



## COMMUNITY ACTION TREKS LTD

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# TRAIL READERS' OFFER - EVEREST BASE CAMP TREK

**Grade:** Fairly strenuous  
**Duration:** 17 days land-only  
**Trekking days:** 13 days  
**Maximum altitude:** 5,623m  
**Land-only price:** £1250  
**Land-only dates:** 12 – 28 November 2009



*Everest from Kala Pattar (all photographs by Ann Foulkes)*



**Everest exerts a fascination quite unlike any other mountain on the planet. Many people have dreamt of setting their eyes on the world's highest summit – now you can make this a reality for yourself.**

**Following the spectacular achievements of early climbing expeditions, the 8,848m mountain has lured recreational climbers to scale it and trekkers to gaze on its icy ramparts. In doing so, they have discovered the immense beauty of the Khumbu region as a whole, whose friendly, enterprising Sherpa people and their villages are steeped in Buddhist tradition. Few visitors return from the trek unmoved by the experience of being right in amongst the highest peaks in the world.**

**After Doug Scott CBE made both the first ascent of Everest's South West Face and the first British ascent, he was keen to do something in return for the mountain people he'd come to admire so much. The result was the trekking co-operative he set up – Community Action Treks (CAT). You will have chance to meet Doug Scott at the training weekend for this trek (see final page of this itinerary for details).**

**Trail is delighted to announce that it has arranged through CAT a special offer for our readers for this autumn. The trek will depart from Kathmandu on 12<sup>th</sup> November 2009 and return to Kathmandu on 28<sup>th</sup> November.**



*River crossing en route to Lobuche, photograph by Ann Foulkes*

# OUTLINE ITINERARY

## Walking and journey times are approximate

### Day 1 Arrive Kathmandu:

Transfer to hotel. Rest of the day free.

### Day 2 Fly to Lukla: (3 hours trekking)

An early start for the spectacular mountain flight to the tiny airstrip at Lukla (2,827m). Here we meet with our porters and begin the trek with a short walk to Phakding (2,600m) where we camp for the night.

### Day 3 Phakding - Namche Bazaar (5 hours)

After a flat walk along the Dudh Kosi river we climb steeply to Namche Bazaar (3,440m), the most important Sherpa town and a former trading centre with Tibet.



### Day 4 Namche Bazaar acclimatisation day

Today is a rest and acclimatisation day. There are walks above Namche Bazaar which can help the body adjust to the reduced amount of oxygen in the air. Namche is well worth exploring, with its Buddhist monastery, Sherpa museum and distant views of Everest. It is also the last real opportunity to pick up supplies before we ascend higher into the mountains.

### Day 5 Namche Bazaar - Thyangboche (5-6 hours)

After our rest day we set off trekking again. Within an hour the towering summit of Ama Dablam appears to the east, while glimpses of Everest lure us onwards. The gentle trail crosses the Dudh Kosi river at Phuki Teng where we start the long climb up to Thyangboche and our overnight camp near the monastery.

### Day 6 Thyangboche - Pheriche (4-5 hours)

We descend to the Dudh Kosi river through rhododendron forests. If you are trekking in the spring you may see the rhododendron forests in bloom. We continue to Pangboche village where the monastery once held a possible yeti scalp, apparently stolen a few years back. We camp at Pheriche (4,252m).



Mani Stone

### Day 7 Pheriche acclimatisation day

An acclimatise walk above Pheriche, and time to rest to prepare for the next few days of our trek.

### Day 8 Pheriche - Lobuche (3 hours)

Leaving Pheriche, we head over dry grazing lands, climbing gradually to Dughla. The surrounding stony wastes are the terminal moraines of the mighty Khumbu glacier, which we climb over to reach Lobuche (4,930m.) a cluster of shepherds' huts and tea houses.

### Day 9 Lobuche - Gorak Shep (3 hours)

#### Optional ascent of Kala Pattar (4 hours)

Hemmed in by high peaks, the early morning sun is slow to reach Lobuche. It first hits 7,161m Pumori, which we head for as we leave the village and skirt the tongue of the Khumbu glacier. The trail gets rougher as we traverse the glacial debris where an adjoining glacier flows down from Changri La.

For those that wish to, and weather permitting, we can either ascend the summit of Kala Pattar (5,623m) or just walk to its shoulder. This is a steep, but not technical ascent. . From Kalar Pattar, weather permitting, there are uninterrupted views of Everest's black south west face, seemingly dwarfed by its neighbouring giant Nuptse. Khumbu's tortured ice field stretches away to the south in an unbroken panorama of snowcapped mountains.

Our overnight camp is at Gorak Shep (5,100m). You will have chance to see the new Community Action Nepal porter shelter which has recently been built, offering vital shelter to all porters .who pass by here.



Yak at the Khumbu Ice Fall

**Day 10 Everest Base Camp (7-8 hours)**

Those who have acclimatised may walk to the foot of the Khumbu ice fall and site of the base camps of many Everest Expeditions.

**Day 11 A spare day.** Depending on the discretion of the trek leader, this day may be used in case of bad weather or the need for acclimatisation. If it hasn't been used for these reasons, it may be used for the descent journey.



**Day 12 Gorak Shep - Pangboche (5-6 hours)**

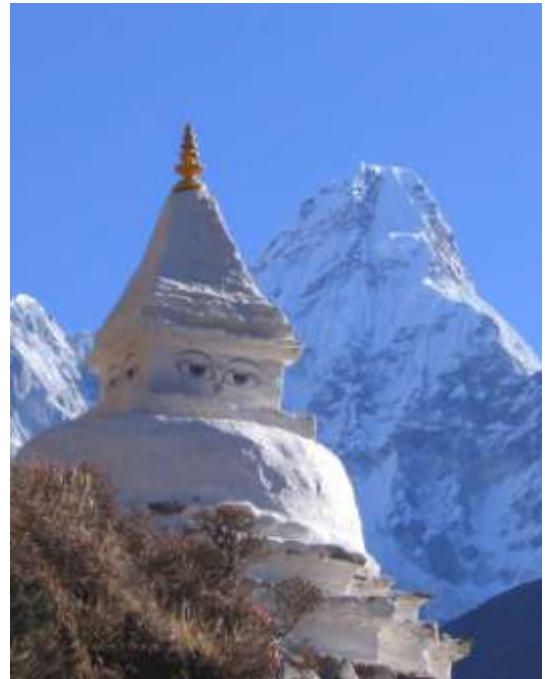
We descend the Imja Khola Valley to the village of Pangboche, (3,901m), with its 300 year old monastery containing wall paintings and Tibetan manuscripts.

**Day 13 Pangboche - Namche Bazaar (6-7 hours)**

Through Deboche (3,757m) we continue to Thyangboche Monastery in a magical setting that commands impressive views of shapely Ama Dablam, then on through woodland to reach Namche Bazaar. An optional evening walk will give us our last views of Everest.

**Day 14 Namche Bazaar - Lukla (6 hours)**

We may awake to the sound of Tibetan horns high above the village. From here the deep valley of the Dudh Khosi drops away as we retrace our steps to Lukla.



Chorten in front of Ama Dablam

**Day 15 Fly to Kathmandu**

Weather-permitting, we fly from the tiny mountain airstrip back to Kathmandu, with a last chance to glimpse the mighty snow-capped Himalaya in the distance. There should be chance to do some shopping, explore at leisure or merely relax by the hotel pool. Overnight at our group hotel.

**Day 16 Free day in Kathmandu**

A chance to do some shopping, explore Kathmandu at leisure or merely relax by the hotel pool. Overnight at our group hotel.

**Day 17 Depart Nepal**

Transfer to Kathmandu airport for international flights

Extra days in Nepal can be booked, either to stay in Kathmandu or to do one of our exciting extension options. Please contact Ann Foulkes in the office for further information and to discuss how this would affect your international flight options.

**Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.**

**• Land-only prices:**

The cost of flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full payment for the flights prior to booking them. If you prefer to search for alternative flights yourself, we can sell you the trek at the land-only price. We apologise that we have had to change our booking conditions since printing our brochure, but hope you understand our reasoning.

**• Important note – minimum numbers:**

Before booking flights, please note that this trip requires a minimum of 4 trekkers before we can guarantee the departure at the advertised price. Please note that should you decide to book your own flights, it is essential that you check with the Community Action Treks office to ensure that the departure is guaranteed before committing financially to any flights or travel arrangements.

**The Price Includes:**

- Journeys to / from start of trek by air between Kathmandu and Lukla
- Transfers between Kathmandu airport and hotel accommodation
- Accommodation for 3 nights in Kathmandu in rooms with shower and wc and inclusive of breakfast
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags), services of porters (15 kg load per participant); Sirdar (head guide) and kitchen staff; trekking permit

**Not Included:**

- International flights
- Visa (cost approximately £20)
- Meals other than breakfast in Kathmandu
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)

**A training weekend is being organised, for participants on this trek. The training weekend will be 4 - 6 September near Keswick, northern Lake District, and will include guided mountain walks and the opportunity to discuss your equipment requirements and fitness preparation with a trek leader. Doug Scott CBE will give a talk on the Saturday night of the training weekend. Full details of the training weekend will be sent to participants upon receipt of your booking.**