

## Everest Base Camp Itinerary

### DAY 1.

Leave the UK. Chill out on the long flights to Kathmandu, arriving usually the next day.

### DAY 2.

Arrive in Kathmandu late afternoon (usually). Transfer from the airport to hotel accommodation, where a full briefing will take place. Recover from the journey and have dinner.

### DAY 3.

Collect trekking permits and national park passes, shopping trip for any missing supplies and kit. Then it is sightseeing time. Crazy taxi races across the chaos that is Kathmandu visiting incredible cultural monuments and areas.

### DAY 4.

We fly to the mountain airstrip of Lukla (2,800m), and set off on the first short leg of our trek, heading northwards up the valley of the Dudh Kosi (or 'milk river'). We descend from the small plateau down into the forested valley. The trail offers some tantalising views before reaching the small settlement of Phakding (2,652m), where we spend our first night. Trek Profile: approx. 4 hours walking / 6km / sleeping altitude 2,652m.

### DAY 5.

Heading out of Phakding we follow the Dudh Kosi northwards. This day's walk takes us through magnificent forests of rhododendron, giant fir and magnolia trees, and both in spring and autumn the ground is bright with flowers. After Jorsale (2,805m) we cross the west fork of the river, the Bhoté Kosi, and start the steep climb to Namche Bazaar. Another 600m of climbing brings us to Namche Bazaar, administrative centre of the Khumbu region. Namche is a prosperous Sherpa village and an important trading centre with a weekly market selling fresh foodstuffs brought up from lower villages. Trek Profile: approx. 7.5 hours walking / 16km / sleeping altitude 3,445m.

**DAY 6.** We spend today acclimatising, initially climbing steeply out of Namche to the Tenzing monument. This wonderful spot will give the first views of Everest poking up behind the immense Nuptse wall. Ama Dablam rises high on the skyline, a striking mountain with an unforgettable profile. Continuing, we trek just under the villages of Kunde and Khumjung which are set below Khumbila, the rocky peak sacred to all Sherpas. Circling the bowl that Namche is nestled in will give us the perfect acclimatisation, views and a well-deserved rest in the bakeries back in Namche Bazaar, where we stay for a second night.

#### **DAY 7.**

This morning, we descend to the river crossing it at the little settlement of Phunki Thangkha at 3,250m, then climb steeply through the forest to Thyangboche at 3,867m. We will be here mid-afternoon when, once checked into our teahouse we will visit the famous monastery. The sunset and sunrise on the fantastic panorama of mountains surrounding us are not to be missed – Everest, Nuptse, Lhotse and Ama Dablam provide a wonderful backdrop to our teahouse. Look out for Himalayan Tahr and musk deer in the forest surrounding the monastery. Trek Profile: approx. 4-6 hours walking / 11km / sleeping altitude 3,867m.

#### **DAY 8.**

We descend through the forest to Devoche and a little further on we cross the rushing Imja Khola, whose valley we now follow. Climbing steadily the trail enters Pangboche at 3,900m, the highest permanent settlement in this valley. Ascending the valley, we have lunch at a tea house on route, after which we leave the trees behind and cross a wooden bridge at the confluence of the Khumbu and Imja Kholas. A short steep climb brings us to Dingboche at 4,530m, a summer settlement where great peaks surround us. You'll be glad to finally arrive and stop walking here, as the altitude makes its presence known!! Trek Profile: approx. 7 hours walking / 9km / sleeping altitude 4,350m.

#### **DAY 9.**

We spend a day at Dingboche to continue our acclimatisation. Those adapting well to the altitude can climb some of the way up Nangkartshang Peak at 5,100m for great views of Makalu, Lhotse, Chalotse, Tawoche and Ama Dablam. Alternatively, just rest and enjoy the village and views.

**Acclimatisation walk around Dingboche – Trek Profile: approx. 5hrs walking / 5km.**

#### **DAY 10.**

The trail climbs steeply out of Dingboche past a chorten and ascends the valley gradually to Dugla at the end of the terminal moraine of the Khumbu Glacier. From here we have a short, steep climb up to Chukpo Lari, a beautiful yet poignant place where there is a line of memorials in tribute to the climbers who have died on Everest and, from where we have a beautiful panorama of the peaks lying on the Nepal-Tibet border. The trail then eases off as we follow the valley to Lobuche, a tiny hamlet with a few teahouses. The sunset on Nuptse is not to be missed. Trek Profile: approx. 5-5.5 hours walking / 8km / sleeping altitude 4,930m.

#### **DAY 11.**

We leave early towards Gorak Shep, a winding rocky trail through the moraines of the Lobuche glacier. On arrival, which should be after 3 hours of walking we will have lunch and relax for a while. Leaving our packs behind we head up the highest point of the trip for sunset. Kala Pattar is 5550m and the most spectacular view of the world's highest peak, where we watch the sunset turn the peaks to red and gold. Returning in the dusk to Gorak Shep for a well-earned rest before the next day's trek. Trek Profile: 6km to Gorak Shep/ 3 hours walking. Sleeping altitude 5,184m. Kala Pattar 3 hours up, 1.5 down.

#### **DAY 12.**

A long tough day awaits as we head to base camp early in the morning. The trail undulates up and down the moraine with some short steep sections. The trail is rocky in places as we are now on the lateral moraine of the Khumbu Glacier. From here to base camp and back there are no lodges so we will fill our water bottles and take some snacks for the walk to Everest Base Camp. We start by walking across the sandy flat at Gorak Shep and climb onto the lateral moraine of the Khumbu glacier. The trail ascends the side of the glacier for a couple of hours before finally descending onto the rocky glacial moraine itself. The trail winds up and down through fascinating ice seracs to the area known as Everest Base Camp where in spring, you would see in the distance some of the expedition teams as they prepare to climb the

mountain. In winter it's unlikely as it's not often climbed this time of year. From the Base Camp we get fantastic close-up views of the Khumbu Ice Fall and we can appreciate just how difficult it is to negotiate a route through the huge blocks of ice. Nuptse towers above us and Pumori rears up behind us. After a short photo stop by the Base Camp rock, we retrace our steps to Gorak Shep, then back to Lobuche for a more restful evening. Trek Profile: approx. 10-12 hours walking / 13km / sleeping altitude 4,930m.

#### DAY 13.

Today's journey is rather restful to the village of Pheriche, where we will spend the night as part of our descent. Just wandering down the dusty trail you will start to feel the air thicken as we lose altitude. Breathing becomes easier again. Pheriche is only a couple of hours walk and our stopover at the luxurious Edelweiss is a real treat after the previous few days hard work. Lap it up and make the most of it before our final three days of long trekking takes place. Trek Profile: 3-4 hours walking/ 5km/ sleeping altitude 4,243m

DAY 14. Descending through Pheriche, we cross a small bridge and have a short climb before descending to join the main Imja Khola Valley. We follow the valley back down to Pangboche through an alpine meadow landscape. Dropping down to the rushing river does mean walking back through the peaceful rhododendron forests to the village of Devoche from where we climb steeply back up to Thyangboche to be on the ridge for mid-afternoon. A good rest and some hot chocolate here before the last 2 days of trekking. Trek Profile; approx. 6 hours walking/9km/sleeping altitude 3,867m

#### DAY 15.

The walk to Namche Bazaar takes us back along the beautiful undulating trail high above the Dudh Kosi. Firstly, a steep drop down before a climb back up to regain the high trail, taking in plenty of refreshments on route. Arriving back in Namche for some last photos and shopping and the best caramel latte I've ever had! More importantly there should be a visit to the highest pub you have ever been to for movies, popcorn and a beer to celebrate before one more our last day of trekking. Trek Profile; 4-5 hours walking/11km/3,445m

#### DAY 16.

Leaving Namche behind and dropping back down into the valley and its wonderful bridges, our last but tough day all the way back to Lukla. Although downhill, there are plenty of stiff uphill sections to try and break the weariest of trekkers. We will stop for lunch in Phakding before continuing to Lukla and its bustling streets, complete with Scottish and Irish bars to tempt you all.

#### **DAY 17.**

Fly back to Kathmandu to hotel accommodation where a nice hot shower and clean clothes await. Dinner to celebrate in the evening and some free time to just relax, sight see or shop.

#### **DAY 18.**

This is a spare contingency day in case of weather stopping Lukla flights, which can be a regular occurrence, does give an extra day also for anyone struggling to acclimatise.

#### **DAY 19.**

Fly back to the UK (usually arriving home on day 20)