



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
3860m

TREKKING DAYS
10

TRIP LENGTH
15 days

MIN PEOPLE
4

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.

To enjoy the trek fully you need to be fit and walk regularly. Previous trekking experience is obviously an asset but is not essential. 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

MARCH - MAY & OCT - DEC

PRICE

£1515 per person* (land only price - see last page)

*prices are subject to change



Gompas and Sherpas of Everest

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 palm plate 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 the 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 Choplung 2600m (3 hours' drive, 16 mins flight, 2.5 hours walking.)

This morning, we leave the 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 fields of potato 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. The sight of this village is spread within a horse-shoe shaped valley. Opposite Kongde Ri is worth the effort of today. We lodge 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 we recommend 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 (5 hours walking).

To further aid acclimatisation, today is a relatively short day. Taking the ridge above Namche we follow the trail to Kunde village and enjoy excellent views of Ama Dablam. Kunde is noted for its excellent hospital. 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 (5-6 hours walking).

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 to this face before emerging on high grazing ground. A beautiful viewpoint on this trail is a Chorten which stands at the foreground for magical photographs across the valley to Ama Dablam 6865m; Kangtega 6685m and Thamserku 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 3860m (3 Hours walking).

Another day of spectacular views. At the end of a long morning the trail leads us to the village of Pangboche. Ahead stands Ama Dablam, 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 (4 Hours walking).

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

Day 11

Namche Bazaar to Phakding 2656m (3.5 Hours walking).

We may wake 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 (4 Hours walking).

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 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 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.





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.

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 B. 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.