

CLASSIC MODERATE EVEREST LODGE TREK



This is a trek to beat all treks. This classic treks that trekker's worldwide want to leave their boot print 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 **12-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 Kumbjung 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 moderate and suited to anyone with an average level of fitness. We hope that you will join us on this trip of a lifetime!

TREK ITINERARY

Day 1: Arrive Kathmandu - After you have passed through customs and obtained your visa on arrival. Your guide will meet you he will be holding a sign with your name. Transfer by vehicle to your hotel situated in Thamel, the tourist district of Kathmandu. Your guide will arrange your trekking permits for your trek to the Everest area **(B)**

Day 2: Kathmandu Today your city guide will come to your hotel and take you on a 1/2 day guided sightseeing tour of Kathmandu's most famous places. Baktapur - the oldest city in Nepal, Boddanath - the worshipping place of the Buddhist people - Pasapatanath - the holiest place for the Hindu people. On the bank of the sacred Bagmati River, the temple of Lord Shiva Pashupatinath is famous for its architecture with its two-tiered golden roof and silver doors. It is the centre of annual pilgrimage on the day Maha-Shivaratri. Bouddhanath - this colossal and ancient Stupa, 8km from Kathmandu is one of the biggest in the world and has the "all seeing eyes" of Lord Buddha. You will also visit one of Kathmandu's oldest City's, Bhaktapur, whose traditional industries are pottery and weaving and is a home of medieval art and architecture. The main square of the City contains innumerable temples and the masterpiece of Bhaktapur's Durbar Square (and of the entire valley) is the "Sun Dhoka" or "The Golden Gate", set centrally in the palaces lining the northern edge of the square. Built in 1753, the Sun Dhoka is often compared to the renaissance Florentine Baptistery doors of Ghilb **15th April (B)**

Day 3: Kathmandu - Lukla – Pakding (2600 mtrs)

Early this morning around 6am you will depart from your hotel to the airport to catch your flight to Lukla (2827m). Flight time is approx 40 minutes. You will experience one of the most magnificent sights in the world as you fly parallel to the Himalayan Mountains bordering Nepal, Tibet and China. On arrival at Lukla airport we will meet with our staff of porters who will be assisting us on the trek. Our first lodge is situated at Phakding an approx. 4 hour walk with lunch on the way Phakding (2600m) an easy afternoons walk **I (BLD)**

Day 4 Phakding – Monjo (2835 mtrs)

We fly in the morning to Lukla (2827m). Flight time is approx 30 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. Today is a relatively easy walk where we follow the Dudh Kosi valley north to our destination of Monjo, where the trail officially enters the Sagarmatha National Park. Lodge (BLD) approx. 9 klms approx. **3 hrs walk I (BLD)**

Day 5: Monjo - Namche Bazaar (3440 mtrs)

There is an entrance station just beyond the village of Jorsale where trekking permits are checked and National Park fees collected. We continue along the trail, cross the Bhote Kosi River for approx 2 hrs and then climb steeply for about another 2-1/2 hrs to our destination of Namche Bazaar 3500 mtrs. Remember to look out for glimpses of Mt. Everest early on the trail. Namche is known as the capital of the Khumbu area. A traditional Sherpa trading village, there are many things to see and do at Namche.. The afternoon is free to explore this fascinating village of Namche and its several shops selling items of every description and a proliferation of Sherpa inns. **O/N Namche**

Day 6: Namche – Acclimitization Day

Before breakfast we will take a short hike to the Sagarmatha National Park Museum, here you will hopefully see a magnificent sunrise and spectacular view of Everest, and surrounding mountains.**(BLD)**

Day 7 Namche - Thame - Today you will leave the main trail to Mt. Everest, following the contouring trail of the the Nangpo Tsangpo Valley, passing the village of Phurte (3475mtrs). You will hen cross the Themgpo River ascending the south bank. Passing through pleasant forests we reach the village of Thame (3679 mtrs) . In the afternoon we will visit the famous Thami Monastery. **approx 8 klms 4-5 hrs (BLD)**

Day 8: Thame - Khumjung (3890 mtrs)

Today is a relatively easy walk to the village of Kunde where we can visit the Kunde Hospital built by the Sir Edmund Hillary Trust. About 1/2 hr walk from Kunde and we reach our destination of Khumjung. The afternoon can be spent relaxing in the famous German bakery or taking an hour's stroll to view the Everest Hotel and of course the school of Khumjung. This school was the first established school in the area and was also funded by Sir Edmond Hillary. **8 klms 4-5 hrs (BLD)**

Day 9: Khumjung to Phortse (3700 mtrs)

We depart early for our climb to the high ridges of 4000m, past a large a chorten at the village of Mong, said to be the birthplace of the saint Lama Sange Dorje, the reincarnate lama of Rongbuk Monastery in Tibet who introduced Buddhism to Khumbu. From there we descend to the village of Phortse Tenga by the Dudh Kosi (river) and then take a steep climb to the village of Phortse where we will have lunch then we continue Pangboche. This afternoon will be a hard and although sometimes difficult, it will be rewarding day. We leave Photse and wind our way up the valley on a very narrow sometimes-steep trail. 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. **(BLD) I approx. 5 hours including lunch 10 klms**

Day 10 Phortse – Thyangboche – (3850 m). Today is a long and although sometimes difficult, it will be rewarding. We leave Photse and wind our way up the valley on a very narrow sometimes-steep trail. 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. After lunch at Pangboche the route descends past some magnificently carved mani stones to the Imja

Khola which we cross via a steel suspension bridge high above the river at a spot where it rushes through a narrow cleft. From there we have a gentle climb to the tiny village of Deboche past Mani walls deep in a rhododendron forest. From Deboche we have a short steep climb to Thyangboche through a forest of birches conifers and rhododendrons. Because of the ban on hunting at Thyangboche there is much wildlife in this area. We may see almost tame blood pheasants, Nepal's national bird the Himalayan monal or ipeyan pheasant, snow pigeons and red billed choughs (they will pinch any food you leave lying around). A visit to the monastery is a must. **Overnight Thyangboche (BLD) 6 hours including lunch**

Day 11 Thyangboche – Namche After lunch you will trek via a different route to Namche Bazaar. The trail drops sharply down to the Dudh Kosi and the village of Phunki, where we cross the river, and up toward Namche Bazaar, winding high above the river with views north towards Everest, Lhotse and Nuptse. **Lodge (BLD) 5-6 hours 9 klms**

Day 12 Namche Bazaar – Phakding (2800 mtrs) Today you will depart Namche and return by the same trail to Phakding **(BLD) 5 hours**

Day 13 Phakding – Lukla After breakfast we will hike the last few klms to Lukla. you will be rewarded when you arrive at your lodge in Lukla with a hot shower. Thanks to your wonderful hard working staff, and of course to congratulate yourself on a wonderful adventure. **4 hours**

Day 14: Lukla - Kathmandu Arrive Kathmandu transfer to your hotel in Thamel
Free afternoon to explore this amazing city. **(B) I**

Day 15 Kathmandu – End of Tour Transfer to the airport for you return flight home **(B) .**

Cost of Tour: Aust\$2550 twin share

Including:-

- Arrival and departure arrangements
- 3 nights hotel accommodation in Kathmandu including breakfast
- ½ day guided sightseeing tour including entry into Bhaktapur
- Flight ticket Kathmandu/Lukla/Kathmandu
- Lodge accommodation on twin share basis whilst on trek
- All meals on trek
- English speaking guide
- Australian tour leader
- Porter assisted
- Everest National park fees
- Trekkers Management System fees.

Not Included

- International Flights
- Lunch and Dinner Kathmandu
- Entry into Bhaktapur
- Gratuities
- Personal expenses
- Travel Insurance
- Visa