

Stay for two nights at EBC, explore the Khumbu Icefall, and climb the majestic Lobuche East

> DAY 1 ARRIVE IN KATHMANDU, NEPAL

Your adventure begins here. An Everest One representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner.

> DAY 2 EXPLORE KATHMANDU

This is a free day for you to explore the crazy, yet wondrously beautiful city of Kathmandu. Home to five World Heritage sites, Kathmandu is a stunning landscape of handcrafted wooden palaces (durbar or palace squares of Kathmandu, Lalitpur and Bhaktapur) and glorious Buddhist stupas (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

> DAY 3 FLY TO LUKLA AND TREK MONJO

Our trip begins with an early morning flight to Lukla that takes approximately 30-40 minutes. The flight travels over endless rolling hills covered with green terraces. Once in Lukla, we have a short break to organise porters and gear before starting our first day's walk, descending and ascending to Monjo. We pass green villages and colourful maniwalls as we follow the Dudh Kosi River up-stream. This region is Buddhist so remember to walk clockwise or to the left of maniwalls and prayer poles. Monjo is an apple farming village situated near the base of the hill up to Namche. **Trekking Time 5-6 Hours >> Height 2840m**

> DAY 4 TREK FROM MONJO TO NAMCHE

Before leaving Monjo, we'll drop into the Sagarmatha National Park Information Centre where you can trace our trail from a 3D model of the region. The route crosses several steel suspension bridges covered with katas, white well-wishing scarves and prayer flags. From the last bridge, it's a 2-3 hour hike up to Namche. On a clear day, you can catch your first view of Everest from a lookout about mid-way up the hill. Once in Namche, you have the afternoon to rest, do souvenir shopping or relax and take in the view. **Trekking Time 5 Hours >> Height 3440m**

> DAY 5 ACCLIMATISATION DAY IN NAMCHE

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up a quieter trail to the Govt Yak Farm with panoramic view of Everest, Ama dablam and Thamserku. From here we will continue to our favourite teahouse in Khunde for lunch. After descending back to Namche, the afternoon is free for wandering around Namche, emailing friends/family or relaxing over coffee and cakes in the bakery. **Trekking Time 5 hours >> Height 3440m**

> DAY 6 TREK FROM NAMCHE TO PHORTSE

The trail behind Namche is a gentle track that traverses high above the Imja River overlooking views of Thamserku and Ama Dablam. We pass a chorten in memory of Tenzing Norgay, Sir Edmund Hillary's climbing partner, before reaching Kyangjuma to break for morning tea. We split from the regular traffic of trekkers heading to Everest Base Camp by taking the higher road up to Mong for lunch enroute to Phortse.

Many villagers still depend on potato and buckwheat farming here, but Phortse is also known for producing many climbing Sherpas to supplement incomes. Since 2003, the Khumbu Climbing Centre which operates in Phortse has trained many keen young men and women. Every winter, renowned international climbers and local guides work together to run climbing courses. The partnership has not only increased climbing enthusiasm amongst locals, but has also improved general climbing safety. Afternoon to rest and relax.

Trekking Time 6 Hours >> Height 3810m

> DAY 7 TREK FROM PHORTSE TO PANGBOCHE

Heading out of Phortse you will see Cho Oyu, the sixth highest mountain in the world up the Ngozumba glacier leading to Gokyo lakes. The trail to Pangboche can be a more of a challenging day traversing with views of Tengboche monastery just across the valley. Pangboche is the highest permanent settlement with the oldest monastery in the Khumbu. The scenery from here to Lobuche is dominated by Ama Dablam (6856m), one of the most picturesque mountains in the Khumbu, that is technically demanding to climb. **Trekking Time 3.5 Hours >> Height 3930m**

> DAY 8 TREK FROM PANGBOCHE TO DINGBOCHE

As we hike up the track towards Dingboche, there's a distinct change in the landscape as we cross the 4000m barrier. High altitude scrubs replace trees and formidable mountains suddenly appear within reach. You feel instantly that Everest must be close! Dingboche is the first of a series of settlements leading to Everest Base Camp established to accommodate trekkers. It is a seasonal village with a few fields and yaks. Play a game of snooker and do some much needed laundry. There are a few bakeries you can try too.

Trekking Time 4 Hours >> Height 4410m

> Everest Base Camp & Lobuche East Climb: 23 days

Just above Dingboche along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains

> **DAY 9** **ACCLIMATISATION IN DINGBOCHE**

We take a rest day in Dingboche to acclimatise. In the morning, we'll take on an acclimatisation walk, attempting Nangkarshang (5083). It's a steep climb but we take it slow and the views of Makalu (8463m), Lhotse (8501m), Nuptse (7861m) and on clear days, Cho Oyu (8201m) and Shispangma (8013m) are worth any feelings of breathlessness. After lunch you can relax curling up with a book and hot chocolate.

Trekking Time 5 hours >> Height 5083m

> **DAY 10** **TREK FROM DINGBOCHE TO LOBUCHE**

Just above Dingboche and along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains. Take a moment to absorb the feelings of excitement that Everest is just around the corner! Passing Dughla, it's a one hour hike up to Thokla pass (4830m) where memorials have been built for fallen climbers. We then cross rocky terrain to Lobuche for the night. **Trekking Time 5 Hours >> Height 4910m**

> **DAY 11** **TREK LOBUCHE TO EVEREST BASE CAMP**

The journey to EBC from Lobuche is a relatively gentle ascent of rocky terrain that follows across and along the Khumbu glacier, and passes through Gorak Shep. This pile of rocks sitting at the foot of the infamous Khumbu Ice Fall in Spring is home to some 30 teams (hundreds of climbers and support staff) aspiring to climb Everest. We will spend 2 nights at the Everest One camp, absorbing the climbing atmosphere and excitement, and appreciating what it takes to climb the highest mountain in the world. Accommodation is a shared box tent with full service. **Trekking Time 6-7 hours >> Height 5364m**

> **DAY 12** **REST DAY IN EVEREST BASE CAMP**

This is a day to fully explore EBC. We can visit the Himalayan Rescue Association clinic and learn about the volunteer work they do to provide medical assistance to climbers (subject to availability). We'll venture into the lower reaches of the Khumbu Ice Fall and understand why this is one of the most dangerous sections on the South route to Everest. You can spend the afternoon perched on the edge of the ice-fall with a hot drink, just soaking up the atmosphere.

Few trekking companies can offer such an EBC experience so enjoy this unique twist of the classic EBC trek - Height 5364m

> **DAY 13** **TREK EBC TO LOBUCHE HIGH CAMP** **(OPTIONAL CLIMB KALA PATAR)**

Today we head back down the valley where the views of Pumori (7165m), and Nuptse (7861m) and clearly visible. However, Everest and Lhotse are largely blocked by the face of Nuptse. To see these mountains, we must climb another vantage point known as Kala Patar or 'Black Rock'. This is optional. It will be an early start from EBC to reach Kala Patar summit at 5550m. The summit provides a close and unobstructed view of Everest and Lhotse, undoubtedly a worthy reward for making the strenuous climb to the summit. Afterwards, we descend to Lobuche for lunch before setting off for Lobuche East High Camp (5400). Tonight we will stay in private box tents with mattress, separate dining facilities and stocked kitchen. Facilities are simple but comfortable. **Trekking Time 7 Hours >> Height 5400m**

> **DAY 14** **IN LOBUCHE HIGH CAMP**

Today we spend the day in our High Camp in preparation of our climb of Lobuche East. We will spend the afternoon doing some basic training, focusing on glacial travel, crampon and rope skills and checking equipment. We will get an early night in to rest ourselves for the early morning summit climb.

Trekking Time 5 Hours >> Height 5400m

> **DAY 15** **CLIMB LOBUCHE EAST AND BACK TO HIGH CAMP**

Summit day begins with an alpine start at around 2am for breakfast and gear preparation before our summit climb. We leave camp by 3am and walk up the ridge, initially on rocks until we reach our crampon point before we start climbing on fixed lines up the 45 degrees snow wall, we then reach the ridge proper. We follow the ridge around seracs (snow/ice climb) to the 1st or false summit.

Be prepared for exposure along the way as we walk on the ridge. Once we reach a flat section below the summit, we take a short break, drop our packs then finally up a short section to the summit by mid morning. You will be surrounded by stunning peaks from the top taking in clear views down into the Khumbu Icefall, with Mt Everest, Lhotse, Makalu, Nuptse and Ama Dablam dominating the skyline.

We return by the same route to high camp for some hot food and drinks before taking a well earned rest. Depending on how the team feels, we will either pack up and descend to Dughla or Pheriche for the night or stay in High Camp. Congratulations, you have made it to the summit of a beautiful Himalayan Peak.

Trekking Time 7 hours >> Height 6119m

> Everest Base Camp & Lobuche East Climb: 23 days

The scenery is dramatic with the two giants, Lhotse and Everest dominating the skyline

> DAY 16 WEATHER CONTINGENCY DAY

If weather prevents us from climbing on our planned dates, this is a spare day to allow some flexibility for success. On such a day, we'll rest, drink water, eat food, banter with friends and support staff or play cards. There's never a dull day in the mountains!

If we do not require to use this day, we may make some changes to the itinerary for the trek back to Lukla, allowing us to have another night in Namche..

> DAY 17 TREK LOBUCHE HIGH CAMP TO PHUNGI TENGA

As we descend to lower altitudes, every step you take from here to Lukla, you will feel rejuvenated with increasing oxygen in the air. We have lunch at Pangboche, cross the river and pass through Deboche and Tengboche, where we can visit the Monastery, which was rebuilt after a fire in 1989. We will then continue a long descent to our peaceful destination of Phungi Tanga, listening to the sounds of the flowing Dudh Kosi for the night.

Note: Visitors are allowed to observe prayer with the monks at mid morning/mid afternoon. This is not to be missed.

Trekking Time 5-6 Hours >> Height 3315m

> DAY 18 TREK FROM PHUNGI TENGA TO NAMCHE

After a good breakfast, we start the day with a long ascent up to Kyangjuma, which will take around 90 minutes. The trail from here is an easy traverse with familiar sights of Ama Dablam, Thamserku and the Kongde range. Depending on our progress, we may stop for lunch in Kyangjuma, to take in the stunning views or continue on into Namche, with hot showers and delicious food from the bakery waiting for us.

Trekking Time 4-5 Hours >> Height 3440m

> DAY 19 TREK FROM NAMCHE TO GHAT

Today we start the long descent down to the Sir Edmund Hillary suspension bridge above the Dudh Kosi, before descending down to the river and climbing back up to Monjo. Enjoy the sights of the Maniwalls as we pass through villages, making our way back to one of favourite tea-houses in Ghat, located beside the small Monastery.

Tonight you will enjoy a good sleep at a lower altitude in a comfortable room with attached bathroom and amazing food including fresh produce from the gardens, all prepared by our wonderful hosts.

Trekking Time 4-5 hours >> Height 2530m



> DAY 20 TREK FROM GHAT TO LUKLA

After a wonderful night and hearty breakfast in Ghat, we will start our final day of trekking, bound for Lukla. With sections of ascent and descent, passing through many small villages we will eventually start the final push into Lukla, where we will sign out of the park. This will bring an end to the rich Buddhist culture that has prevailed throughout the trek before returning to the melting pot of cultures found in Kathmandu. Tonight we will have our group celebration dinner and thank the amazing guides and porters for their unconditional support and services along the way. Congratulations. You have almost completed your incredible journey in the Himalayas. **Trekking Time 6-7 hours >> Height 2860m**

> DAY 21 FLY FROM LUKLA TO KATHMANDU

An early morning flight out of Lukla back to Kathmandu is scheduled. You have the rest of the day to rest from the trek and climb in the comfort of our hotel. After a hot shower and cold beverage, a massage is highly recommended and deserved.

> Everest Base Camp & Lobuche East Climb: 23 days

> DAY 22 KATHMANDU

Our last day to catch in some sight seeing, shop, relax and prepare for departure. If you didn't make it to Bhaktapur or the other durbar squares in Patan/ Kathmandu, make sure you don't miss these world heritiage sites. They provide another viewpoint of Nepal's diverse culture & ancient architectural talents.

> DAY 23 DEPART KATHMANDU

We bid Kathmandu and Nepal farewell, until next time!



> Trip Summary

DAY 1>>ARRIVE IN KATHMANDU
DAY 2>>DAY IN KATHMANDU
DAY 3>>KATHMANDU TO LUKLU-TREK TO MONJO
DAY 4>>MONJO TO NAMCHE BAZAAR
DAY 5>>ACCLIMATISATION DAY
DAY 6>>NAMCHE TO PHORTSE
DAY 7>>PHORTSE TO PANGBOCHE
DAY 8>>PANGBOCHE TO DINGBOCHE
DAY 9>>ACCLIMATISATION DAY
DAY 10>>DINGBOCHE TO LOBUCHE
DAY 11>>LOBUCHE TO EVEREST BASE CAMP
DAY 12>>IN EVERST BASE CAMP
DAY 13>>EBC TO LOBUCHE EAST HIGH CAMP
DAY 14>>IN LOBUCHE HIGH CAMP -TRAINING/PREP
DAY 15>>LOBUCHE EAST SUMMIT - RETURN HIGH CAMP
DAY 16>>CONTINGENCY DAY
DAY 17>>HIGH CAMP TO PHUNGI TENGA
DAY 18>>PHUNGI TENGA TO NAMCHE BAZAAR
DAY 19>>NAMCHE BAZAAR TO GHAT
DAY 20>>GHAT TO LUKLA
DAY 21>>LUKLA TO KATHMANDU
DAY 22>>IN KATHMANDU
DAY 23>>DEPART KATHMANDU

> Everest Base Camp & Lobuche East Climb: detailed itinerary