



LYN TAYLOR'S ADVENTURE TRAVEL
Nepal... Africa... Where ever !!!

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Everest Lodge Trek



GRADE: MODERATE PLUS

**9 DAY EVEREST LODGE TREK
4 NIGHTS KATHMANDU
EX KATHMANDU: OCTOBER 24**

This is a trek to beat all treks. This classic trek that trekker's worldwide want to leave their boot print on! We begin 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 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 8-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. On this trek we visit Kumjung 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 and not break world records. The accommodation along the way is in Nepalese owned lodges, which are clean, comfortable, warm and although the food is mostly vegetarian it is all fresh and healthy. We have classed this trek as moderate and it is suited to anyone with an average level of fitness. We hope that you will join us on this trip of a lifetime, it is truly an adventure.

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 (Eco Resort) situated in Thamel, the tourist district of Kathmandu. Your guide will arrange your trekking permits for your trek to the Everest area
(B) October 24

Day 2: Kathmandu After breakfast your city guide arrive at your hotel at 9am to take you on a 1/2 day guided sightseeing tour (entry of sights at own expense) of Kathmandu's most famous places. Bhaktapur - 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 Ghilberti **(B) October 25**

Day 3: Kathmandu - Lukla – Monjo (2835 metres)

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- 4 hrs walk October 26**

Day 4: 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 h approx. 4klms - 3-4 hrs October 27**

Day 5: Namche - - Thame - Early this morning 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. 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 then 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) October 28**

Day 6: 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) October 29**

Day 7: Khumjung to Portse (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. **(BLD) October 30**

Day 8 Phortse to Deboche We depart our lodge taking a short but steep climb to the ridge where you will get another glimpse of Everest in the distance. We traverse along a narrow and sometimes difficult trail to our lunch place at Pangboche. 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 leave Pangboche our route this afternoon 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 and descent to the river then wind our way along the valley to our lodge at Deboche. **(BLD 6-7 hours 10 klms November 1 (BLD))**

Day 8 Deboche– Thyangboche – Namche Bazaar (3850 m). From the tiny village of Deboche we pass several Mani walls situated in a in 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. From Tyangboche we will return to Namche by an alternative route. 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) 6-7 hours November 2**

Day 10 Namche Bazaar - Lukla (2800 mtrs) Today you will depart Namche around 730am and return via the same route to Lukla, this is a long day's hike, but 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. **8-9 hours November 3 (BLD)**

Day 11: Lukla - Kathmandu – Depart early for our flight to Kathmandu. Tonight we will enjoy a celebration dinner.
Overnight hotel (BD) November 4

Day 12 Kathmandu Free Day Today if free to relax do some more exploring of Kathmandu. Plus there are many wonderful Christmas gifts to purchase for friends and family back home. **November 5**

Day 13 Transfer to the airport for flight home **November 6**

Tour Cost: \$3550 twin share single supplement \$600

Inclusions:

- »8-Day Lodge Trek
- » All meals and twin share accommodation whilst on trek
- » 2 internal flights: Kathmandu/Lukla/Kathmandu
- » English Speaking Nepalese Guide
- »Guides flight, food wages, accommodation, insurance
- »Porter Assisted, food wages accommodation and insurance.
- » 4 nights in one of Kathmandu's 3-star hotels incl b'fast twin share
- » Transfers Airport – Kathmandu hotel
- » Transfer Kathmandu Hotel –
- » Transfer Airport – hotel
- » Transfer Hotel – airport
- » Comprehensive Trip Notes
- »Trekking permit and National Park Fees
- »1/2 Day sightseeing tour with city guide
- >Return flight Kathmandu/Pokhara/Kathmandu

NOT INCLUDED

- *International Airfares
- *Mandatory Travel Insurance
- *Gratuities

*Soft and hard drinks

*lunch dinner Kathmandu

Entry into Bhaktapur, Pasapatinath and Boudanath approximately
US\$35

City Guide Gratuities.