



COMMUNITY ACTION TREKS

Everest base camp & Kala Pattar

Set your eyes on the highest summit in the world!

NEPAL





GRADE
DEMANDING

MAX ALTITUDE
5623m

TREKKING DAYS
14

TRIP LENGTH
19 days

MIN PEOPLE
2

Everest base camp & Kala Pattar

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.



TREKKING WINDOW
MAR - APRIL & OCT - JAN

PRICE

£1685 per person (land only price - see last page)



Everest Base Camp & Kala Pattar

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 palmplate 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, Fly to Lukla and trek to Phakding 2600m 3 hours' drive, 16 mins flight, 3 hours walking

Early morning we need to leave Hotel at 3 am to drive to Ramechhap. Then, we fly into Lukla airport, at 2800m. Leaving Lukla, the path winds along the hillside to the east of the Dudh Kosi River, past teahouses and lodges to Phakding.

Day 4

Phakding to Namche Bazaar 3440m 5 hours walking

A steady climb through the fertile Dudh Kosi valley, with its many farms and settlements, to Namche Bazaar 3440m, the most important Sherpa town and a former trading center 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 to Thyangboche 5 / 6 hours walking

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 Phunki Tenga where we start the long climb up to Thyangboche, where we lodge overnight near the monastery.

Day 7

Thyangboche to Pheriche/Dengboche 4252m 4 / 5 hours walking

We descend to the Dudh Kosi river through rhododendron forests - though they are only in bloom in spring, it is nevertheless a wonderful sight to see many of these magnificent trees in their natural surroundings. We continue to Pangboche village where the monastery once held a yeti scalp, apparently stolen a few years back!

Day 8

Pheriche/Dengboche acclimatization 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

Pheriche/Dengboche to Lobuche 4930m 3 hours walking

Leaving Pheriche, we head over dry grazing lands, climbing gradually to Duglha. The surrounding stony wastes are the terminal moraines of the mighty Khumbu glacier, which we climb over to reach Lobuche 4930m a cluster of shepherds' huts and tea houses.

Day 10

Lobuche to Gorak Shep 5100m 3 hours walking and Everest Base Camp 5364m 3 hours

About 3 hours beyond Lobuche we reach Gorak Shep, the site of the 1953 expedition's base camp. After setting up the room and having lunch, we hike to EBC and back to Gorak Shep.

Day 11

Gorak Shep-Kala Pattar-Pheriche/Dengboche

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 Pheriche/Dengboche.

Day 12

Pheriche/Dengboche - Namche Bazaar 8 hours walking

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 13

Namche Bazaar - Lukla 6 hours walking

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 14

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 15

Free day in Kathmandu

Those who wish may enjoy the surrounds of the camp but the climb further up the ridge offers wonderful views of Manaslu, Peak 29 and Himalchuli.

Day 16

Depart Nepal

Transfer to Kathmandu airport.

NB: 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.





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

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:

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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.