



COMMUNITY ACTION TREKS

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# Khumbu Explorer

Visit the major areas of the Khumbu region and enjoy views of some of the world's highest peaks.



NEPAL







**GRADE**  
DEMANDING

**MAX ALTITUDE**  
6189m

**TREKKING DAYS**  
24

**TRIP LENGTH**  
29 days

**MIN PEOPLE**  
4

## Khumbu Explorer

This is an opportunity to see the major areas of the Khumbu region, whilst also taking in three excellent views of Everest and two major trekking peaks on this action-packed trek. The Khumbu Explorer takes us to Gokyo, from where we climb Gokyo Ri 5360m, for our first impressive view of Everest, and then over the Cho La pass which gives us access to Lobuje East. The second stunning views of Everest are from the high camp on the south ridge of Lobuje East from where we will have our first summit bid. The true summit of this challenging peak is via a fine ridge involving exposure. We then drop down and round to Gorak Shep before trekking up to Everest Base Camp. For the final leg of our journey, we trek over the Kongma La and head towards Island Peak Base Camp before taking in our second summit. All in all, a fantastic, varied and diverse tour.

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 Ama Dablam. We spend a rest day at Namche Bazaar before heading up the Dudh Kosi valley to Gokyo. We climb Gokyo Ri 5360m which gives a superb panoramic view from Cho Oyu 8153m, across to Pumori 7145m, Changste 7583m, Everest 8848m, Nuptse 7896m, Lhotse 8501m with Makalu 8463m in the distance and all the way around to Ama Dablam 6856m and Taweche 6542m. A finer view of the Khumbu cannot be had.

Continued ->



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For the next part of our journey we cross the Cho La, a high-level pass that connects back to the main Khumbu valley. It is from here that we are ideally located for our first trekking peak as we establish Base Camp at 5000m beside a beautiful hidden lake with Ama Dablam as the perfect backdrop.

To get to Island Peak Base Camp we head over the Kongma La and alongside the Imja Khola, with Island Peak dead ahead of us and the impressive Nuptse/Lohtse wall to our left. Although Island Peak takes us higher than we have been before it is technically easier than Lobuje East and is a fitting end to this magnificent tour of the Khumbu region. All that remains is for us to trek back along the Everest trail, reflecting upon our recent achievements.

To enjoy the trek and climb fully, you need to be fit and walk regularly. Previous climbing or mountaineering experience is required since we will be using ropes, crampons and axes, sometimes on exposed ground, and competence on such terrain is needed. Previous experience at altitude is not a pre-requisite but would be useful. If you have any doubts as to your suitability for this trip, you can telephone us for advice.



### TREKKING WINDOW

MAR - MAY & OCT - DEC

### PRICE

£2495 per person\* (land only price - see last page)

\*prices subject to change





Khumbu Explorer

# Itinerary

LODGE AND CAMPING 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 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.

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## Day 6

### **Namche Bazaar to Phortse Tenga 3675m (4 - 5 hours walking).**

We leave Namche Bazaar and trek around to Kyangjuma, or alternatively we can go up and over via Khumjung, before following the trail, via Mong, to Phortse Tenga which is situated on the banks of the Dudh Kosi.

## Day 7

### **Phortse Tenga to Dole 4040m (3 hours walking).**

We now follow the Dudh Khosi for the next few days and, whilst the distances are relatively short, it is important that we don't go too high too quickly in order to acclimatise properly. This is a vital ingredient for the enjoyment and success of the trip.

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## Day 8

### **Dole to Machermo 4470m (3 - 4 hours walking).**

Another fairly short day as we make our way further up the Gokyo valley to Machermo 4470m.

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## Day 9

### **Machermo acclimatisation day.**

Today we have an acclimatisation day at Machermo. 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 10

**Machermo to Gokyo lake 4790m (3 - 4 hours walking).** Although there is still some ascent the trail is gentle, and the trek is relatively short. As we approach Gokyo we pass the beautiful lakes of Tso Mengma, Tso Palumo and Tso Rangmo, otherwise known as Dudh Pokhari. It is beside the third lake that we find the village of Gokyo where we stay for the night.

## Day 11

**Gokyo Ri, then Gokyo to Dragnag 4700m (6 - 7 hours walking).** After an early start we make our way up Gokyo Ri 5360m directly above the village of Gokyo, for a magnificent panoramic vista. The view that unfolds is simply stunning. We can see from Cho Oyu in the north all the way around to Ama Dablam and beyond. Some of the best views of Everest are to be seen from Gokyo Ri. A spectacular morning spent on this summit before dropping back down to Gokyo. After something to eat we continue across the path on the Ngozumba glacier on to Dragnag.

## Day 12

**From Dragnag, across the Cho La Pass 5420m and on to Dzonglha 4830m (6 - 8 hours walking).** Gokyo valley is separated from the Khumbu Valley by a barrier of mountains formed by Taweche 6542m, Cholatse 6440m and Lobuje 6119m but there is a high-level pass that we will take (snow conditions permitting) called the Cho La, which will give us access to Dzonglha. Dzonglha is situated below and opposite our first peak, Lobuje East, and from here you will have fine views of the summit ridge of this impressive mountain.





## Day 13

### **Dzonglha to Lobuje East Base Camp 5000m (3 - 4 hours walking).**

From Dzonglha we make our way up to the base camp which is situated at around 5000m by the side of a beautiful hidden mountain lake with fine views of our mountain and across to Ama Dablam 6856m. Here we camp overnight.

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## Day 14

### **Lobuje East Base Camp Acclimatisation Day.**

An essential day to prepare us for the summit day. A mixture of ascending high and resting before spending a second night camping at this altitude is essential.

## Day 15

### **Lobuje East Base Camp to High Camp 5500m (2 - 3 hours walking).**

After a relaxing morning, taking on plenty of fluids, it is time to make our final preparations prior to our move to high camp. An easy route leads us high up onto the shoulder of the mountain where we will establish camp at 5500m. The camp is perched below the south face of our mountain. From here you will be able to pick out our intended route before witnessing a spectacular sunset with views across to Nuptse 7896m and Everest 8848m. We camp here overnight.

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## Day 16

### **Lobuje East Summit 6119m and return to Base Camp (8 -10 hours walking).**

After an early breakfast we will be donning our crampons and roping up for our ascent of the South ridge. The well-defined arête leads to a junction with the summit ridge, which is followed north westwards to the false summit. Depending upon the prevailing snow conditions, and whether cornices have formed, we may be able to continue along the fine, exposed ridge to the true summit at 6119m. We have a long day ahead of us as we will be descending to base camp for a meal. We camp at base camp overnight.







## Day 17

### Spare Day.

In case of bad weather or difficulties in acclimatising. If this day is not used here, we may choose to use it for bad weather contingency on Island Peak or as a rest day later in the trip. Camp overnight.

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## Day 18

### Base Camp to Lobuje Village 4910m (3 hours walking).

From base camp we will trek to the village of Lobuje 4910m where we will rest for the afternoon.

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## Day 19

### Lobuje to Everest Base Camp 5500m to Lobuje (7- 8 hours walking).

We have a long day ahead as we set out for our trek to Everest Base Camp – the sight of so many hopes and aspirations as expeditions attempt to attain the highest point on earth. We, however, have other plans and will be returning to Lobuje.

## Day 20

### Lobuje to Chukhung 4750m (4 - 6 hours walking).

We will leave the main Everest Base Camp trail and trek towards the Kongma La, 5545m, which slips through between the trekking peaks of Pokalde before dropping down towards the Imja Khola which we will follow to Chukhung.

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## Day 21

### Chukhung to Island Peak Base Camp 4970m (3 - 4 hours walking).

We begin our trek to Base Camp along a ridge giving fine views of our mountain and a stunning panorama all around. Our goal, Island Peak, is clearly visible straight ahead, whilst we have Ama Dablam 6856m to our right and the Nuptse/Lhotse wall towering over us on the left. We camp here overnight.



## Day 22

**Island Peak Base Camp to High Camp 5700m (2.5 hours walking).**

The summit can be attained in one long day, but we prefer to establish a high camp on the southern slopes of the mountain. The views from this enclave are simply stunning and the sense of solitude will be felt, perhaps, for the first time as we get away from the crowds. We camp overnight at high camp.

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## Day 23

**Summit Day 6189m (6 - 7 hour day).**

With an early start we will be well ahead of the teams starting from the Base Camp. Soon after leaving high camp, we will rope up and start on the first snow slopes where we will be using our crampons and ice axes. The route is fairly easy to follow and winds its way up snow gullies and rock bands before easing off to a small plateau, where we will be able to take a good rest and enjoy the first rays of dawn. Ahead of us lies a short steep slope that leads to the summit ridge, which we will follow to the summit itself. We will probably be well ahead of any other parties, having had a head start from high camp, and we can enjoy the summit and stupendous views around us before descending back to Base Camp where we camp overnight.

## Day 24

**Base Camp to Pangboche 3901m (5 hours walking).**

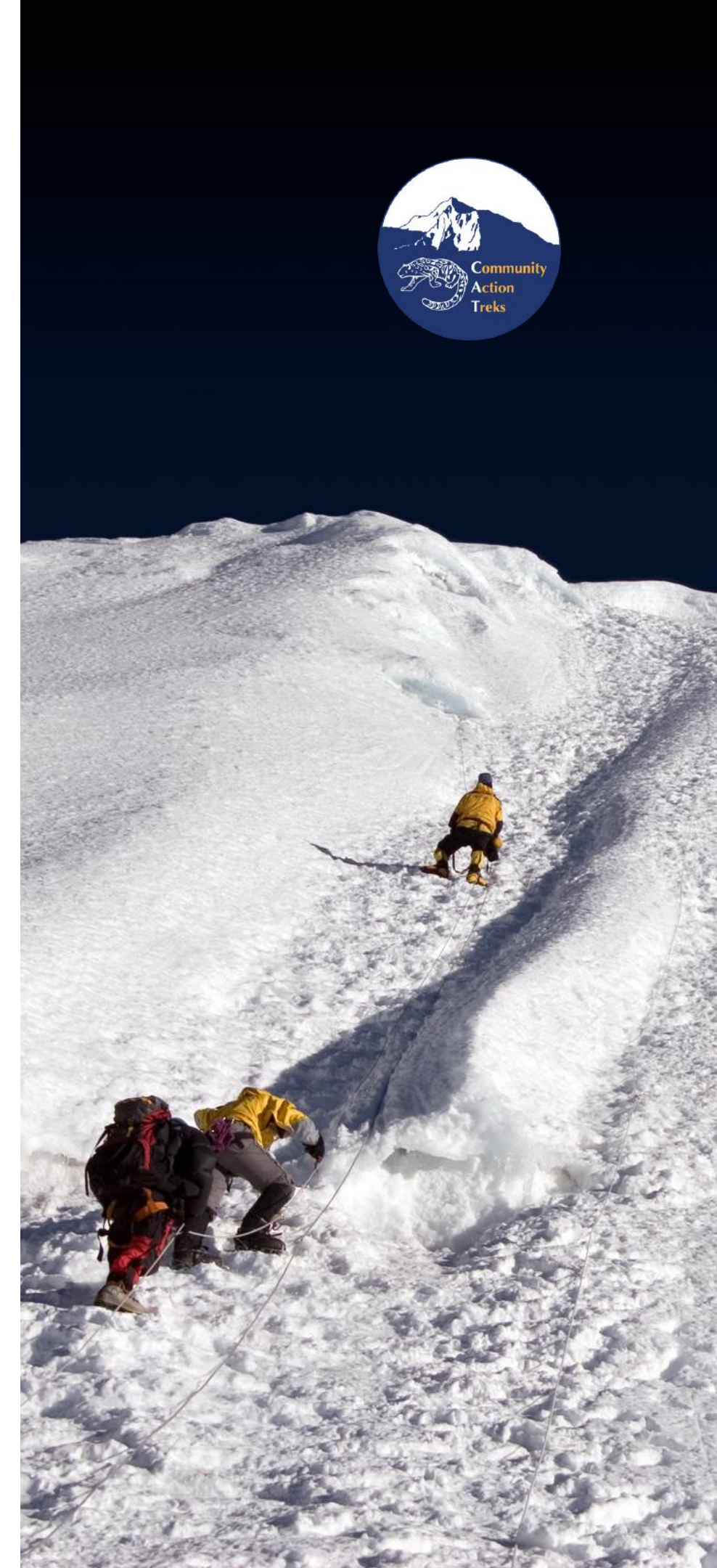
We leave Base Camp and follow our course back to the village of Pangboche with its 300-year-old monastery containing wall paintings and Tibetan manuscripts. The first part of our journey is alongside the Imja Khola and through Dingboche. The impressive north face of Taweche lies dead ahead as we reflect on our achievement.

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## Day 25

**Pangboche to Namche Bazaar 3440m (4 - 5 hours walking).**

We trek to Deboche 3757m and then continue, through a wonderful setting of rhododendron to Thyangboche with its 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 26

**Namche Bazaar – 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.

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## Day 27

**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 28

**Free day in Kathmandu.**

A day to explore Kathmandu and do some last-minute shopping.

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## Day 29

**Depart Nepal.**

Transfer to Kathmandu airport.





#### The price includes (on a lodge and camping 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, camping equipment (not sleeping bags)
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size) and kitchen staff whilst camping.
- Climbing support Sherpa during the climbing days.
- All Nepalese staff insurance as per Government regulations.
- All trekking permits, including Lobje Peak and Island Peak 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.
- Personal climbing equipment.
- 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, 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.

#### 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.

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# 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.