



COMMUNITY ACTION TREKS

Everest luxury lodge trek

A luxurious trek through the most famous mountain region in the world!



NEPAL





GRADE
MODERATE

MAX ALTITUDE
3860m

TREKKING DAYS
8

TRIP LENGTH
13 days

MIN PEOPLE
4

Everest luxury lodge trek

The Khumbu area is the most famous mountain region in Nepal, if not the world! Here Himalayan giants from Everest to Ama Dablam tower above the Khumbu Valley – to say the view is awe inspiring is an understatement. This well paced trek offers excellent views of Mount Everest and other peaks and visits Sherpa villages and monasteries without going to extremes of altitude.

You will be staying in luxury lodges whilst on trek and in the best hotels in Kathmandu before and after your expedition.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£2240 per person* (land only price - see last page)
*prices subject to change



Everest luxury lodge trek

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, Trek to Monjo 2850m (3 hours drive, 16 minute flight, 5-6 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 potato fields and buckwheat, passing through small villages on the way. We cross (and recross) the Dudh Kosi, hike through peaceful pine forests and terraced fields. 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 'Om Mani Padme Hum' – 'Hail to the Jewel in the Lotus.' This is the mantra of Buddhists. The sight of the mountains will spur you on – but take your time and enjoy the day. We will stay at the Monjo Lodge where a warm welcome awaits us.

Day 4

Acclimatisation Day - Excursion to Thachok Danda (6 hours walking)

We walk to Thachok Danda which lies at 3000m and offers superb views of Kongde Ri, Thamserku and Numbur Himal before we return to the Monjo Lodge.





Day 5

Monjo to Tashinga 3450m (5-6 hours walking)

Just beyond Monjo Lodge we enter The Everest National Park. This will probably be the hardest day of the trek, but we will take it slowly – ‘bistari bistari’ – enjoying the scenery as we climb gradually to Namche Bazaar. Crossing two suspension bridges on the way, we zigzag up the Dudh Kosi river to the base of our climb up to the famous Namche Bazaar (3450m). It is a well-marked broad trail and our early morning start ensures we walk in the coolest part of the day as we gradually ascend and acclimatise to the increasing altitude. After 3 hours we arrive at the heart of the Khumbu – Namche Bazaar. After lunch there will be time to explore this fascinating town. From Namche the trail to Tashinga follows the classical approach route to Everest. We follow the almost level winding trail for about 2½ hours before leaving the main trail to arrive at the Everest Summit Lodge.

Day 6

Excursion to Tengboche 3860m (5-6 hours walking)

Looking across the valley we can see the path sloping diagonally up towards the famous Tengboche Monastery. This is the religious and cultural centre for the people of the Khumbu. We can see Ama Dablam in the east whilst glimpses of Everest lure us onward. We start today by descending to the small village of Phunki Tenga which is situated beside the Dudh Kosi river. The trail is quite cool as it is heavily forested by rhododendron and pine. Emerging from the forest the trail is relatively gentle and gradual for another 1½ to 2 hours. The setting of the monastery is magical and it is hard to believe that the temple was burnt down a few years ago and rebuilt, largely through the efforts of The Sir Edmund Hilary Trust. After lunch and a visit to the monastery and its surroundings we retrace our steps to the Lodge at Tashinga.

Day 7

Tashinga to Mende 3700m (6-7 hours walking)

This morning we retrace our steps towards Namche Bazaar for about an hour until we take the detour to Khumjung village. The path leads gently up the valley and into Khumjung, the main education centre for the Khumbu. If time permits, we can visit the Khumjung Monastery and the Kunde Hospital. Taking the high trail above Namche Bazaar we head northwest. The valley ahead is extremely rugged but beautiful and as we walk along the forested track we may spot Monal pheasants or small herds of Thar. On reaching the small village of Tesho we turn off the main trail and make our way slowly up a closed valley. The last half hour of our climb will be breathtaking – literally – but this is where our past few days of walking and acclimatisation helps. On reaching the Everest Summit Lodge the views are awesome and well worth the effort of reaching here!

Day 8

Day Excursion to Thame 3801m (5-6 hours walking)

Half an hour from the lodge we join the old Tibetan Trade Route. The trail is well formed and wide with easy walking all the way to Thame. This village is very original in many aspects and is perhaps one of the prettiest villages in the Khumbu. It has scattered houses, enclosed fields and a backdrop of massive snow and ice peaks. We visit Thame monastery, one of the oldest in the region. Sherpa Tenzing Norgay’s house is situated near the top of the village, where he lived with his first wife. In fact, Thame is also the home of more of Nepal’s famous mountaineers, Ang Rita Sherpa who has summited Everest 10 times and Apa Sherpa 15 times. We retrace our steps to our lodge.

Day 9

Menje to Monjo 2850m (5-6 hours walking)

Before beginning our descent to Monjo we visit Laudo Monastery located 15 minutes above Mende. The main temple is only 40 years old and was used until recently as a meditation school for western Buddhist students. The remarkable meditation room is built beneath a huge rock where people go on retreat for 3 years 3 months and 3 days. The friendly custodian will be more than happy to serve butter tea (very much an acquired taste) and explain a little about the monastery. From here we retrace our steps along the same route to Phurte and then take the lower trail for 3 hours to Namche where we stop for lunch before descending to Monjo where we stay overnight.

Day 10

Monjo via Monjo Monastery to Lukla 2840m (5-6 hours walking)

Our return trek to Lukla takes a slightly different route. Keeping to a high trail above the other side of the Dudh Kosi, we visit the old Gumila Monastery before descending to the main trail. After a lunch break at Thada Kosi, which is situated at the base of the Kumsung Kangru Himal, we continue for a further hour or so before reaching Lukla where we stay overnight at the Lukla Lodge.

Day 11

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 12

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 13

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 luxury lodges offering full board – sometimes with picnic lunches, services
- 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 & two National Park fees

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:

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.