



COMMUNITY ACTION TREKS

Everest base camp & Pokalde Peak

Set your eyes on the highest summit in the world!

NEPAL





GRADE
STRENUOUS

MAX ALTITUDE
5806m

TREKKING DAYS
16

TRIP LENGTH
21 days

MIN PEOPLE
4

Everest base camp & Pokalde Peak

This exciting trek in the Everest region gives you the opportunity to fulfil a dream of viewing our highest summit close at hand with ample time to enjoy 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 neighbouring Ama Dablam, its unmistakable profile a landmark from afar.

A day is spent at Namche Bazaar and at Pheriche, to allow time to acclimatise, an important factor in your enjoyment of the trek. We have several days in the Everest area and 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.

We then have the option (snow conditions permitting) to take a more challenging route back out toward Lukla. This involves crossing the Kongma La and offers the chance to climb Pokalde, a 5806m trekking peak, before rejoining the main trail lower down. At the end of the trek we fly back to Kathmandu.

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 900m, with steep sections in places. The trek involves several days at high altitude which may affect your performance, though rest days are built into the trek to help you acclimatise. The ascent of the Kongma La and Pokalde Peak is graded strenuous but is optional and you do not need to decide in advance if you wish to do it. If you have any doubts as to your suitability for the trek, please telephone us for advice.



TREKKING WINDOW
APRIL & OCT - NOV

PRICE

£2360 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 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, 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

Kala Pattar 5623m 4 hours walking

An ascent of Kala Pattar at 5,623m is highly recommended for the view of Everest. The climb takes about 2 hours, but the effort may be rewarded by the classic view of Everest and the Khumbu Icefall, as well as Lhotse & Nuptse, with Pumori immediately above. Return to Lobuche at 3 hours walk.

Day 12

Lobuche to Kongma La 5535m 6 hours walking

The ascent up the Kongma La and Pokalde Peak depend on snow conditions and are optional, though provide a scenic and challenging alternative to retracing our steps back down the valley. Anyone who prefers may return via the same route, taking it at a leisurely pace. Kongma La is a pass used as a yak route between Khumbu and Chukkung pastures.

Day 13

Kongma La to Pokalde Peak 5806m & to Deboche 3770m 10 /11 hour day

We have two days set aside to climb Pokalde in case the weather is bad on one day. It will be a very long, but rewarding day, if the snow conditions permit us to climb Pokalde Peak 5,806m. After the climb we have a long descent to the valley and village of Dengboche from where we continue to Deboche.

Day 14

Contingency day

Second day for climbing Pokalde if required, or contingency day if required for acclimatisation purposes.

Day 15

Deboche to Namche Bazaar 3440m 4 / 5 hours walking

Rejoining the main trail, we continue to Thyangboche Monastery in a magical setting that commands impressive views of shapely Ama Dablam. The scenery changes yet again as we walk through woodlands to reach Namche Bazaar. An optional evening walk will give us our last views of Everest.

Day 16

Namche Bazaar to 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 17

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 18

Free day in Kathmandu

A chance to do some shopping, explore at leisure or just relax by the hotel pool and reflect on your trek.

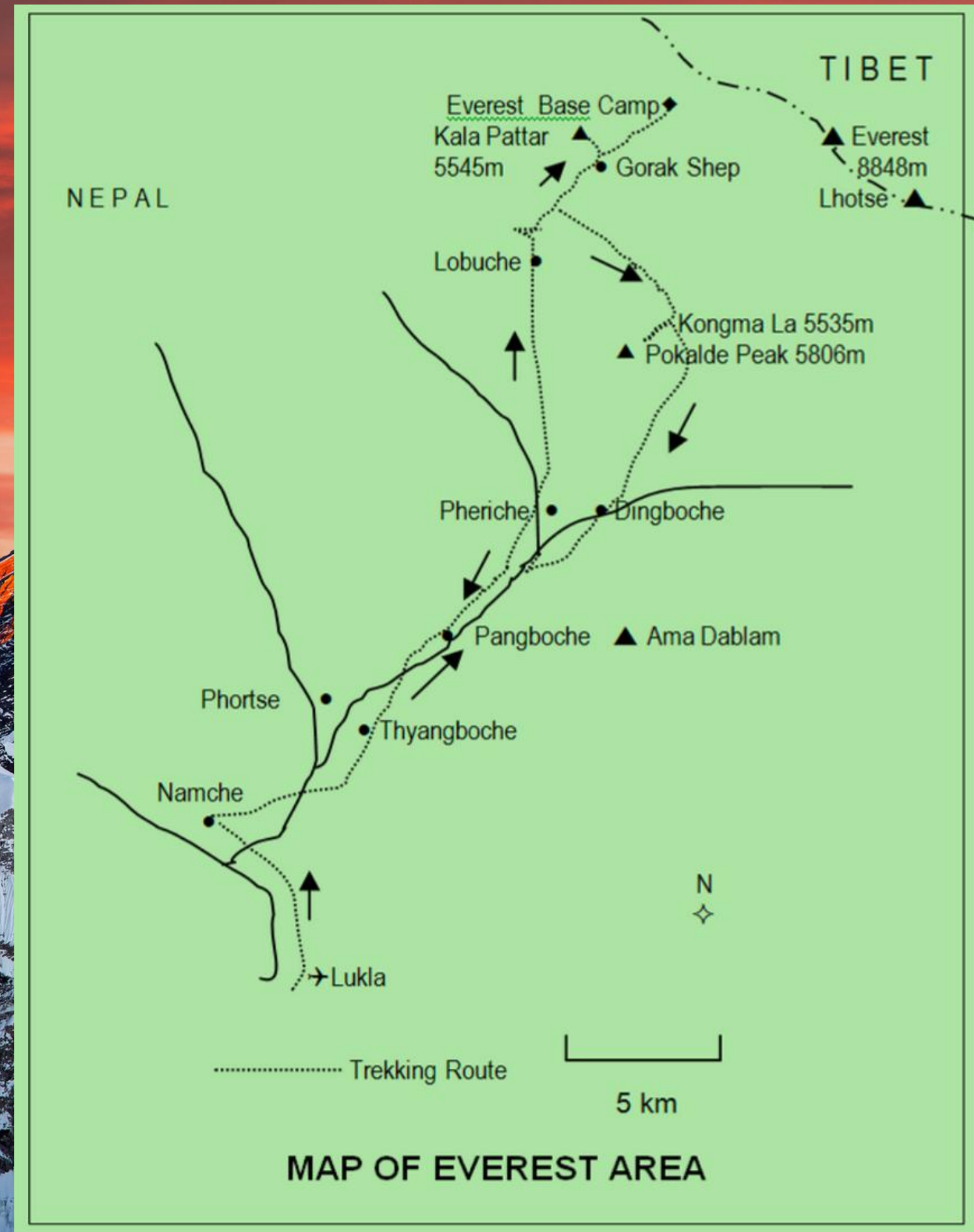
Day 19

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:

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.