meaning "black rock". On the way up you will probably be able to spot the expedition camps at Everest Base Camp below. On a clear day you will be able to see the Khumbu Glacier and the ice fall, you may even see climbers walking on the glacier. When you reach Kala Pattar the view is magnificent enough to make us forget the difficulty of the climb. Everest, Nuptse, Ama Dablan, Kantega, Tamsarku, Tawatse and Pumo Ri all present themselves in a 360 degree panorama. You will want to try to capture this awesome scenery both with your mind and your camera so take the time and enjoy being "on top of the world". After soaking up this incredible experience we walk back down to Gorak Shep and have another break and something to eat and drink. Heading back down over the rocky moraine we get a chance to savor the last views of the glacier as we retrace our steps back to Lobuche. This is a long day involving about 6/7 hours trekking, and some people take the option to shorten by staying at Gorak Shep but it is generally agreed that it is more pleasant to return to Lobuche due to the better facilities and lower altitude. o/n at lodge BLD

Day 12 Lobuche to Pangboche 3930m (Approx 4 - 5 hours trekking)

From Lobuche we descend and retrace our steps to Pangboche. o/n lodge BLD

Day 13 Pangboche to Khumjung 3790m (Approx 4 – 5 hours trekking)

From Pangboche we continue our trek onto Khumjung at 3790 metres. Sir Edmund Hilary established a school and science laboratory in this town, it has several lodges, a bakery and is a pleasant town to spend the night. The Khumjung Gumpa possesses what is supposed to be a Yeti skull. o/n at lodge BLD

Day 14 Khumjung to Phakding 2800m (Approx 4 - 5 hours trekking)

We return to where we spent our first night on the trek BLD

Day 15 Phakding to Lukla 2840m (Approx 3 hours trekking)

A mostly uphill walk on our return to Lukla where we catch our flight back to Kathmandu but you can have a leisurely walk and still reach there before lunch. In the afternoon you might like to explore the town of Lukla or visit the local "Thangka Painting School" and witness the students learning the art of these intricate and beautiful religious paintings. For many groups this may be the point where you say goodbye to some of your trekking crew so hopefully you will enjoy a good farewell dinner together. Your crew may even prepare a farewell treat for you will you be invited to join the singing and dancing. o/n at lodge BLD

Day 16 Fly to Kathmandu

Fly to Kathmandu, you will be met at the airport and transferred to your hotel, the remainder of day is yours to spend as you wish. o/n hotel B

Day 17 Explore Kathmandu

Explore Kathmandu. There is opportunity to arrange further sightseeing if you wish, perhaps to Patan, the second largest city in the Kathmandu Valley, the Durbar Square in Patan has the best display of Newari architecture in Nepal. Or perhaps you may wish to visit Bhaktapur, the medieval city and sometimes described as a living museum. You may like to explore the market and many shops in Kathmandu's tourist area of Thamel for some unique handicraft as a souvenir of your wonderful experience in Nepal. B

Day 18 Kathmandu

Morning transfer to the airport for your international departure B

Inclusions:

All land transfers as per itinerary
Domestic flights between Kathmandu and Lukla
Twin share accommodation in Kathmandu 3 star accommodation with breakfast
1/2 day sightseeing in Kathmandu
Lodge accommodation and 3 meals a day while on the trek
Fully escorted trek with English speaking guide and 1 porter between each 2 person
Trekking permit and National Park Fees.

Not Included :

International Airfare
Visa
Airport Departure taxes/Excess baggage charges \$U.S3 for domestic
Items of personal nature ie. Soft/hard drinks, tips etc.
Travel Insurance (this is a mandatory condition of booking)
Medical evacuation in case of emergency