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A Private Journey to
Everest Base Camp



epic PRIVATE
JOURNEYS



DETAILED ITINERARY

Day 1 – Arrive Kathmandu, Nepal

Arrive Kathmandu. After exiting Customs and Immigration you will be met and transferred to the Yak n Yeti Hotel.

A pre-trek briefing will be held at a time and location determined by Brad. We will enjoy a group welcome dinner tonight.

Yak n Yeti Hotel – Bed and breakfast basis





DETAILED ITINERARY

Day 2 – Kathmandu

9.00 am

This morning we embark on a morning tour taking in the highlights of Kathmandu. We will visit three key locations: the Monkey Temple otherwise known as Swayambhunath Temple; the public cremation grounds along the Bagmati River; and the Boudhanath Temple – the most sacred pilgrimage site for those who practice Tibetan Buddhism.

We will return to the hotel for lunch (for your own account).

PM

At leisure. You will have the opportunity to shop for additional trekking gear for the trip to Base Camp should you wish.

Yak n Yeti Hotel – Bed and breakfast basis





DETAILED ITINERARY

DAY 3 – Fly to Lukla (2,800 m) and trek to Monjo (2,835 m)

This morning we will rise early and take a packed breakfast to the domestic terminal of Kathmandu airport for an early morning flight to Lukla.

After a 40-minute flight above the breathtaking green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks.

Upon arrival at Lukla, we start our trek through to Monjo. Today's hike will take roughly 4 to 5 hours. It is intentionally short so that our bodies start a gradual acclimatisation to the altitude.

Upon arrival in Monjo, we check into our lodge and enjoy some time to relax.

Everest Summit Lodge – All meals included





DETAILED ITINERARY

DAY 4 – Trek to Namche Bazaar (3,446 m)

Today we trek to Namche Bazaar.

We are on the trail for upward of 5 to 6 hours with an elevation gain of just over 800 metres. It is a beautiful yet somewhat demanding day and given the increase in altitude, it is important that we take it easy and stay hydrated.

Upon arrival in Namche Bazaar, we check into the hotel, where we stay for two nights.

Hotel Namche – All meals included





DETAILED ITINERARY

DAY 5 – Khunde Loop

Today we acclimatise with a morning walk on the Khunde Loop via the Everest View Hotel. Situated at 3,880 m it is the highest located hotel in the world and commands a spectacular views of the Khumbu Valley, in particular Everest and the awe-inspiring peak of Ama Dablam (6,856 m), described by many as the most beautiful peak they have ever seen.

Ancient stones carved with the Tibetan Buddhist inscription 'Om mani padme hum' form part of the hotel's interior walls, a constant reminder of the deep religious sentiments of the local people towards their land.

From the Everest View, we have the option of continuing on to visit the village of Khunjung which houses the Hillary School and hospital, both seeded by the philanthropic efforts of the great Sir Edmund Hillary.

We return to Namche for lunch and a relaxing afternoon to aid our acclimatisation.

Hotel Namche – All meals included





DETAILED ITINERARY

DAY 6 – Trek to Deboche (3,710 m)

Today we will pass through the village of Tengboche (3,865 m) on our way to Deboche (3,710 m). We will spend roughly 5 to 6 hours on the trail.

Tengboche is the cultural and religious centre of the Khumbu, from where the views are spectacular – the jagged peaks of Thamserku and Kangtega stand to our south and Everest, Lhotse, Nuptse and Ama Dablam are visible to the north.

Here we have the opportunity to visit the 17th Century Tengboche Monastery, one of the most well-known in the world.

From Tengboche, we have a short trek to Deboche. Upon arrival we check into Rivendell Lodge where we stay for one night.

Rivendell Lodge – All meals included





DETAILED ITINERARY

DAY 7 – Trek to Dingboche (4,410 m)

Again we spend roughly another 5 to 6 hours on the trail through to Dingboche.

With an altitude gain of over 500 metres, we will take it slowly to assist with our acclimatisation.

The next two nights are spent acclimatising in Dingboche, hiking around the village and surrounds.

Country Side Guest House – All meals included





DETAILED ITINERARY

DAY 8 – Dingboche (4,410 m)

Like our previous stop in Namche, the extra night here is an acclimatization stop.

This morning, we climb midway up a nearby peak to gain altitude to around the 4,800 metre mark.

Country Side Guest House – All meals included





DETAILED ITINERARY

DAY 9 – Trek to Lobuche (4,910 m)

This morning we set off on the 5 to 6 hour trek to Lobuche following the Lobuche Khole (River).

After passing through the village of Dughla we climb through the Thokla Pass and on to Lobuche which is situated on the flank of an old lateral moraine of the Khumbu Glacier. The Khumbu Glacier runs all the way north to Base Camp and at its head constitutes the fabled Khumbu Icefall which Everest climbers have to cross to Camp 1. Lobuche is the last inhabited area before Everest Base Camp.

After resting in Pheriche we should be in good form for the walk. There is a considerable increase in altitude as Lobuche is over 600 m higher than Pheriche.

Upon arrival in Lobuche, we check into Eco Lodge where we stay for one night.

Eco Lodge – All meals included





DETAILED ITINERARY

DAY 10 – Trek to Gorak Shep (5,140 m)

The trail today leads us further up the Khumbu Glacier. It will take us roughly 4 hours to reach Gorak Shep. As we ascend higher, the environment becomes ever starker. That said, the scenery is strikingly beautiful.

As we near Gorak Shep, we will find snow-capped mountains looming all around us toward the head of the Khumbu Valley.

Upon arrival at Gorak Shep, we check into the Yeti Resort where we stay for one night.

Buddha Lodge – All meals included





DETAILED ITINERARY

DAY 11 – Climb Kala Patthar (5,550 m) & on to Everest Base Camp (5,364 m)

Today is the climax of our trip, as we climb Kala Patthar and head on to Base Camp.

We start pre-dawn to catch the dramatic views from Kala Patthar and witness the first light of day coming over the mountains. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east as Everest begins to reveal itself.

The ascent to Kala Patthar will take roughly 1.5 – 2 hours. From the top a stunning Himalayan panorama unfolds; this is truly one of the most majestic views in Nepal.

We return to Gorak Shep for breakfast and then proceed onto Base Camp. This is a relatively flat 4-hour walk. The scenery provides a fitting finale to the trek.

Everest Base Camp – All meals included





DETAILED ITINERARY

DAY 12 – Fly to Kathmandu and Depart

Today you trek back to Gorak Shep.

From here you take a helicopter back to Kathmandu.

You are met and transferred to the Yak n Yeti Hotel where day use rooms have been reserved for you.

Later this evening you are transferred to the airport in time for your departing flight.

