

## THE EVEREST BASE CAMP TREK (Everest Base Camp & Kala Pattar)

- Grade:** Demanding 
- Land-only duration:** 19 days Kathmandu - Kathmandu
- Trekking days:** 14
- Maximum altitude:** 5623m
- Minimum numbers:** Requires just 2 participants to guarantee these departures at the advertised price.
- Dates and prices:** Our latest dates and prices list is available at [www.catreks.com](http://www.catreks.com) or from the CAT office.



Everest from Kala Pattar (Andy Norris)



Have you ever longed to set eyes on our highest summit? This exciting trek in the Everest region gives you the opportunity to fulfil a dream, while taking in some of the most breathtaking scenery in the Himalaya. From Kathmandu we fly to Lukla, and the adventure begins as we land at its tiny airstrip. We spend several days trekking through the homelands of the Sherpa people, among their villages and monasteries, with distant views of Everest its neighbours Ama Dablam, Lhotse and Nuptse.

Acclimatisation days are spent at Namche Bazaar and at Pheriche, and we have added not only another contingency day, but 3 nights at Gorak Shep (many companies only allocate 1 night here), to allow time to acclimatise; an important factor in your enjoyment of the trek. Those who have fully acclimatised may trek to the Everest Base Camp but without doubt, the highlight for most will be the awe-inspiring views which unfold from the summit of Kala Pattar - the Khumbu Glacier, Nuptse and the south-west face of Everest itself.

To enjoy the trek fully you need to be fit and walk regularly. Previous trekking experience is obviously an asset, but is not essential. Bear in mind that ascents and descents on some days could exceed 1,000m, with steep sections in places. Time is spent at high altitude which may affect your performance, though rest days are built into the trek to help you acclimatise. If you have any doubts as to your suitability for the trek, please telephone us for advice.



*En route to Everest Base Camp (Ann Foulkes)*

# OUTLINE ITINERARY

## Walking and journey times are approximate

### Day 1 Arrive Kathmandu:

Transfer to hotel. Rest of the day free.

### Day 2 Free day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion into the Kathmandu Valley (can be booked locally through our Nepal office).

### Day 3 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 4 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 5 Namche Bazaar acclimatisation day

Today is an acclimatisation day. Namche Bazaar is well worth exploring, with its Buddhist monastery and distant views of Everest. For better acclimatisation it is recommended that you walk to the Everest View Hotel (½ day walk) or to one of the nearby villages such as Khunde, or Thame.

### Day 6 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 7 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).

### Day 8 Pheriche acclimatisation day

We have an acclimatisation day at Pheriche, and a local walk to gain height during the day is recommended, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it.

### Day 9 Contingency / extra acclimatisation day

A spare day in case of bad weather or the need for extra acclimatisation. If this day is not needed on the ascent, we can use it to make the descent more leisurely.

### Day 10 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 11 Lobuche - Gorak Shep (3 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. Our overnight camp is at Gorak Shep (5,100m). This could be an ideal opportunity to explore the Community Action Nepal Porter Shelter at Gorak Shep, built to give protection to all porters using this camp.



CAN Porter Shelter, Gorak Shep (Duncan Snell)

### Day 12 Kala Pattar (4 hours)

Today will be an exciting day. In the rarefied air, we will need frequent stops but if we are lucky with the weather there will be stunning views to feast our eyes upon.

We aim to reach the summit of Kala Pattar (5,623m), a steep, but not difficult climb. From its summit we may enjoy 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.

We return to our camp at Gorak Shep.

### Day 13 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. We return to our camp at Gorak Shep.

**Day 14 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 15 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 16 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.

**Day 17 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. Overnight at our group hotel.

**Day 18 Free in Kathmandu**

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

**Day 19 Depart Nepal**

Transfer to Kathmandu airport for international flights.



Photos by Andy Norris

**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:**

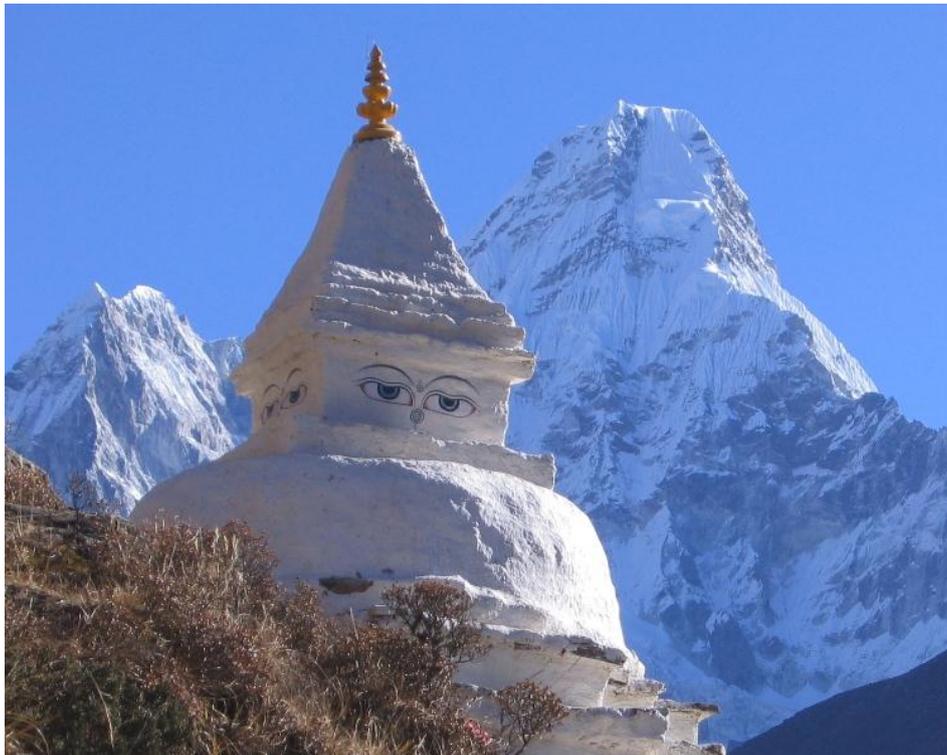
The cost of flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost, and quote separately for the cheapest flights we can find at the time of your booking. We will, however, require full 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.

**Important note – minimum numbers:**

Please note that this trip requires a minimum of 4 trekkers to run as a camping trip. If there are less than 4 clients on the trip, we reserve the right to use tea house accommodation. You will still have the services of a sirdar and porters and/or pack animals.

**Christmas Treks:**

Christmas is usually the coldest trekking season, and for this reason Everest Base Camp treks which run over the Christmas/New Year period are normally run as tea house treks instead of camping treks.



*Chorten en-route to Thyangboche, Ama Dablam in background (Ann Foulkes)*

**The Price Includes:**

- Transfers between Kathmandu airport and hotel accommodation
- Accommodation for 4 nights in Kathmandu in rooms with shower and wc and inclusive of breakfast
- Return flights between Kathmandu and Lukla, including departure taxes for internal flights where applicable
- 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
- Nepalese visa (please refer to our document “Preparing for your trek: Nepal” for latest prices)
- 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)

**Options:**

- Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.
- Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged to booking international flights.