

Everest View Trek Itinerary

April 20 - Day 1: Arrive in Kathmandu, transfer to hotel.

April 21 - Day 2: Sightseeing tour of Kathmandu, Swayambunath and Boudanath Buddhist stupas, and Hindu temple Pashupatinath.

April 22 - Day 3: Kathmandu to Phakding - Flight to Lukla (9,500 ft) admire spectacular views of the Himalayas. Trek through mountain villages, home to the Sherpas. Overnight in Phakding (8,613 ft).

April 23 - Day 4: Phakding to Namche Bazaar (11,368 ft) - You will continue to the north following the path of the Dudh Kosi River, through Monjo and Jorsale. In Jorsale you will enter Mt. Sagarmatha (Everest) National Park. From here, it's a short walk to where two rivers, the Imja Drangpa (Imja Khola) and the Nangpo Tsangpo (Bhote Kosi) meet. Next is a long steep climb (around 2 hrs) to Namche Bazaar, the main village in the Khumbu region. Halfway up the hill if the weather is clear, you will get your first view of Mt. Everest and Lhotse. Namche is a prosperous Sherpa village and an important trading center. Every Saturday there is a large market where the locals buy food and supplies brought by porters from lower villages.

April 24 - Day 5: Acclimatization day at Namche Bazaar. Day hike to Everest View hotel, have tea, then hike down to Sherpa village of Khumjung. You will have lunch at a Sherpa bakery (or Everest View Hotel) then visit Khumjung School, which was built by sir Edmund Hillary. There is also a monastery in Khumjung. We can visit the Sherpa Cultural Center and the National Park Headquarters. The views from here are fantastic. Several high peaks can be seen, Ama Dablam (22,624 ft/6,856m), Kwangde (19,836 ft/6,011m), Tawache (21,453 ft/6,501m), Thamserku (21,806 ft/6,608m) and Kangtega (22,370 ft/6,779m). Rest in Namche in the evening.

April 25 - Day 6: Namche Bazaar to Tengboche Monastery (12,771 ft). You will ascend out of Namche and follow a high-level path above the Dudh Kosi River, enjoying the spectacular mountain views of Mt. Everest, Nuptse and Lhotse. As the trail continues, you will pass various Tibetan vendors set up along the path who are selling jewelry and other handmade items. The trail then descends through forests of blue pine to a bridge crossing the Dudh Kosi. Lunch at Phunki Tenga (10,725 ft). Then a long trek up to Thyangboche Monastery (12,771 ft) which sits on a ridge overlooking spectacular views of several Himalayan peaks, including Mt. Everest (29,028 ft/8,850m), Lhotse (28,053 ft/8,501m), Nuptse (25,941 ft/7,861m) and Ama Dablam (22,624 ft/6,856m).

April 26 - Day 7: Morning walk around Tengboche, visit the monastery and interpretive center. After lunch hike back to Kyanguma.

April 27 - Day 8: Trek back to Monjo.

April 28 - Day 9: Trek to Lukla.

April 29 - Day 10: Flight from Lukla to Kathmandu. Transfer to hotel. Evening walk around Thamel for shopping.

April 30 - Day 11: Extra day in case of bad weather.

May 1 - Day 12: Sightseeing tour of Bhaktapur Durbar Square temples. Evening free for packing.

May 2 - Day 13: Departure to US.

Trip Cost \$ 2,850

PRICE INCLUDES:

- » 4 nights hotel in Kathmandu with breakfast
- » Lodges during the trek
- » Lunch, dinner and breakfast during the trek
- » Domestic flight Kathmandu-Lukla-Kathmandu
- » Domestic airport tax
- » Everest National Park fee and TIM Trekking Permit
- » Kathmandu sight seeing with guide and any entry fees
- » English speaking trekking guide
- » 1 porter per each trekker
- » Insurance and salary for all hired staff
- » Transportation to and from the airport

PRICE EXCLUDES:

- » International flights to and from Nepal
- » Personal equipment and trip insurance
- » International airport tax
- » Nepal visa fee, US \$40 per person
- » Alcoholic beverages
- » Telephone calls, laundry
- » Rescue and evacuation insurance
- » Tips, gratuity, donations