

CLASSIC EVEREST LODGE TREK



This is a trek to beat all treks. This classic treks that trekker's worldwide want to leave their bootprint 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 are spent at Namche Bazaar and Thame, home of the legendary Sherpa people. The colorful 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 Ama Dablam. 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 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 as a result 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) 30/11 (Lodge)**

Day 02 Kathmandu Free day for sightseeing 01/12

Day 02 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) an easy afternoons walk. **02/12**

Day 03 : 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. **03/12**

Day 04: 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 days hike to Thame this will help with acclimitisation as you will be walking to a height of 3850m and then returning to Namche to sleep. **04/12**

Day 05 Namche to Tengboche (4 hours)

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 Sagamatha National Park.. **(BLD) 05/12**



Day 06 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 settlement in the Solu Khumbu valley. The Pangboche Gompa (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 rkasmeDChhukung 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) 06/12**

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

Day 08 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) 08/12**

Day 09 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 is magnificent enough to make us forget the difficulty of the climb. Everest, Nuptse, Ama Dablan, Kantega, Tamserku, Tawatse and Pumo Ri all present themselves in a 360 degree panorama. **(BLD) 09/12**

Day 10 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. **10/12 (BLD)**

Day 11 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). 11/12**

Day 12 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) 12/12**

Day 13 Khumjung – Namche Bazaar – Monjo Depart Khumjung to Namche for a short break before retracing your steps to Monjo. **13/12 (BLD)**

Day 14 Monjo – Lukla. 14/12 (BLD)

Day 15: Lukla – Kathmandu Fly back to Kathmandu (35 Minutes flight) transfer to Hotel and rest. Evening fair well dinner in typical Nepali Restaurant. **15/12 (B) Hotel**

Day 16 Kathmandu Free Day Kathmandu End of Trip.. 16/12 (B) Hotel

Price USD 1980 twin share

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
- Porter assisted
- Everest National Park fees
- Trekkers Management System fees

Not Included

- Lunch and Dinner In Kathmandu
- Gratuities
- Personal exp, personal equipment, gratuities to staff , rescue

