



## Trip Itinerary

### HIGHLIGHTS:

- Follows in the footsteps of all the Everest summiteers
- Trail follows the spectacular Khumbu Valley
- Climb Kala Pattar for fantastic views of Everest, Nuptse and Lhotse

### DETAILED ITINERARY

#### DAY 1: ARRIVE KATHMANDU

Elevation: 1300m

The Kandoo team will meet you at Kathmandu airport and transfer you to your pre-trek hotel. Later you will attend a pre-trek briefing with your Lead Guide to prepare you for the challenge ahead.

#### DAY 2: FLIGHT TO LUKLA – TREK TO PHAKDING

Elevation: 1300m to 2800m to 2656m, Distance: fly 136km, trek 6km, Time: fly 45 mins, trek 3-4 hours

The flight from Kathmandu to Lukla takes 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting your crew, we will start our trek by heading up the Dudh Koshi Valley on a well-marked trail to Phakding.

#### DAY 3: TREK TO NAMCHE BAZAAR

Elevation: 2656m to 3450m, Distance: 10km, time: 5-6 hours

From Phakding, we cross and re-cross the rivers on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park, which was set-up to conserve this fragile mountain environment. We then ascend steeply to Namche and along the way, if the weather permits, catch the first glimpse of Mt Everest. Namche Bazaar is the main trading village in Khumbu and has a busy Saturday market. It is a meeting place for the Hindu traders from the lowlands and Tibetan yak caravans that have crossed the glaciated Nangpa La. You can enjoy an Illy coffee and amazing brownies here!

#### DAY 4: ACCLIMATISATION IN NAMCHE

Elevation: 3450m to 3880m to 3450m

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation.

**DAY 5: TREK TO TENGOBOCHE**

Elevation: 3450m to 3867m, Distance: 9km, Time: 4-5 hours

From Namche, the trail contours on to the side of the valley, high above the Dudh Koshi. We will get great views of Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an ideal stopover for lunch. Here we can rest before making the steep climb to Tengboche, famous for its legendary monastery, the largest in the Khumbu.

**DAY 6: TREK TO PHERICHE**

Elevation: 3867m to 4252m, Distance: 10km, Time 5-6 hours

We descend through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam (6856m), and has exceptional views of the mountain, the gumpa, Mani walls and scattered pine trees. A further two hours walk brings us to Pheriche.

**DAY 7: ACCLIMATISATION IN PHERICHE**

Elevation: 4252m

A day for rest and acclimatisation. We also have an opportunity to wander up the valley to look at the Tshola Tsho lake and the perpendicular walls of Cholatse and Tawache. Our guide will take us up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Lhotse.

**DAY 8: TREK TO LOBUCHÉ**

Elevation: 4252m to 4930m, Distance: 8km, Time: 4-5 hours

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach Lobuche.

**DAY 9: TREK TO GORAK SHEP – EVEREST BASE CAMP – GORAK SHEP**

Elevation: 4930m to 5364m to 5164m, Distance: 13km, Time: 7-8 hours

To reach our next stop, Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at Gorak Shep before finally making our way to Base Camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col.

**DAY 10: KALA PATTAR THEN DINGBOCHE**

Elevation: 5164m to 5554m to 4360m, Distance: 15km, Time: 8-9 hours

A very early start is required to reach the top of Kala Pattar (5554m) for one of the best viewpoints in the Himalaya. From here we can see the face of Everest and deep into the Khumbu icefield. After lunch we then descend to Dingboche for the night.

**DAY 11: TREK TO NAMCHE**

Elevation: 4360m to 3450m, Distance: 19km, Time: 8-9 hours

From Dingboche we drop down again to follow the river. After crossing it we climb back up through birch and rhododendron forest back to Tengboche. From Tengboche we descend over the Dudh Koshi before making our way back to Namche.

**DAY 12: TREK TO LUKLA**

Elevation: 3450m to 2800m, Distance: 16km, Time: 7-8 hours

Our final day's trekking follows the Dudh Koshi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where you can sample some chang, try Sherpa dancing and look back on a memorable trekking experience.

**DAY 13: FLY TO KATHMANDU**

After an early breakfast, we will head to the airstrip for our return journey to Kathmandu. Later, you have free time to explore. You stay overnight in a hotel in Kathmandu.

**DAY 14: DEPART KATHMANDU**

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight.

**SUMMARY**

Up with the Inca Trail to Machu Picchu and the ascent of Kilimanjaro, the trek to Everest Base Camp is one of the world's great iconic walks. If you love walking, this has to be on your bucket list.

Our lodge-based trek follows faithfully in the footsteps of Edmund Hillary allowing plenty of time to acclimatise properly and enjoy the views. The trek starts with the rollercoaster flight into Lukla: make sure you sit on the left for your first great views of the Everest region. The landing at Lukla can be a white knuckle affair but the pilots are incredibly skilful dropping the plane down onto a short steep runway.

You start your trek passing through Sherpa villages with well cultivated fields. The trail is generally downhill for the first day but day two starts with a long hard climb to Namche, a surprisingly large town where even Illy coffee and a chocolate brownie are found. Crossing the suspension bridges that span the Dudh Koshi river, you climb to Tengboche with its incredible monastery set against the backdrop of Ama Dablam, Everest and Lohtse. Next stop is Pheriche and then after a few more days you arrive in Gorak Shep, the last stop before Everest Base Camp. A short climb to the top of Kala Pattar (5545m) gives a breath-taking view of the highest mountain on Earth. You then descend again to Dingboche and over the next three days retrace your steps to Lukla, an ideal place to relax and celebrate before returning to Kathmandu.