



COMMUNITY ACTION TREKS

Gompas & Sherpas of Everest

Our easiest trek in the Everest region and offers an excellent taste of trekking here without going to extremes of altitude.

NEPAL





GRADE
MODERATE

MAX ALTITUDE
3867m

TREKKING DAYS
10

TRIP LENGTH
15 days

MIN PEOPLE
2

Gompas and Sherpas of Everest

The Khumbu area is the most famous area in Nepal. This well-paced trek offers excellent views of Mount Everest, Lhotse, Nuptse and the shapely Ama Dablam, towering above the Khumbu Valley.

Visiting Sherpa villages including Namche Bazaar and the famous monasteries of Thyangboche and Pangboche, this is our easiest trek in the Everest region and offers an excellent taste of trekking here without going to extremes of altitude.



TREKKING WINDOW
MARCH & OCT - NOV

PRICE

£1470 per person (land only price - see last page)



Gompas and Sherpas of Everest

Itinerary

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colorful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and pick you to your accommodated hotel and rest of the day you can relax at the hotel or short evening walk around local market on your own as per your wish.

Day 2

Free in Kathmandu

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

Day 3

Drive to Ramechhap 3 hours' drive, Fly to Lukla 16 mins flight and Trek to Choplung 2600m

Early morning we need to leave Hotel at 3 am to drive to Ramechhap. Then, we fly into Lukla airport, at 2800m. We begin our trek by descending to the raging Dudh Kosi river that is fed from the highest peaks. It is a well-defined trail meandering around potato fields and buckwheat, passing through small villages on the way to Choplung.

Day 4

Choplung to Monjo 2850m 4/5 hours walking

After a wholesome breakfast we cross and recross the Dudh Kosi, hiking through peaceful pine forests. We pass through small villages where there will be lots of interesting photo opportunities. Terraced fields line our route where the local people grow a variety of crops. Breathtaking views of mountain peaks unfold. Today we also see our first mani walls. These structures are a compilation of individual stones each one inscribed with Buddhist mantras: 'Om Mani Padme Hum' (Hail to the Jewel in the Lotus). We adopt the custom of the local people which is to walk to the left of these mani walls and chortens. The sight of the mountains will spur you on but take your time and enjoy the day.





Day 5

Monjo to Namche Bazaar 3440m 4 hours walking

Again we cross the milky green waters of the Dudh Kosi and pass through the gates of Sagarmatha National Park. Following the river to the confluence of the Dudh Kosi and Bhote Kosi we cross a very high and spectacular bridge before we begin our ascent to the famous Sherpa capital of Namche Bazaar (a name that evokes up so many images). It is a strenuous climb as we pass through pine forests from where we get that first magical glimpse of Mount Everest. From the view point the trail continues to meander and climb to Namche Bazaar and the sight of this village spread within a horse-shoe shaped valley. Opposite Kongde Ri is worth the effort of today. We make camp here tonight and the afternoon is free to explore the Sherpa or Tibetan stalls and soak up the unique atmosphere.

Day 6

Acclimatisation day at Namche Bazaar

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 7

Namche Bazaar to Khumjung 3791m

To further aid acclimatisation, today is a relatively short day. Taking the ridge above Namche we following the trail to Kunde village and enjoy excellent views of Ama Dablam. Kunde is noted for its excellent hospital which you may wish to visit. The hospital building was funded in 1966 by the Himalayan Trust and is staffed by New Zealand and Canadian Doctors. Kunde village practically joins with the village of Khumjung but the villages are quite separate communities. The religion of this area is Mahayan Tibetan Buddhism. Khumjung village has provided reincarnations of dead lamas from amongst its children.

Day 8

Khumjung to Phortse 3840m

Passing the school we descend into rhododendron forest before heading towards what appears to be an impregnable rock wall to the north of the valley. Granite steps lead up this face before emerging on high grazing ground. A beautiful view point on this trail is a Chorten which stands at the foreground for magical photographs across the valley to Ama Dablam 6865m; Kangtega 6685m and Thamsferku 6808m all towering above the Tengboche Monastery. Dropping quickly our trail takes us almost to the Dudh Kosi before we head for Phortse where we stay.

Day 9

Phortse to Thyangboche 3867m

Another day of spectacular views as at the end of a long morning the trail leads us to the village of Pangboche. Ahead stands Ama Dablam, surely one of the most beautiful peaks. To the east above Thyangboche Monastery are the razor sharp ridges of Thamserku and Kangtega. Descending to cross the river we follow the route to Deboche through forests of fir and rhododendron before a final climb leads out to the grounds in front of Thyangboche monastery.

Day 10

Thyangboche to Namche Bazaar 3445m

Descending to the Imja Khola and the small village of Phunki with its water powered prayer wheels crossing the bridge begins the long climb up towards Namche Bazaar.

Day 11

Namche Bazaar to Phakding 2656m

We may awake to the sound of Tibetan horns high above the village. As with most people leaving the Khumbu area with its spectacular setting, people and villages, we do so with a heavy heart. We stay at Phakding which lies approximately mid-way between Namche and Lukla.

Day 12

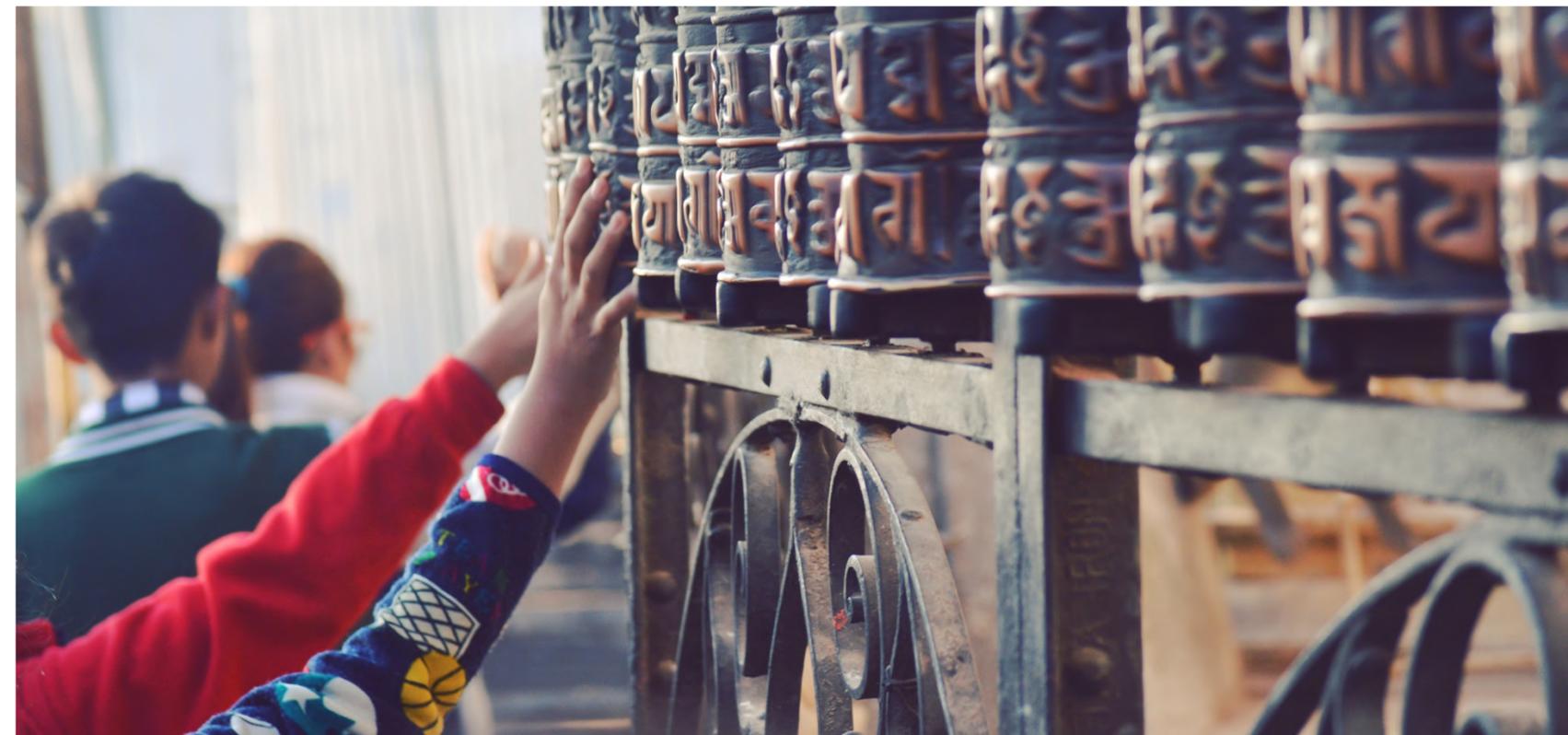
Phakding to Lukla 2880m

Continuing our descent we follow the valley before our final climb to Lukla and our final day on the trek.

Day 13

Fly from Lukla to Ramechhap 16 mins flight, Drive to Kathmandu 4 hours' drive

Weather permitting we will fly to Ramechhap, and drive to Kathmandu with a beautiful view. There should be time to do a little shopping in Kathmandu during evening, or to relax by the hotel.



Day 14

Free day in Kathmandu

There is time today to shop for crafts or explore the city. Kathmandu is a great place to buy presents!

Day 15

Depart Nepal

Transfer to Kathmandu airport.

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.





The price includes:

- Transfers between Kathmandu Airport and hotel accommodation
- Return flights between Kathmandu and Lukla, including departure taxes for internal flights where applicable.
- Accommodation for 4 nights in Kathmandu in rooms with shower and w.c. 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

The price does not include:

- Not included:
- International flights
- Nepalese visa - (please refer to our website for latest prices)
- Meals other than breakfast in Kathmandu and Pokhara
- Travel insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)

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.

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.

Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

DENISE PRIOR (LONDON)

+44 (0) 7986 372 558

deniseprior@catreks.com

BHAI TAMANG (KATHMANDU)

info@catreks.com

or visit our website at www.catreks.com

Community Action Treks,
Stewart Hill Cottage, Near Hesket Newmarket,
Wigton, Cumbria,
CA7 8HX

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.