



Continues to be a favorite among travelers. Our 13-day trek in the Everest region allows everyone to properly acclimatize, so they reach their goal of Everest Base Camp and the summit of 18,450-foot Kala Pattar. We follow an ancient route that will take us through tiny villages, across high mountain passes, and through remote valleys, villages, and monasteries. The views grow even more spectacular as we venture up the Dudh Kosi River to Namche Bazaar, the gateway to the Khumbu region at 11,300 feet. We will spend a night next to the Thyangboche monastery (12,887 feet), where you will be rewarded with spectacular views of Ama Dablam, Mt. Everest, and Lhotse.

Everest Base Camp Trek - 2011

Day 1 Arrival Kathmandu:

When you arrive in Kathmandu, you'll be taken to your hotel. While in Kathmandu you will have time fascinating Buddhist and Hindu temples and shrines reflecting ancient local traditions are highlighted on our guided tour. There's time to explore the city's many charms on your own too. In the evening delicious traditional Nepali well come dinner await for you. O/N in Kathmandu.

Day 2 KATHMANDU-LUKLA-PHAKDING:

This morning we will be transferred from your hotel to Kathmandu airport for our domestic flight to Lukla. The flight itself is awe-inspiring as we fly parallel to the Himalayan giants bordering Nepal and Tibetan China. Flying time to Lukla is approximately 40 minutes. Upon arrival in Lukla, we will be met by our local guides and porters. There will be time to explore the village whilst the Sherpa crew sort and load equipment. Lukla lies at an altitude of 2850m ("luk la" = place of sheep). From Lukla we descend on a wide trail northwest to the village of Choblung in the Dudh Kosi Valley. The valley radiates energy through beautiful pine and rhododendron forest. The walking is easy and we follow the river's course, passing through the village of Ghat. Our destination is the small village of Phakding where accommodation is provided in the form of Tea House Lodges.

Day 3 PHAKDING-NAMCHE BAZAAR:

From Phakding we head up valley on a busy trail: porters from the lower Solu district in the south ferrying supplies to Namche, Sherpas with their Zopkio (half yak, half cow) taking trekking or climbing expedition equipment to the higher valleys. Continue along beside the Dudh Kosi amongst beautiful alpine scenery, through the fragrant blue pine and fir forest, glimpsing spectacular views of Kusum Kangru (6369m) and Thanserku (6608m) along the way. We again cross the Dudh Kosi, to the western bank at Jorsale prior to trekking through the entrance to the Sagarmartha National Park. Continuing upstream along the banks to the confluence of the Bhote Kosi and Dudh Kosi, it is here we begin our first sustained ascent to Namche Bazar after crossing the large suspension bridge. Walking at a slow pace, we have a fantastic photographic opportunities as the peaks of Everest (8848m),



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Lhotse (8511m), Nuptse (7879m), Arna Dablam (6856m) and Taweche (6542m) come into view for the first time. Climbing again, the path takes us through pine trees to reach the distinctive horse-shoe shaped bowl containing the village of Namche Bazar. Stay in the heart of the village. O/N in Namche Bazaar.

Day 4 NAMCHE BAZAAR-KHUMJUNG:

Breakfast served in your Tea House Lodge. From Namche, we trek out of the village bowl and follow a small trail high above the Dudh Kosi River, where the views are incredible; behind to the west, the ridge of Nupla and Kwangde Himal (6194m); across the valley to the south, the towering ice-fluted walls of Thamserku (6623m), and to the east at the head of the valley, the Lhotse and Nuptse wall, towering a full three and a half thousand metres above the valley at Dingboche. Everest looms above the ridge, a black, triangular rock; Sagarmatha, "Goddess Mother of Earth", is a truly magnificent sight. On a small ridge across the valley, the monastery of Thyangboche can be seen, a small speck against the gigantic mountain ground. We descend to Khumjung, and after staying in the more westernised town of Namche Bazar, these villages make a welcome change. Here tourism has hardly changed the life of the Sherpas. It is possible to take the opportunity to sample the Sherpa speciality, Riki Kur - a type of potato fritter enriched with yak butter. The afternoon has been left free to assist with further acclimatization. O/N in Khumjung

Day 5 KHUMJUNG-THENGBOCHE(THYANGBOCHE):

In the morning we descend to the village of Shanasa and then contour to Trashinga where the trail drops steeply to cross the Dudh Kosi at Phukitenga (3250m). A break is taken here by a series of water-driven prayer wheels. In the late morning we initially climb steeply before the trail levels out to ascend gradually towards Thyangboche. It is a steady ascent of approximately 2 ½ hours through pine fir, black juniper and rhododendron forest. Thyangboche is set in a beautiful meadow, high on a ridge surrounded by towering Himalayan peaks. A peaceful, tranquil position, surely one of the wonders of the world and the Thyangboche Monastery is spectacularly situated. The monastery dominated by the gompa with its prayer flags and mani stones was founded in 1916 as a meditation centre. O/N in Thengboche.

Day 6 TENGBOCHE-DINGBOCHE:

From Thyangboche, we descend through a forest of birch, fir, juniper and rhododendron, to the nunnery at Deboche. Keep an eye open for Blood and Danphe Pheasant and high on the steep slopes of the valley, Himalayan Thar (wild goats). We cross the Imja Khola, ascending gradually, with the beautiful Ama Dablam dominating the skyline, to visit the monastery. The afternoon walk follows a trail high above the Imja Khola. A little further upstream we cross the tributary stream and ascend over glacial moraines to our lodge in the 'summer settlement' of Dingboche. O/N in Dingboche

Day 7 DINGBOCHE-LOBUCHE:

We are now well above the tree line and your journey today brings you to Dusa from where you descend to a stream at 4850m. We begin our climb of the Khumbu Glacier en route to the tea shops at Dughla. Continue along the moraine of the glacier, with views of Kalar Pattar and Pumori to reach Lobuche at 4930m for your evening stay. This will be your last stop before your climb to the base camp tomorrow. Take time to rest and acclimatize for this unforgettable day. O/N in Lobuche

Day 8-9 LOBUCHE-KALAPATTAR-GORKSHEP-EBC-LOBUCHE:

Early this morning you begin your trek, which will prove to be both mentally and physically demanding. Above Lobuche, we follow the path running through a trough alongside the Khumbu Glacier. Continuing on over rough ground we reach Gorak Shep, where a short break is offered to replenish fluids. A walk for a further hour and a half reaches Kala Pattar, a small, rocky peak on the southwest ridge of Pumori - a slow, steady pace, once again being the best attack. Avoid rushing. Stop and turn around: the scenery is fantastic. It is a hard climb, but the view from the top surpasses the wildest imagination. Huge creaking glaciers surround us and classic views of Everest are available. The views from the summit of Kala Pattar (5630m) are truly outstanding. Here you are directly below Pumo Ri's light granite and slanted snow channel. The surroundings have an awesome and unnatural brilliance. To the south, the Khumbu Glacier sweeps below you; northwards rise several border peaks including the vertical Lho La, reached from the Tibetan side in 1921, the first time foreigners had seen the Khumbu Glacier. Mt Everest rises above them all. Known as "Chomolungma" (Lady Goddess of the Wind) by the Nepalese, the mountain was initially called Peak XV. In 1852 it was recognised as the highest peak on earth and four years later was given the name Everest in honour of Sir George Everest, the early surveyor general. After some time out to contemplate this view, we return to Lobuche. O/n in Gorkshep and Lobuche

Day 10 LOBUCHE-TEHGBUCHE:

After our tiring ascent to Kala patar, today is an easier walk to the lower altitudes. Following the same route to the terminal



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moraines at Dughla, we then take a different return trail. We follow the wide alpine valley covered in scrub juniper through the temporary settlement of Phulung Karpo (4343m), then on to Pheriche. A small settlement, Pheriche has a number of welcome tea house that often have "left overs" for sale from various climbing expeditions. It may be possible to find imported chocolate, tinned prawns or smoked oysters: even vegemite! The town consists of several low stone buildings and is considered a "years" - summer settlement. Continue down to Orsho, then on through Lower Pangboche and down to Deboche, reaching our lodge at Thyangboche in the afternoon. O/N in Thyangboche

Day 11 TENGOBOCHE-MONJO:

Follow a similar trail through a forest of juniper, rhododendron and fir to Phunkitenga, you continue on to cross the Dudh Kosi for a steep descent to Trashinga. After lunch at Shanasa you make your way to Namche Bazar. Following a steep descent passing the Bhote Kosi, crossing the river, follow the bank to Jorsale, then to Monjo for overnight. O/N in Monjo

Day 12 MONJO-LUKLA:

This morning you will depart Monjo and continue your descent along the Dudh Kosi, before making a final ascent to reach the Lukla plateau by mid afternoon. On arrival in Lukla you will have time to relax and celebrate the completion of your trek. O/N in Lukla

Day 13 LUKLA-KATHMANDU & DEPARTURE:

This morning you will be transferred to Lukla Airport for your flight to Kathmandu. On arrival in Kathmandu board flight for the further destination.

Total trek cost: US\$ 1400.00 per person (for foreigner clients)

Total trek cost: INR 57000.00 per person (for Indian clients)

*inclusive of 2.575% tax

Fixed Departure: April 21st, 2011.

Trek costs include:

1. Full service standard lodge trek with fixed meals during the trek.
2. Wages of guide and porters on trek while on trek.
3. Local taxes and insurance for guide, requiring staff and porters.
4. Domestic airport departure tax transfers.
5. All accommodation.
6. Transfer airport-hotel-airport for international flight.

Costs do not include:

1. Personal expenses and personal tips, alcoholic beverages, cold drinks and mineral water or boiled water.
2. Transfer airport-hotel-airport for international flight.
3. Travel insurance, personal medical expenses and rescue evacuation
4. Hot shower during the trek.
5. Any costs arise due to flight cancellation and political disturbance.
6. Tourist visa for Nepal and international flights to/from Kathmandu



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IMPORTANT NOTE: HIMALAYAN OUTDOORS (I) PVT. LTD., reserves the right to change, alter or cancel a trip due to any reason or extraordinary circumstance like dangerous water levels, landslides, bad weather etc. This right will be exercised in the best interest of your safety, and for the well being of an individual or group of individuals.

FAQ's

1. When is the monsoon (rainy) season in Nepal?

The full monsoon season in Nepal is typically from mid-June to mid-September. July and August are the rainiest months.

2. What kind of physical shape do I need to be in to trek to Everest Base Camp?

Excellent cardio-vascular conditioning and muscles that are used to hiking will make your trip much more enjoyable. Our goal is to climb Kala Pathar at 18,700 feet, and walk on broken glacial moraine all the way into Base Camp, at 17,500 feet. You will spend 16 days in a land where life is simple, trails are steep and the air is thin. Begin training today if you want to get the most from this trip.

3. What size backpack do I need?

You will want a medium size rucksack (say 2500 – 3500 cubic inches) that can hold your layers of clothing for changing temperatures through the day. The porters and yaks who will carry your large duffel bags do not necessarily move faster than you do, and they almost always leave earlier in the morning than you will. The items you carry with you each day are largely what you need to be inactive, rather than what you need to hike. The jacket and hat that you wear before the sun hits in the morning. The camera and notebook you use to record your impressions during breaks. Do not follow advice to bring a smaller pack so that you will carry less. Packs that are slightly larger distribute the weight on your back better and are much easier to pack (especially with cold fingers!)

4. What are accommodations like in Kathmandu and while trekking?

Kathmandu: We stay at the Yak and Yeti hotel, or another of Kathmandu's finest hotels. Trekking: We stay in a combination of clean and friendly Sherpa lodges. Our own cook staff will prepare all meals.

5. Will I sleep in a tent during the trek?

No. We will be staying in beautiful lodges (some with private bathrooms!) throughout the duration of the entire trek.

6. What about high-altitude acclimatization?

You will notice on the itinerary that we take 11 days to walk from Lulka at 9,200 feet to base camp at 17,500. At Namche and Pheriche (11,400 ft

and 14,000 ft respectively) we take rest days to allow our bodies to adapt to higher altitudes. This schedule, combined with a conscientious attitude about paying attention to our own bodies and to one another has proven successful time after time.

7. Can we take showers during the trek? How do we clean ourselves?

Simple "Hot Shower" services, with gravity fed water heated on gas stoves, are available throughout the Khumbu. The higher we go the less appealing they will become due to the cold temperatures outside. Each day our Sherpa staff provides small quantities of heated "washing water." Warm washing water and soap for hands is also provided before each meal (and we insist you use it!)

8. Could you give an example of a typical breakfast, lunch and dinner on the trek?

Our Sherpa cooks are masters at preparing varied, healthy meals. They use almost exclusively fresh, whole ingredients. Produce and staples are purchased in the Kathmandu Valley and transported to the Khumbu via helicopter charter. Fresh meat and other supplements are purchased in Namche or along the way. Vegetarians rarely have a complaint on Nepal Trekking trips. Meat is served, but is always an addition to the main courses. Dal Bhatt (rice with lentils) and several other local Nepalese and Tibetan dishes are featured throughout our trek. They quite often become the favorites and are the "most requested", but there are always other options at any meal where they are served.

Typical days meals:



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- *Breakfast: Porridge, corn flakes, instant milk, fried eggs, toast with jam and butter, orange slices. Coffee, black tea and herbal tea, hot chocolate, tang.*
- *Lunch: Yak steak with chips (french fries), rice with lentils, cauliflower, toast with peanut butter and jam, cookies, fresh apples, hot drinks and tang.*
- *Afternoon Tea: Popcorn, saltine crackers with sliced cheese, hot drinks*
- *Dinner: Soup, pizza, fresh green beans, mashed potatoes, banana fritters, hot drinks.*

9. What kind of camera should I bring?

Photography on a trip to Nepal can be especially rewarding. Plan to take pictures of people, especially close ups of smiles and expressions. You will not forget to take pictures of the grand scenery all about you, Everest, Ama Dablam, Pumori and the other great peaks. A camera that you are familiar with will be better than one you are learning to use. Small "point and shoot" cameras will always be used because they can stay handy in your pocket. However inexpensive point and shoots can become unreliable in cold temperatures and dusty conditions. Digital cameras offer the flexibility and economy of working without film. Look for one that is simple, rugged and well sealed. Many models of "point and shoot" digital cameras tend to be quite fragile in the dust and cold of climbing on Island Peak. Look for a camera that is portable enough to be transported easily, yet not so small that controls will be difficult to work with gloves on or with cold fingers. Rugged SLR film cameras and higher quality Digital SLR's offer the flexibility of interchangeable lenses and normally perform better in extreme conditions. Even though they are heavier, they are worth bringing if you have experience using them.

10. Can I recharge my iPod while on the mountain?

It will be easy for you to recharge your iPod, cameras and other devices in the Khumbu. Some of the solar systems we use there will take the regular 110 type plugs which you already have. The most common adaptor plug that you need to use is the 220 type that has the two round prongs that are sold in stores in Canada as the type for "UK, Asia." There are other three prong types that are used in Kathmandu, but we advise people not to worry about this. When you get to Kathmandu you can buy all the simple plug type adaptors that you need. They are sold in the hotel gift shops and at many stores and kiosks on the street in Kathmandu.

11. Do you have access to radio communications for any emergency needs?

Our primary means of communication with Kathmandu and the rest of the world is our satellite phone. In addition to our phone, regular phone lines are available as far as Tengboche, pay sat phones are sometimes available all the way to Gorak Shep.

12. What is the best time to get to Base camp ?

Normally, March - May & Sep - Nov are considered as the best months for visiting EBC. However rest of the months also no problem.

13. What are the documents required and paper work needs to be done ?

You are required to submit us your passport details at least a week before and bring 02 copies of your pp sized photographs for obtaining necessary permits.

14. How is the medical insurance covered ?

We do not provide insurance. You are kindly advised to be covered with the comprehensive medical insurance.

15. God forbidden, In case of casualties how shall they be treated ?

We advise the guests to bring their own personal medical kit containing necessary medicines. For the normal headache, dizziness, we provide them the first aid service. In case of seriousness, we can arrange the helicopter charter to bring them back to Kathmandu (the payment of which would be collected later when they arrive in Kathmandu). The guests as such are asked to have their insurance that covers this emergency evacuation as well.

16. What should be carried along with?

The guests are advised to carry their own medical kit. A list of the equipments / items which the guests are required to carry will be forwarded once the booking is confirmed.



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17. If booked ten months earlier is there any discount?

There is no any provisions for the discounts. However, considering the inflation of the country, it is always good to pre book to avoid the price changes in the last minute.

18. Are you going to accompany us??

Trek leader will be with you

FACT'S

A non-technical climb of Kala Pattar (18,450 feet) highlights the truly spectacular panorama of Sagarmatha (Mt. Everest), the Mother Goddess of the World (29,030 feet), and Lhotse (27,560 feet). Spending the better part of two days at Everest Base Camp will give us plenty of time for exploring the base of the tallest mountain in the world! The return trek continues to delight adventurous souls with more spectacular mountain views, lush forested valleys, and opportunities to learn about the Nepalese religion and culture.

Nepal is a country of friendly people, beautiful scenery, and a great variety of cultural traditions. This journey into the world's most impressive mountain range will create lasting memories and instill a sense of accomplishment. This blend of outdoor adventure and cultural exploration is a great way to experience the Himalayan mountains.

QUALIFICATIONS: *This trek into Everest Base Camp is strenuous but does not require that you have any previous trekking or mountaineering experience. It does not require any technical experience; only that you be in good physical conditioning and be able to hike for 4-6 hours over hilly terrain with a light day pack.*