



COMMUNITY ACTION TREKS

Everest Base Camp & Kala Pattar

Set your eyes on the highest summit in the world!

NEPAL





GRADE
DEMANDING

MAX ALTITUDE
5550m

TREKKING DAYS
12

TRIP LENGTH
16 days

MIN PEOPLE
4

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 and its neighbours Ama Dablam, Lhotse and Nuptse.

Acclimatisation days are spent at Namche Bazaar and at Pheriche. 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 - MAY & OCT - DEC

PRICE

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

*prices subject to change



Everest Base Camp & Kala Pattar

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful 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 palmtree and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around local markets on your own.

Day 2

Free day 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.)

This morning, we leave the 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 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 we 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 3867m (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 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 acclimatisation day

Today we have an acclimatisation day at Pheriche. We recommend a local walk to gain height during the day, 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, a cluster of shepherds' huts and tea houses.

Day 10

Lobuche to Gorak Shep 5100m and Everest Base Camp 5364m (6 hours walking.)

A 3 hour walk from Lobuche brings us to Gorak Shep, the site of the 1953 expedition's base camp. After setting up and having lunch, we hike to EBC and back to Gorak Shep.

Day 11

Gorak Shep-Kala Pattar 5,623m -Pheriche/Dengboche 4252m (6-7 hours walking)

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, a steep but not difficult climb. From its summit we may enjoy uninterrupted views of Everest's black southwest 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 4252m - Namche Bazaar 3440m (8 hours walking)

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

Day 13

Namche Bazaar 3440m – Lukla 2800m (6 hours walking)

We may wake 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 beautiful views along the way. There should be time to do a little shopping in Kathmandu during the evening, or to relax at the hotel.

Day 15

Free day in Kathmandu

Today you have time to shop for crafts or explore the city. Kathmandu is a great place to buy presents!

Day 16

Depart Nepal

Transfer to Kathmandu airport.





The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys (by air and road) between Kathmandu and Lukla, including departure taxes for internal flights, where applicable.
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

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)

Land only prices

The cost of international flights, particularly 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.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior 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.