



Everest Base Camp and Kala Pattar

Trek I

17 nights / 18 days

Tour code : MA-2003

Itinerary in detail

Day 1 - Arrive in Kathmandu

A representative picks you up from the airport and transfers you to your hotel. Overnight at hotel.

Day 2

A half-day city tour takes in Kathmandu's Durbar Square with its many temples and palaces, the monkey temple at Swayambhunath, the city of Patan and the Tibetan Refugee Camp. Overnight at hotel.

Day 3

After breakfast, we transfer to the domestic airport for the spectacular 25-minute flight to Lukla. As we fly east, the snowline of the Himalayan range is to the left, with the rugged Nepali foothills immediately below. Lukla is situated high above the river on a shelf; very dramatic! After arrival, we start walking northwest, through the village of Lukla and descend to the Dudh Khosi river to overnight at Phakding.

Day 4

Trek to Namche Bazaar. Today we take a fairly hard walk upstream along the valley through villages and conifer trees with a final steep climb to the park gates of the Sagarmatha National Park. After entry formalities, we continue to walk up river, crossing a high bridge, then taking one final steep climb (with our first views of Mount Everest and Lhotse, providing it is a clear day) to arrive at Namche Bazaar.

Day 5

Acclimatization day in Namche Bazaar. Namche Bazaar is the largest and most prosperous village in the Khumbu; it is a mix of the traditional and the modern, with Sherpa homes, shops and cafes mingling along a maze of narrow streets. Take advantage of the day off to acclimatize.

Day 6

Trek to Thyangboche. We recommence our trek traversing the slopes eastwards to the big chorten on the Khumjung/Sangnasa trail. After a descent to the bridge to cross the river at Phunki, we again ascend northwards to Thyangboche for our overnight stay. Thyangboche lies on the ridge at the base of Kangtaiga and offers panoramic views of Everest, Lhotse and Ama Dablam. It has an interesting monastery which is worth a visit.

Day 7

Trek to Pheriche. After crossing the Imja Khola river, our trail ascends gradually to Pangboche, then enters into a broad valley. We continue up here for an overnight stay in a lodge at Pheriche.

Day 8

Trek to Lobuche. The trek continues along the flat river bed for a while, then after an hour or so we start a steep climb up a rocky trail to the lateral moraine of the Khumbu glacier, a field of cairns built to memorialize lost climbers, then it is more rocky scrambling over what was once a



glacier to the settlement of Lobuche.

Day 9

Trek to Gorak Shep. The first part of the hike is reasonably flat, but after an hour or so, we cross the Kangri Nup glacier and it is a constant up and down until we reach Gorak Shep.

Day 10

Day excursion to Kala Pattar, then return to Gorak Shep. Kala Pattar, meaning Brown Rock in Sanskrit, provides the most accessible point to view Everest from base camp to peak (due to the structure of Everest, the peak cannot be seen from the base camp), so it is worth attempting the approximately two-hour ascent and one-hour descent of this small mountain. A series of switchbacks and a final steep climb are needed before we reach the top which is marked with prayer flags. If the weather is clear, sunset views of Everest are remarkable from Kala Pattar.

Day 11

Trek to Dingboche via Everest base camp. It is a fairly long trek from Gorak Shep to the base camp, initially following the top of the moraine, then descending on to the boulder-strewn glacier; during climbing season we may follow mountaineering groups. Even though there is no view of Everest from the base camp we get to see the terrifying Khumbu ice-fall, then continue on to Dingboche, nestled between two ridges.

Day 12

Trek to Thyangboche. The trail basically retraces our upwards route from this point, so today it is back down the broad valley to Thyangboche.

Once again we are below the tree line, so there are signs of life!

Day 13

Trek to Namche Bazaar. It is always nice to return to Namche Bazaar for some shopping, tea drinking and general socializing. A visit to the Park Headquarters to view at the informative Sagarmatha National Park Museum may be an option.

Day 14

Trek to Lukla. Namche Bazaar to Lukla seems like a piece of cake at this point. A celebratory beer at Lukla is de rigeur.

Day 15

Fly back to Kathmandu. After the short flight back to Kathmandu, we transfer to our hotel, then the rest of the day is free. Overnight at hotel.

Day 16

Half-day tour in Kathmandu and Boudhanath. We have a half-day tour of Kathmandu's Durbar square and the stupa at nearby Boudhanath. One of the biggest in the world of its kind, the stupa was built by King Man Dev taking advice from the Goddess Mani Jjogini. It sits on an octagonal base inset with prayer wheels and four pairs of eyes adorn its surface, each directed towards the four cardinal points of the compass. Lamas' houses ring the shrine.

Day 16

Free day in Kathmandu. Sometimes planes from Lukla are delayed because of the weather, so this extra day in Kathmandu offers a cushion for such an eventuality. It also gives guests time to buy

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presents, relax and generally enjoy the sense of achievement that comes from completing the trek. A side trip to Bhaktapur is recommended.

Day 17 - Tour concludes

The tour ends with an assisted transfer to Kathmandu airport.

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