

## CLASSIC EVERST LODGE TREK



This is a trek to beat all treks. This classic trek that trekker's worldwide wanting to leave their footprint on!

You will begin your adventure with an unforgettable flight to Lukla over some of the most breathtaking mountain scenery ever to be experienced. Our first acclimatization days will be spent at Namche Bazaar and Thame, home of the legendary Sherpa people. The colourful village of Namche Bazaar was once the main trading post between Tibet and Nepal and offers a unique insight into the traditional Nepali way of life.

On this **14-day trek** we will visit the famous Buddhist Monastery at Thyanboche which has been restored after being destroyed by fire in 1989. Thyangboche is surrounded by some of the most beautiful mountainous scenery in the world and majestically towering above is AmaDablam. Here your efforts will be truly rewarded as our experienced and knowledgeable guides point out the classic routes to the summit of Mount Everest, visiting Kumbung where Sir Edmund Hillary built the first school. The trek days are not long, and we travel at a leisurely pace, with plenty of time to take photos and rest along the way. Remember you are on holidays and here to enjoy yourself does not break world records. The accommodation along the way is in Nepalese owned lodges, which are clean, comfortable, the meals are all vegetarian fresh and healthy. We have classed this trek as challenging and suited to anyone with an above level of fitness. We hope that you will join us on this trip of a lifetime!

### PROPOSED ITINERARY

**ITINERARY:** This itinerary is intended as a working guide only and is subject to variation because of weather, local conditions, government restrictions, or any other reason beyond the control of Lyn Taylor's Adventure Travel. We reserve the right to alter (lengthen or shorten) any trek at any time if this is necessary. The reason that our trips only allow 1 pre trek day in Kathmandu

before flying to Lukla is to take advantage of the weather. The longer you stay in Kathmandu at the beginning of a trip the more chance of not getting out on flights to Lukla. It is to our advantage if we have extra days at the end of the trip to allow for delays in flights in and out of Lukla.

**Day 01 - Kathmandu.** Your arrival time in Kathmandu is 12.30pm you will be met on arrival and transferred to your hotel Evening pre-trek briefing **(B)** **(Lodge)**

**Day 02 Kathmandu ½ Day sightseeing tour.**

**Afternoon free time to explore Overnight**

**03 Kathmandu - Lukla - Phakding**

We fly in the morning to Lukla (2827m). Flight time is approx. 40 minutes, and you will experience one of the most magnificent sights in the world as we fly parallel to the Himalayan Mountains bordering Nepal, Tibet and China. After landing we will have a hearty lunch, and the afternoon we descend to our camp at Phakding (2600m) easy afternoon walk.

**Day 04: Phakding to Namche Bazaar** The trail continues north up the Dudh Kosi valley to Jorsale, where the trail officially enters the Sagarmatha National Park. There is an entrance station just beyond the village where trekking permits are checked, and National Park fees collected. We continue along the trail, cross the Bhote Kosi River and climb steeply to Namche Bazaar 3500 m. Remember to look out for glimpses of Mt. Everest early on the trail.

**Day 05: Namche Bazaar rest day for acclimatization. Optional hike to Thame** We have a rest day in Namche Bazaar to acclimatize. This town, the hub of Sherpa society, is the administrative centre of the Khumbu region and has a police checkpoint (we must all register there), the headquarters of the Sagarmatha National Park, a bank, several shops selling items of every description and a proliferation of Sherpa inns. Today you can spend the day relaxing or you may wish to take a day's hike to Thame this will help with acclimatisation as you will be walking to a height of 3850m and then returning to Namche to sleep.



This morning the trail drops sharply down to the Dudh Kosi and the village of Phunki, where we cross the river, and up toward Thyangboche, winding high above the river with views north towards Everest, Lhotse and Nuptse. We will take a time out to visit the Monastery and see a short film on the Sagarmatha National Park. **(BLD)**

### **Day 07 Tengboche – Dingboche (5 hours)**

The singular beauty of Ama Dablam, standing isolated from all other mountains provides a spectacular backdrop and reminder of the height of Himalayan peaks. We descend to the tiny village of Deboche past Mani walls deep in a rhododendron forest. From Deboche we have a flat walk and before crossing the suspension bridge before climbing up to the village of Pangboche one of the highest year-round settlements in the Solu Khumbu valley. The Pangboche Gumpa (monastery) is the oldest in the Khumbu and once used to boast the skull and hand of a Yeti, (stolen in 1991) from Pangboche we have a steady climb through villages and potato fields and alpine pastures through yak karkas of Tsura, Orsho and Shomare we descend the valley of the Imja Khola, trek through the village of Dingboche with its stone walled potato fields, down alpine pastures through the kharkas of Tsura, Orsho and Shomare to the village of Dingboche and our camp for the night. **(BLD)**

### **Day 08 Dingboche Rest and acclimatization day (BLD) 07/12**

**Day 09 Dingboche – Lobuche (5 Hours)** Today is a magnificent walk traversing above Pheriche, after approx. 3 hours we reach the tea house of Thugla. After lunch it is a steep climb to the ridge and then a relatively easy walk to Lobuche **(DLB)**

### **Day 10 Lobuche – Kala Pattar – Gorek Shep (6-7 hours)**

We make an early morning start and ascend the trail along boulder fields and glacial debris to the edge of the Khumbu Glacier then continue up to Gorak Shep (5160 m.), nestled below the coned summit of Mt. Pumori (7161 m.) and the sheer west face of Nuptse. From there we make a steep ascent to the top of a small peak, Kala Pattar 5545m meaning "black rock". From here the views are magnificent enough to make us forget the difficulty of the climb. Everest, Nuptse, Ama Dablam, Kantega, Tamsarku, Tawatse and Pumo Ri all present themselves in a 360-degree panorama. **(BLD)**

### **Day 11 Gorek Shep – Everest Base Camp – Lobuche**

This morning you can take an optional excursion to Everest Base Camp return to Lobuche by the same trail. **(BLD)**

## **Day 12 Lobuche - Phortse -**

We depart early for our descent to Panboche where we will have a tea break, then keep descending to the village of for lunch. After lunch we traverse the high ridges of 4000m, to our lodge at Phortse Tenga **(BLD)**.

**Day 13 Phortse – Khumjung** We leave Phortse and ascend to the Dudh Kosi river, and then take a steep climb to the village of Mong for lunch. The views of Ama Dablam standing above 6,000 meters and known as the Mother's Charm Box will take your breath away. The singular beauty of Ama Dablam, standing isolated from all other mountains provides a spectacular backdrop and reminder of the height of Himalayan peaks. We continue traversing and climbing to the village of Khumjung **(BLD)**

**Day 14 Khumjung – Namche Bazaar – Monjo** Depart Khumjung to Namche for a short break before retracing your steps to Monjo. **(BLD)**

**Day 15 Monjo – Lukla. (BLD)**

**Day 16: Lukla – Kathmandu** Fly back to Kathmandu (35 Minutes flight) transfer to hotel and rest. Evening fair well dinner in typical Nepali Restaurant. **(B) Hotel**

**Day 17 Kathmandu** Free Day Kathmandu **(B)**

**Day 18** End of Trip departure to Airport... **(B) 1**

## **Price on request**

### **Including: -**

Arrival and Departure arrangements

Hotel in Kathmandu for 03 nights, with breakfast

½ 1 days sightseeing in Kathmandu/ Bhaktapur and Patan Valley Entrance fees and Tour guide during sightseeing in valley Transportation without A/c in sightseeing

Flight ticket to and from Lukla with departure and arrival car Flight ticket to and from to Lukla of guide

Accommodation in local lodge during trek 3 times meals during trek

English Speaking guide One porter

All the meals during trek Everest National Park fees

Trekkers Management System fees

### **Not Included**

Lunch and Dinner in Kathmandu Gratuities

Personal exp, personal equipment, gratuities to staff, rescue