

Braga Travel Consulting

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NEPAL

May is still good for the trekking Nepal. But the best season is Oct-Nov and Feb-April

Everest base camp - Kala Pattar trek for 13N/14D

Day 01 Departure transfer to airport for KTMLUK flight.

Kathmandu – Lukla (2806m)– Phakding (2652m) 3 hours. Overnight at Lodge.

After an early breakfast we transfer to the domestic airport where we will catch our flight to Lukla. Lukla is unique: a Hillary team built the airstrip as part of the Khunde Hospital project in 1965, envisioning it as a makeshift strip to handle emergencies at the hospital – it is now the third busiest airport in Nepal. If the weather permits we will leave Kathmandu by 8am and arrive in Lukla by 8.45am. Here, we assemble all our luggage and refreshing with some tea before we begin our trek to Phakding. As we leave Lukla the trail heads down to Chaurikhaka. Some juniper and pine line the path with the sound of the Dudh Kosi River ever present. In the distance the snow topped mountain of 'Ngothung' is visible and there are impressive views of Kasum-Kangaroo to the right. Just before we reach to Phakding we cross a large suspension bridge where we can look down to the surging river, which eventually finds its way to the "Ganges" - The Holy river of India. Tonight we will have our first experience of Himalayan belt.

Day 2 – Phakding (2652m) – Mondzo - Namche Bazaar (3446m) 6 hours. Overnight at Lodge

As we leave Phakding the trail heads north up the Dudh Khosi valley. After crossing a stream there is a small village called Banker where we will see a beautiful carved stone prayer wall. On the cliffs above the river it is possible to see musk deer and Himalayan- tahr. The trail is interspersed with rhododendron, magnolia and giant blue fir forests as we follow it to Jorsale, the entrance gate to Sagarmatha (Everest) National Park, where our park permits will be checked. Before we reach Namche Bazaar we will cross a long suspension bridge over the confluence of two rivers – the Dudh Khosi from the east and the Bhote Khosi from the west. We then have a steep climb up to Namche Bazaar, which we will take slowly allowing for the altitude. After the climb we will be rewarded with a view of Everest peeking over the ridge of Nuptse. We will camp here, at the “Gateway to Everest”, for the next 2 nights. Namche is a historic trading post where Nepalese and Tibetan traders exchanged salt, dried meat, gold and textiles. Besides being a superb place to shop for traditional crafts, Namche remains the central trading post in the Khumbu, attracting Himalayan and lowland merchants. Tomorrow we will have chance to explore this busy market town and its wonderful surrounding vistas.

Day 3 – Namche Bazaar (3446m) acclimatisation day. Overnight at the Lodge.

We spend today in and around Namche in order to acclimatise ourselves to the altitude. Namche is situated on the lap of the Khumbu Himal range, which is about 241 kilometers north-east of Kathmandu. There will be the opportunity to trek to the Everest View Hotel, where you can see some of the most spectacular views of the region including Mount Everest, Lhotse, Lhotse Shar, Ama Dablam, Kang Tega, Rowaling Himal and more. Once back in Namche the rest of the day is free to explore this bustling village. There are innumerable shops for souvenirs and hiring equipment whilst there is also Internet access, a bank and a small Buddhist chaityas. Or, you can simply relax in a café and enjoy a pastry whilst taking in the incredible scenery.

Day 4 – Namche Bazaar – Tengboche (3860m) 6 hours. Overnight at Lodge.

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We leave Namche and after a short ascent the path levels out as we follow the contours around Mung Danda. After 2 hours of trekking we reach the village of Kyangjuma. Just before this village is the first view point of Ama Dablam, Lhotse Shar, Taboche and Kang Taiga, where we will stop to drink in the spectacular views. Our path continues through birch and rhododendron forests before we begin to descend through the forest to Tashinga & Losasa village, where we stop for lunch. After lunch we descend for approx. 1 hour until we reach a wooden suspension bridge and we cross over the Imja Khola. From here our path climbs for approx. 3 hours to Tengboche, the cultural and religious centre for the people of the Khumbu. Beautiful water driven prayer wheels line the trail, which switchbacks through fir forests. We take this climb slowly due to the altitude and each stop brings stunning views of Kwangde and Kangtega while there is also the chance of spotting a Golden Eagle. A painted arch said to cleanse visitors before entering this sacred area marks the end of our climb and the entrance to Tengboche. Our climb is rewarded by what is said to be one of the best views in the world - Kwangde, Taboche Peak, Everest, Nuptse, Lhotse, Ama Dablam, Kantege and Thamskeru provide the most spectacular Himalayan panorama.

Day 5 – Tengboche – Dingboche (4343m) 5½ hours. Overnight at Lodge.

As we leave Tengboche the trail drops down through a conifer forest past the small settlement of Debouche and a small nunnery. We continue through a rhododendron forest and bamboo with “Old Man’s Beard” lichen draped from the trees. After crossing the Imja Khola on a steel bridge, the trail passes musk deer and yak pasture as it ascends past some magnificently carved Mani stones to Pangboche at 3860m, where we will stop for lunch. During the lunch break there is a chance to visit the gompa at upper Pangboche, which is the oldest in the Khumbu and once contained relics that were said to be the skull and hand of a Yeti, but were stolen in 1991. After lunch we continue along the yak pasture, passing beneath the towering Ama Dablam. After crossing the Lobuche Khola on a wooden bridge the path virtually follows the Imja Khola, climbing and dipping, to Dingboche, the highest permanently inhabited village in the Khumbu, where we will camp for the night

Day 6 – Dingboche - acclimatisation day. Overnight at Lodge.

Today we will have the day free to rest and allow for further acclimatisation in order to prepare ourselves for climbing Kala Pattar. There will be the opportunity to walk up the valley to Chhukung (4743m), a small summer village, which lies on the way to Island peak base camp, which is about 3 – 4 hour’s walk. The views from Chhukung are stunning – looking down the valley we see Numbur Khatang and Karyolung majestically rising above Kwangde while Taboche Peak and Tsholatse are on the right. Ama Dablam and the fluted snow wall above the Chhukung glacier feel within touching distance. The rest of the day is free to either explore further or relax and take in the stunning surroundings.

Day 7 – Dingboche – Dhugla – Lobuche (4930m) 5 hours. Overnight at Lodge.

Leaving Dingboche, we walk up a small ridge and then follow the contour round the base of the Khumbu glacier, up the valley, until we reach Dhugla (4600m). After lunch we have a tough 1-hour climb to the terminal moraine glacier, where we will enjoy the stunning views. Our trail passes through a famous Sherpa memorial (a row of stone monuments) and the memorial of world class climbers, built to commemorate the many Sherpa whose lives have been claimed on expeditions to Mt. Everest. We continue round the glacier to camp at the foot of the Lobuche

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icefall. Tonight we can enjoy the sunset on Nuptse, which seen from Lobuche, is truly a memorable sight.

Day 8 – Lobuche – Kala Pattar (5545m/18,192ft)– Gorakshep (5288m) 8 hours. Overnight at Lodge.

We have an early start following a trail along the western side of the broad Khumbu valley, which ascends gently through meadows beside the glacial moraine. The climb becomes steeper and the ground rougher as it crosses several side moraines. The actual distance is not great but we will take it very slowly to compensate for the altitude, stopping at Gorakshep, which has acted as a base camp for past Everest expeditions, for hot drinks and cookies. We then climb Kala Pattar, this will be a hard climb and a true challenge but the views from the top will be worth it, as all around us will be a huge glacial ice flow. The mountains of Pumori (7145m), Lingtren (6697m) and Khumbutse (6623m) separate us from Tibet and just over the Lho La pass we see the huge rock of Changtse (7550m) in Tibet itself, but the queen of them all is Sagarmatha (Everest), which towers over everyone. After savouring the 360° views of the Himalayan giants, which are beyond description, we will descend to Gorakshep to camp.

Day 9 – Gorakshep – Everest Base Camp – Lobuche (4930m) 8 hours. Overnight at Lodge.

Today we follow the Khumbu moraine glaciers to Everest Base Camp. Sometimes the trail will be on the stony moraine and sometimes across the glaciers themselves. Views will include the 15 metre high series of ice, a feature peculiar to Himalayan glaciers. When we reach Base Camp we will be able to catch a glimpse of the Khumbu ice- fall and the crystal clear glaciers. We will also be able to see the Everest Expedition teams who stay here for a long period to acclimatise before attempting the ascent of Mount Everest, Lhotse and Lhotse shar. We then descend to Lobuche where we will camp for the night.

Day 10 – Lobuche – Pheriche – Tengboche (3875m) 6 hours. Overnight at Lodge.

This morning we retrace our steps to Dughla, descending most of the way. We then cross a small wooden bridge and continue down the Pheriche Valley. We will have a short stop at the hospital here before we retrace our steps to Tengboche.

Day 11 – Tengboche – Kumjung (3790m) 5 hours. Overnight at Lodge.

We begin with a steep descent to the bridge at Phunki Khola, on the same path that we climbed earlier in the week. After crossing the bridge we climb through rhododendron and blue pine forest until we reach Kumjung, a picturesque village, dominated by the Sherpa people. There will be the opportunity to visit the beautiful monastery here.

Day 12 – Kumjung – Phakding 7 hours. Overnight at Lodge.

We start the day with a visit to the “Schoolhouse in the Clouds”, a secondary school founded by Sir Edmond Hillary. This is the first school built by Hillary trust after his successful ascent of Mount Everest with his friend Mr. Sherpa Tenzing Norgay in 1953, May 29. After the visit we begin trekking on a relatively flat trail to Syangboche, where we descend to Namche. From here we retrace our steps to Phakding, stopping at Jorsale for lunch.

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Day 13 – Phakding – Lukla 3- 4 hours. Overnight at Lodge.

We continue our descent down the Dudh Koshi River. As we near Lukla the trail makes a steep ascent for approx. 45mins. There will be some free time to explore the Lukla Bazaar. Tonight we will stay in Lukla to be ready for our flight back to Kathmandu tomorrow morning.

Day 14 – Fly Lukla – KathmanduDeparture transfer to airport for LUK/KTM flight.Upon arrival, our rep will meet outside the arrival terminal and transfer to hotel.