

## Everest Base Camp Trek with Heather O'Neal April 2018

Native Ann Arborite, Heather O'Neal, leads this three-week trip to Nepal, including the quintessential Himalayan adventure: trekking to Mt. Everest Base Camp at 17,600 feet — during the Everest climbing season. This trip explores the fascinating cultures of Nepal, beginning with sightseeing in the Kathmandu Valley, visiting Hindu and Buddhist temples, bustling old-world markets, monasteries and designated World Heritage Sites.

Next we journey into the high Himalayas, where the opportunity to witness Mt. Everest from the ground will amaze you — all while taking in some of the most breathtaking scenery on the planet. Since the days of early expeditions, this 29,035 foot mountain has a lure of its own, drawing climbers to scale it and trekkers to gaze at its icy faces. The trail to the base camp of Everest is one of the most exciting trekking routes in Nepal. In April, expeditions from around the globe gather on the Khumbu Glacier, near the Ice Fall at the base of Mt. Everest in hopes of reaching the summit by mid May. Few people return from the Everest region unmoved by the experience of being surrounded by the highest mountains in the world.

The trek begins with a flight into the tiny airstrip of Lukla. You will spend several days hiking through the homelands of the Sherpa people, visiting their villages and Buddhist monasteries, and surrounded by views of Mt. Everest and neighboring Ama Dablam, considered to be one of the most beautiful mountains. Stroll around Namche Bazaar, the busy market town and local crossroads in the heart of Sherpa country, and soak up the magnificent mountain scenery. Without doubt, the highlights of the trek are the awe-inspiring views of some of the most amazing Himalayan vistas, which unfold as you venture into the Khumbu Valley; not forgetting, of course, the personal sense of achievement in reaching Everest Base Camp at 17,600 feet.

**TRIP COST:** \$3,500

### ITINERARY

April 4th: Day 1 Arrive in Kathmandu (4,593 ft)  
April 5th: Day 2 City tour & repacking/orientation for trek  
April 6th: Day 3 Fly to Lukla and trek to Phakding (8,751ft)  
April 7th: Day 4 Trek to Namche (11,385 ft)  
April 8th: Day 5 Rest day Namche & acclimatization hike  
April 9th: Day 6 Trek to Tengboche Monastery (12,754 ft)  
April 10th: Day 7 Trek to Dingboche (14,469 ft)  
April 11th: Day 8 Rest day in Dingboche & acclimatization hike to Pheriche (14,031 ft) [Altitude talk]  
April 12th: Day 9 Trek to Lobuche (16,269ft)  
April 13th: Day 10 Trek to Gorak Shep (17,107ft), hike Kalapathar (18,300ft) back to Gorak Shep

April 14th: Day 11 Trek to Everest base camp and back to Lobuche (16,269 ft)  
April 15th: Day 12 Trek to Pangboche (13,074 ft)  
April 16th: Day 13 Trek to Namche (11,385 ft)  
April 17th: Day 14 Trek to Phakding (8,751 ft)  
April 18th: Day 15 Trek to Lukla (9,383 ft)  
April 19th: Day 16 Extra day to allow for weather/flight delays/acclimatization  
April 20th: Day 17 Fly to Kathmandu (4,593 ft)  
April 21st: Day 18 Rest day in Kathmandu  
April 22nd: Day 19 Day trip to Bhaktapur  
April 23rd: Day 20 Fly back to US

### PRICE INCLUDES:

- » Health, packing info, unlimited pre-trip support
- » American guide Heather will be on the trip with you
- » Roundtrip Kathmandu-Lukla domestic airfare
- » All meals during the trek
- » Experienced local guide and porters during the trek
- » Salary, meals, lodging for guide/porters during the trek
- » Equipment, clothing for porters and staff
- » National Park fees and trekking permits
- » 4 nights hotel accommodations in Kathmandu in twin sharing room, breakfast included
- » Guided sightseeing tour in Kathmandu, temple entry fees
- » Airport transfers

### PRICE EXCLUDES:

- » International flight and departure tax
- » Lunch and dinner in Kathmandu
- » Personal trekking gear and clothing (quality sleeping bags available for rent in Kathmandu)
- » Tips and personal expenses
- » Travel/medical/emergency evacuation insurance

### **Please contact us for the Application for this trip:**

Of Global Interest Adventure Travel

[www.ofglobalinterest.com](http://www.ofglobalinterest.com)

218 S. Main Street, Ann Arbor, MI 48104

Heather: [ofglobal@aol.com](mailto:ofglobal@aol.com), (734) 369-3107