

THE HIGH PASSES OF EVEREST



Without a doubt this country is a potpourri of culture and diversity. It boasts as having the highest mountain in the world Mt Everest mixed with unique wildlife and exotic culture. Discover yourself amidst this strange world of mystical beliefs and incredible history. You will have many opportunities to witness this aspect of life, and to share with people your own ideas about it. The art and craft of Nepal are basically based on the religious themes taken from Buddhism and Hinduism. Nepalese art has been influenced and promoted since the earliest recorded times by the Newars. In Nepal, ethnical cultural groups are diverse and many of them have their own languages and customs. The country's capital Kathmandu and largest city simultaneously reeks of history and the wear and tear of increasing modernity. The tightly packed historical centre, with its squares and temples, continues to preserve a world light years away from shantytowns, expensive hotels, restaurants and shops on the city's outskirts. Kathmandu's core is Durbar Square, with the Vishnumati River to the west and Ratna Park to the east, The Bagmati River forms the southern boundary, whilst Thamel, the popular tourist hangout sprawls to the north. This would have to be one of the most exciting cities in the world today.

This spectacular trek will more than satisfy the ambitious trekker intent on crossing high passes without the commitment to any technical climbing. Heading towards Everest we cross the Kangma La to the Everest Base Camp and Kala Pattar. After identifying the classic climbing routes to the summit of Everest we complete a spectacular traverse over the Cho La to the alpine pastures and lakes of Gokyo. From Gokyo Ri we gain further outstanding views of Everest before heading over the Renjo La to the wild upper Bhote Kosi.– before returning to Kathmandu. Your trip would not be complete without a visit to your guides village in Darje to meet his family and to see how people survive in a remote of Nepal.

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PROPOSED ITINERARY

Day 1 Arrive Kathmandu Met by your guide and transfer to your hotel. Afternoon free to explore and buy those last minute items for your trek. **20th March 2019 (B)**

Day: 2 Fly to Lukla Hike to Phakding (2600m) Depart your hotel early 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. **Lodge 21/3 (BLD)**

Day 3 : Phakding to Namche Bazaar (3550m)

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 Bhoti Kosi River and climb steeply to Namche Bazaar 3500 m. Remember to look out for glimpses of Mt. Everest early on the trail.

Duration: 6 hours Lodge (BLD) 22/3

Height 3500 mtrs

Day 4: Namche Bazaar rest day for acclimatization.

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. **Lodge (BLD) 23/3**

Day 5 Namche – Khumjung - Tengboche (3850m) 5/6 hours

Today is a relatively easy walk to the village of Khunde 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.

Lodge 24/3 (BLD)

Day 6 Tengboche – Pangboche (4410m) 5/6 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) **Lodge 25/3 (BLD)**

Day 7 Pangboche – Chukhung (4730m) 2 hours

From Pangboche we have a steady climb through villages and potato fields and alpine pastures through yak karkas of Tsuru, Orsho and Shomare to Chukhung 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 Tsuru, Orsho and Shomare to the village of Chukhung and our camp for the night. **Lodge 26/3 (BLD)**

Day 8 Chukhung - Kongmala – Lobuche (5540m) 9 hours

The track to the pass goes to the right of the highest lake to start the diagonal traverse of the steep face. The pass itself is littered with cairns up each ridge, and 50m to the north up the ridge. The route down drops only a little while heading right for a long way before beginning a slide down scree. From the ablation valley, crossing the Khumbu Glacier takes another tiring hour before Lobuche appears. **Lodge (BLD) 27/3**

Day 9 Lobuche – Ghorak shep – Kala Pattar – Lobuche (5584) 8 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. **Lodge (BLD) 28/3**

Day 10 Lobuche – Dzongla (4843m) 2 hours

After a morning of rest, we leave the main trail to Everest and hike Tsholo Lake and our campsite at Dzongla 4843 mtrs. This collection of yak sheds has grown in the last couple of years to include two real lodges which are normally open while the Chugima La is passable. **Lodge (BLD) 29/3**

Day 11 Dzongla – Cho La (5420m) - Chungima (Thagnak) (4659m) 8 hours

Today we have a steep and challenging but, non-technical descent over rock, snow and perhaps ice from Chola La (pass) 5420m which links the glacial valleys of Cho Oyu and Everest and from where we have superb views. It is a steady climb from our Campsite past Leisyasa where we cross a small glacier, and negotiate the ice fall at the end of it. We then descend very carefully as the terrain is steep and rocky through a narrow and steep valley which opens up to a wide shallow valley leading to our camp at Kharka Chhyugima 5170m. This collection of yak sheds has grown in the last couple of years to include two real lodges which are normally open while the Chugima La is passable.

Gokyo is still an hour or two from here over rough ground. **Lodge (BLD) 30/3**

Day 12 Chungima – Gokyo (4340m) 3 hours

We cross the southern end of the Ngozumpa Glacier to our lodge at Gokyo 4750m. The path across the glacier is well used but not always obvious and there are older paths further down. (glaciers move!) Do not attempt to cross in thick cloud. The walking is tough for tired feet but eventually climbing the moraine on the opposite you drop between the first pond and the second lake at Gokyo. **Lodge (BLD) 31/3**

Day 13 Gokyo a day to Rest and Explore

A free day to explore the area around Gokyo or rest. For enthusiasts a rigorous hike up Gokyo Ri 5360m, the small peak above camp provides spectacular views of the Everest trinity, Nuptse 7879m, Lhotse 8511m, and Everest 8848m, as well as Makalu 8463m looming to the east, Cho Oyu 8153m to the north and the smaller but closer peaks of Cholatse and Tawachee to the south. There is a wonderful view of Gokyo and Dudh Pokhari spread out below us. **(Lodge) BLD 1/4**

Day 14 Gokyo - Renjo La pass (53600m) to explore upper Bhote Kosi Valley – Lungdeng (4380m)

From Gokyo to the top of the Renjo La 5417m is described as a day trip from Gokyo. On the Bhote Valley side the descent isn't easy. With snow or ice it could be quite dangerous. The pass itself is long. You can descend in two places to head left (south) along smoothed, slightly exposed slabs close to the bluffs above arrived after a long day at Lungdeng **Lodge (BLD) 2/4**

Day 15 Lungdeng – Thame (3800m)

Thame is a small Sherpa village close to the border of Tibet. It used to be a juncture of ancient trading routes to Tibet. Thame is the home to some of the greatest Everest Climbers. It is also the home of Ang Rita Sherpa, who holds the record for scaling Mt Everest ten times without oxygen and is thus known as “The Snow Leopard”. It is also the home of Apa Sherpa, Nepal's most famous living climbing Sherpa and holder of the Guinness Book of Records for the summits of Everest the most times. There is also a monastery swathed in mists and towering rock faces. This trek presents a true picture of the unique cultural and traditional life style of the Sherpa tribe who live in the thin-air zone of Nepal. The mountain village Sherpa people of the Khumbu region are of Tibetan origin originally who migrated south over the Himalayas hundreds of years ago and are renowned for their strength as high-altitude mountain climbing guides. It takes about 4 hours to walk from Lungdeng to your lodge in Thame – **Lodge (BLD) 3/4**

Day 16 Thame – Namche or Mojo (2859m) 6-7 hours

After leaving Thame, descent to the Themgpo river west contouring the Nangpo Tsangpo Valley, passing the village of Phurte (3475mtrs) to Namche. Lunch at Namche then trek to Monjo. **Lodge (BLD) 4/4**

Day 17 Monjo – Lukla (5 hours)

Return on the same trail to Lukla **Lodge (BLD) 5/4**

Day 18 Lukla – Kathmandu Early morning flight to Kathmandu. Transfer to your hotel **(B) 6/4**

Day 19 Kathmandu - Darding – Arughaat This morning you will depart at 630 am by micro bus taking the main Privity Highway west towards India, after 3 hours you will then head north for 1 hour to Darding. Here you will take a short lunch break. Before continuing by local bus on a rough unsealed road, which can sometimes be very dusty, be prepared for an uncomfortable 3-4 hour drive to your destination of Arughaat. **Hotel (BLD) 7/4**

Day 20- Arughaat to Darje (TB village) (2100m)

Early departure for a 4 hour hike to TBs village of Darje.

Overnight Homestay (BLD) 8/4

Day 21 TB village Explore TB village and surrounding area . You may wish to get a little dirty by helping plough the field and plant some corn or millet. **(BLD) 9/4**

Day 22 Darje – Arughat – Kathmandu 2100 mtrs

After breakfast we will say goodbye to our Nepalese hosts, to begin the 4 hour return hike to Arughaat. The walk is all downhill for 3 hours, traversing through beautiful terraced fields and villages, before reaching the Budi Gandarki river. It is then a 1 hour flat walk along the river bank to our destination. Lunch in Arughaat before taking the bus to Kathmandu. Arrive at your

hotel at approximately 8pm **Overnight Hotel 10/4 (BL)**

Day 24 – Bhaktapur –After breakfast you will be met by your experienced city guide for a 4 hour tour of Bhaktapur and **Boudanath Afternoon free to explore Kathmandu (B) 11/4**

Day 25 – Depart to airport for your onward journey (B) 12/4

\$4100 per person twin Share

Trip Inclusions

*2 internal flights *17 day fully escorted lodge trek incl. all meals on trek *4 nights Kathmandu incl. bfast * airport transfers * ½ day Sightseeing Bhaktapurh and Boudanath * Experienced English Speaking Nepalese Guide and. Porter assisted on trek. *Trekking permit and National Park Fees *transport to village * overnight Arughaat 1 night *2 nights TB village all meals and accommodation.

Not Included

*International Airfare *Meals not stated *Gratitudes for guide and porter *.



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