

## Mount Everest Base Camp & Kala Pattar

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### Mount Everest Base Camp & Kala Pattar Trek - 18 Days

Trip Code: T4W 120

Grade: Moderate - Challenging

Starts: Kathmandu

Group Size: max of 12

Ends: Kathmandu

Trip Overview	Highlights
<b>Day 1 Kathmandu</b> <b>Day 2 Kathmandu - Lukla - Phakding</b> <b>Day 3 Phakding - Namche Bazaar</b> <b>Day 4 Namche Bazaar (acclimatisation/ rest day)</b> <b>Day 5 Namche Bazaar - Khumjung</b> <b>Day 6 Khumjung - Tengboche - Deboche</b> <b>Day 7 Deboche - Dingboche</b> <b>Day 8 Dingboche (acclimatisation/rest day)</b> <b>Day 9 Dingboche - Lobuche</b> <b>Day 10 Lobuche - Gorak Shep</b> <b>Day 11 Gorak Shep - Everest Base Camp - Gorak Shep</b> <b>Day 12 Gorak Shep - Kala Pattar Pheriche</b> <b>Day 13 Pheriche - Phortse</b> <b>Day 14 Phortse - Namache</b> <b>Day 15 Namache - Phakding</b> <b>Day 16 Phakding - Lukla</b> <b>Day 17 Fly Lukla - Kathmandu</b> <b>Day 18 Kathmandu</b>	<ul style="list-style-type: none"> <li><b>Namche Bazaar market</b></li> <li><b>Bustling Kathmandu</b></li> <li><b>Kathmandu sightseeing tour</b></li> <li><b>Return flight to Lukla</b></li> <li><b>Everest Trek</b></li> <li><b>Rhododendrons (in season)</b></li> <li><b>Sherwi Khangba Cultural Centre</b></li> <li><b>Khumjung Monastery &amp; Yeti head viewing</b></li> <li><b>Hilary built School - Khumjung</b></li> <li><b>Hillary Trust hospital - Kunde</b></li> <li><b>Tengboche Monastery</b></li> <li><b>Views of Ama Dablam</b></li> <li><b>Khumbu Glacier</b></li> <li><b>Everest Base Camp</b></li> <li><b>View of Mt Everest from Kala Pattar</b></li> <li><b>Cultural dinner and local entertainment</b></li> </ul>

**“Vote with your feet and come walk with me”**

**Detailed trip itinerary (quoted trekking hours are estimated trekking times)**

#### **Day 1: Kathmandu (the capital of Nepal - 1400 metres above sea level)**

There will be a trek briefing at 8am (or the night before if everyone has arrived early) followed by sightseeing of Kathmandu city, with some leisure time to relax as well. We will meet for a group cultural dinner & traditional dancing (included in price) in the early evening.

Accommodation: Guesthouse/hotel

Meals: Cultural Dinner

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**Day 2 Lukla - Phakding 2,850 - 2,640 metres 2 ¼ hrs**

We leave early for the airport, fly to Lukla (about a 25 minute flight) and meet our porters before starting our trek to Phakding. Soon after leaving Lukla we see the evidence of the Tibetan influence with the many prayer wheels, flags and Mani stones. Prayer wheels are filled with long paper scrolls inscribed with mantras that are activated when the prayer wheel is turned to infuse the winds with prayers to travel the world and keep us safe.

We follow the Dudh Kosi River amongst the lush green countryside of the Everest region stopping for lunch at Thado Koshi. Today is only a short walk which will help us to acclimatise in preparation for the altitude of Everest Base Camp.

Accommodation: Teahouse

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**Day 3 Phakding - Namche Bazaar 2,640 - 3,450 metres – 5 ½ hrs**

This is a busy section of track with Yak trains that have bells hanging from their necks **giving** a warning signal to move aside. We will visit the local school at Monjo to see how the Nepalese children make the most of the opportunity given to study.

On leaving Monjo we stop at the entrance to the Sagarmatha National Park to register and continue up the beautiful Khumbu valley. Along the way we get our first views of Everest and cross a spectacular bridge abound with prayer flags before our climb through some lovely bush to the main Sherpa town of Namche Bazaar. This is a thriving town set in a semi circle of the mountains of the Khumbu Region which has some fantastic shopping for curios etc.

Accommodation: Teahouse

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**Day 4 Namche Bazaar 3440 metres - (Rest day to acclimatise)**

It is very important to spend two nights here to acclimatise which gives us more chance of successfully reaching Everest Base Camp and Kala Pattar and viewing the highest mountain in the world. Namche town is a very popular stopping off point for most people, for rest, acclimatisation, photography, shopping, catching up on emails and sampling the great bakeries to enjoy Apple pie or savour the Cinnamon buns Nepalese style.

There will also be the need to go on a short acclimatisation walk which we will combine with a visit to the Sherwi Khangba cultural centre which houses a fantastic museum and also visit a local monastery. Today we will also visit explore the famous weekly market which is a popular meeting place for locals selling produce and wares.

The market brings traders from surrounding areas (some walking days).

Accommodation: Teahouse

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**Day 5 Namche Bazaar - Khumjung 3,440 –3,790 metres- 2 ½ hrs**

We start our trekking day by climbing steadily up out of the Namche bowl for about 1 – ½ hours to Syangboche before descending to the village of Khumjung, stopping along the way to take photographs of the surrounding mountains and the many colours of the Rhododendrons (in season).

After visiting the school that Sir Edmund Hillary built and seeing the children at their lessons we will depart for the short walk to Kunde to visit the hospital where local Nepalese doctors care for tourist and locals. The Kunde hospital has a health education centre to enlighten the locals of how to improve health for the future. In Khumjung we visit one of the most beautiful monasteries in the whole Khumbu region which houses the Yeti head.

Accommodation: Teahouse

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**Day 6 Khumjung – Tengboche - Deboche 3,790 - 3,770 metres – 3 ½ hrs**

On leaving Khumjung we walk through a wonderful valley of Rhododendrons (in season) and vegetation. After reaching the main track and dropping down to the river we trek up to Tengboche. Tengboche is home of the world famous monastery that Sir Edmund Hilary helped to raise funds for after the monastery was burnt down in 1989.

It is possible to have a guided tour of the Monastery and also attend the daily 3 pm prayer service (a must). This is truly a beautiful and spiritual place to visit and is set in one of the best mountain panoramas in the world. Tengboche also has a great bakery, real coffee and internet café. After visiting the Monastery we depart Tengboche to walk a further 20min

through another Rhododendron forest (in season) to Deboche for the night. There is a saying "the best way to acclimatise is to walk high sleep low" and this is certainly the case with staying at Deboche.

Accommodation: Teahouse

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**Day 7 Deboche - Dingboche 3,770 - 4,350metres – 4 hours**

We start our day with a visit to a small nunnery/monastery which dates back 300 years. It is a gradual trek today alongside the Kosi River where we stop off at Pangboche for a welcome drink and snack. After a further hour on we drop down to cross the Lobuche Khola River and trek uphill for approx 45 mins before reaching the wheat growing area of Dingboche. There are amazing views of Ama Dablam and Makalu on our trek today.

Accommodation: Teahouse

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**Day 8 Dingboche 4,350 metres – (Rest day to acclimatise)**

Dingboche is set in a beautiful valley overpowered by the mighty Ama Dablam and is the stopping off point for many trekkers and climbers to acclimatise rest and relax. We will take an acclimatisation walk and also visit the "Himalayan Rescue Association" talk at Pheriche. These first aid lectures are very informative in helping you to understand why people get altitude sickness and how to help you minimise the risk of being affected. (A must for everyone)

Accommodation: Teahouse

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**Day 9 Dingboche - Lobuche 4,350 - 4,940 metres – 4 hrs**

Today there is a short climb out of Dingboche to a stupa which looks out over the valley. The valley then opens up to a lovely plateau with amazing views of Lobuche East and Taboche and Pheriche. It is a gradual walk along this Plateau before descending to Tuglha for lunch.

After lunch there is a short steep climb (approx 50 mins) to reach the cairns/memorials and stupas that have been erected by fellow trekkers and families in honour of Sherpa's and all those adventure lovers who have lost their lives in the Khumbu region. After paying our respects in this very moving spot we gradually climb a further hour to Lobuche.

Accommodation: Teahouse

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**Day 10 Lobuche – Gorak Shep – 4,940 - 5,170 metres 3 hrs**

On leaving Lobuche we will take a side trip to 'The Pyramid' research station which was built in 1990 for weather research proposes. A brief talk will be given by research staff (if possible) on the current environmental situation and how that is impacting the Glaciers.

The research centre is doing some wonderful analysis on the glaciers and the impact the changing environment has on this area and the world as a whole.

We then rejoin the track to continue up the barren landscape along the Khumbu Glacier which is surrounded by mountains and has great views of Nuptse. Once reaching Gorak Shep we will have lunch before going on an acclimatisation walk along the glacier.

(There is the option to stay at Gorak Shep for those who decide not to go on acclimatisation walk).

Accommodation: Teahouse

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**Day 11 Gorak Shep - EBC - Gorak Shep 5,170 - 5,364 metres – 6 hrs**

Today is the day we trek to Everest Base Camp and follow in the same footsteps of many other famous climbers who have gone before us to summit Mt Everest. Base Camp is a hive of activity (in the climbing season) with tents galore, mountaineers, and trekkers which has the best apple pie in the highest bakery in the world.

The awe of just being at Everest Base Camp and standing on the Khumbu Glacier is a tear jerking experience for some. It will be a very rewarding for those who decide to take this side trip to Base Camp. While Mt Everest cannot be seen from Base camp (however if the weather is clear we can see this mighty mountain along the way), I assure you, it will be worth every minute (There is the option to stay at Gorak Shep for those who decide not to go to Base Camp).

Accommodation: Teahouse

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**Day 12 Gorak Shep - Kala Pattar - Pheriche 5,170 – 5,554 - 4,280 metres 7 – 9 hrs**

We start very early from Gorak Shep to be at Kala Pattar (2 –3 hours trek) hopefully in time to see the sun rising over Mount Everest. The magnificent views of “Mount Everest” and Pumori from Kala Pattar are out of this world, and will make the trek worth every minute. We will stop to leave some prayer flags and take photos before descending to Gorak Shep for breakfast and retrace our footsteps stopping at Lobuche to refuel before the final trek to Pheriche enjoying the memory of the last few days for a shower and well earned rest.

Accommodation: Teahouse

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**Day 13 Pheriche – Phortse 4,280 - 3,800 metres – 4 ½ hrs**

Today we return via Upper Pangboche which is surrounded by the best Gumpa/ monasteries in the area, dating back to 1667. We stop for lunch here and visit the Monastery where the local custodian opens (for a fee) the tenure (Buddhist books) for us to view. The track from here takes us down the opposite side to the valley we went up (from Tengboche to Dingboche). There are less trekkers and great views on this section of track.

Accommodation: Teahouse

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**Day 14 Phortse—Namche Bazaar 3,860 - 3,450 metres – 5 hrs**

We wake to great views of Tengboche across the valley on a clear day. After leaving this sleepy village we drop to the Dudh Kosi River which flows down the Gokyo valley. We then trek uphill to Mong and stop for a well rewarded hot drink. From here it is downhill with some of the best panoramic views of the Himalayan Mountains to Kyangjuma for lunch. We arrive back in Namche Bazaar mid afternoon. You have the opportunity to rest and relax, catch up on laundry, enjoy a Tibetan massage or buy wonderful souvenirs that are famous from the Khumbu region. It is also a great chance for shopping and catching up on emails to share with family and friends about your success of being amongst the highest mountains in the world.

Accommodation: Teahouse

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**Day 15 Namche to Phakding 3,450 - 2,640 metres 3 ½ hrs**

Today is a day to enjoy the walking downhill from Namche and saying a sad good bye to the last view of the mighty Mt Everest as we make our way down to exit of the Khumbu National Park and relax in the Sunrise Lodge at Phakding.

Accommodation: Teahouse

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**Day 16 Phakding to Lukla 2,640 - 2,850 metres 3 ½ hrs**

This will be the last night to enjoy the rural Nepalese culture and their hospitality in the Khumbu region, to show our appreciation, say farewell to our Sherpa's and porters and hopefully share dinner and maybe some singing and dancing.

Accommodation: Teahouse

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**Day 17 Lukla to Kathmandu 1,400 metres 3 ½ hrs**

We take a 25 minute flight back to Kathmandu, catch up on last minute shopping and meet for a farewell dinner (at your own expense) in the evening.

Accommodation: Guesthouse/ hotel

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**Day 18 Kathmandu 1,400 metres**

The trip will end, however you may wish to stay on an extra few days in our hotel in Kathmandu which has an amazing roof top garden to sit and relax, or enjoy the panoramic vista of the mountains and visit the many historical sights that Kathmandu has to offer.

**Price includes:**

- **Experienced English speaking Local Guide who is a 8 times Everest Summiteer**
- **Ascend to Everest Base Camp & Kala Pattar (with 2 nights at Gorak Shep)**
- **Acclimatisation days in Namache, Khumjung and Dingboche**
- **Return flights Kathmandu to Lukla including transfers & departure taxes (value of USD320.00)**
- **Cultural dinner with local entertainment (valued USD30) –excludes drinks**
- **Half day sightseeing in Kathmandu including entrance fees (value of USD40.00)**
- **Porter to carry your large pack –Trekking Adventures policy of one porter = one pack (which means less weight for the porters)**
- **Trekking Adventures T-Shirt (value of USD65.00)**
- **Two x hotel (in Kathmandu) and fifteen nights teahouse (lodge type with comfortable foam mattress and pillow) on twin shared basis**
- **Trekking permit and Tims certificate**
- **Transfers on arrival and departure with International flights**

**Local porters:**

Our local guides are all experienced, handpicked and trained by Ann Young (director of Trekking Adventures) to ensure that you our client have the best opportunity of success with comfort. Each client will have a porter to carry their baggage however you will be expected to carry your own day pack which should be large enough to carry all you will need throughout the day e.g. raincoat, water bottle, camera, spare clothing, snack food, etc.

**Tipping:**

It is customary to tip the tour leader, local guides and porters at the end of your trek Please allow US\$70 which is payable in Nepali rupees.

**Gifts:** Guides and porters also appreciate any discarded warm clothing, shoes, and packs.

**Accommodation:**

All accommodation as detailed in this itinerary are in hotels/ teahouses twin/triple/ while trekking, and standard hotels in Kathmandu. Extra accommodation can be reserved for you in Kathmandu before and after your tour at a discounted price.

**Nepal Visa:**

Prior to departure you may need to obtain certain visas depending on your nationality. Specific information is given to you in your pre departure information. A visa may be obtained at point of entry into Kathmandu at a cost of approx USD\$40 for 30 day multiple entry.

**Clothing Note:**

While there is no technical climbing equipment required you should take warm and appropriate leather walking boots, sleeping gear and clothing as the trek in the Mount Everest region can get very cold in the evenings.

**Donations:**

Please note you will be expected to make a donation when entering Monasteries, schools and the hospital at Kunde.

**Pre departure information:**

Further to the information provided in this itinerary, a pre departure information will be sent to you.

This information provides you with information regarding visas, joining instructions, clothing/ equipment list, health requirements, vaccinations, extra hotel accommodation, training tips for fitness etc. Please read it carefully to make sure you are fully prepared.

***Important note:***

The enclosed notes are intended as a guide only, indicating a typical itinerary and series of activities and highlights. While every effort will be made to follow the route published on any departure and the distances travelled, driving time and available activities can vary for a number of reasons, in the event of political problems or natural difficulties which are beyond our control and prevent travelling to a particular area, Trekking Adventures reserve the right to substitute an alternative activity for that section of the trip. Overnight stops may vary on occasions from those suggested Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

**Remember if you do not undertake some training before hand and you are found not be fit enough for the trip, this may jeopardise you being able to remain on the trek.(please read the terms & conditions carefully regarding this).**

***Price does not include:***

- Entry Visa to Nepal,
- Drinks, tips, laundry and other items of personal nature
- Meals except where indicated in the itinerary
- personal gear,
- International airfares and Travel Insurance
- Single supplement

***Optional extras before or afterward your trip:***

- Chitwan Safari (3 days),
- Everest Mountain Flight (approx. 40 minutes)
- Annapurna Circuit
- Annapurna Base Camp
- Overland to Tibet (13 days).

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