

EVEREST BASE CAMP TREK – SEPT/OCT 2010

TOUR ITINERARY

Day 01 (25 September 2010) Depart Australia for Kathmandu (via Singapore)

This evening meet your tour escort Alex Prez at Brisbane International Airport (unless departing from elsewhere and meeting in Singapore/Kathmandu) as we depart on Singapore Airlines on our exciting 21 journey adventure to Nepal & Base Camp Everest.

Day 02 (26 September 2010) Arrive in Kathmandu

Upon your arrival in Kathmandu, we will greet you at the airport and accompany you to the Hotel Encounter or similar standard hotel. There will be time to rest and take in this vibrant city's energy, before a welcome dinner at a traditional Nepalese Restaurant.

Day 03 (27 September 2010) Kathmandu: Sightseeing and Trek preparation

The day will start with a guided tour of Kathmandu's historical and spiritual attractions; including the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambunath) and Buddha Nath, one of the largest stupas in the world.

In the afternoon there will be pre-trip discussion where you can meet your trek leader and other team members, as well as ask any questions you may have about the upcoming adventure.

Day 04 (28 September 2010) Kathmandu - Lukla (40 min flight) - Phakding; 3-4 hour trek

After an early morning flight to Lukla (2,800m/9,186ft) and final preparations, the trekking starts. From Lukla you'll pass Chaurikharka village and make a descent towards the Dudhkosi Ghat (2,530m/8,300ft). The trail follows the bank of the Dudhkosi River until camp at Phakding (2,652m/8,700ft) is reached. To assist acclimatization, this first day is short.

Day 05 (29 September 2010) Phakding-Namche Bazaar: 5-6 hours

The trail crosses Dudhkoshi River over a long suspension bridge and then leads you along the river to Hillary's Suspension Bridge. Then the trail climbs further from here to Namche Bazaar.

Day 06 (30 September 2010) Namche Bazaar: Rest day

This is the first of the two scheduled 'acclimatization' days. You can spend it taking a day hike to Thame, visiting Khunde or relaxing and exploring Namche Bazaar itself. It's the main centre of the Khumbu region and has shops, restaurants, a bakery and a colorful market each Saturday.

Day 07 (1 October 2010) Namche Bazaar- Khumjung: 4 hours

Today's route starts by climbing up to the Shyangboche airstrip. Just above the airstrip is the Everest View Hotel, a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. Overnight in Khumjung (3,810m/12,500ft).

Day 08 (2 October 2010) Khumjung-Tengboche: 4-5 hours

From here the trail will descend slightly to Dudhkoshi at 3250m. Then a steep ascent will bring you to the famous Tengboche Gumpa, with its stunning background of Ama Dablam, Mt. Everest and other peaks.

Day 09 (3 October 2010) Tengboche-Dingboche: 5-6 hours

There's a slight descent early today through lush forest, before the gradual climb up to the valleys highest year round settlement of Pangboche (3,860m/12,664ft). Continue ascending in the afternoon through alpine meadows and yak herds, eventually reaching Dingboche.

Day 10 (4 October 2010) Dingboche: Rest Day

The second acclimatization day will be spent at Dingboche. As at Namche Bazaar, there is a side-trip planned from Dingboche, or you can rest. The side trip will wind up the valley to Chhukung for sensational views.

Day 11 (5 October 2010) Dingboche-Duglha: 3-4 hours

Today is a climb to Duglha (4,620m/15,158ft) where we will stay overnight to complete acclimatization. From here there are stunning views of Tawachee and Cholatse (64440m).

Day 12 (6 October 2010) Duglha - Lubuche: 2-4 hours

The trail goes from Duglha directly up to the Khumbu Glacier for an hour, then left into the memorial area before reaching the village of Lubuche (4,930m/12,894ft). By this stage the effects of the altitude will be kicking in and you can expect colder nights.

Day 13 (7 October 2010) Lubuche-Gorak Shep: 2-4 hours

The trail continues climb to Gorak Shep. It takes a couple of hours to walk up to the famous viewing point of Kala Pattar (Black Rock) at 5,545m/18,192ft; this small peak offers the best views of Mt. Everest, Pumori and Ama Dablam you can get without climbing. Overnight in Gorak Shep (5,160m/16,929ft).

Day 14 (8 October 2010) Gorak Shep-Everest Base Camp- Lubuche: 6-7 hours

This day leads you finally to the Everest Base Camp (5,357m/17,575ft) walking through rocky and glacial trails where climbers gather for summitting Everest. Continuing the trek we'll return to Lobuje (4930m/12894ft) for overnight.

Day 15 (9 October 2010) Lubuche-Pangboche: 5-6 hours

The trek retraces halfway back and lunch at Pheriche. Finally the trek ends at Pangboche (3,860m/12,664ft), which lies on the bank of Imja Khola.

Day 16 (10 October 2010) Pangboche- Namche Bazaar: 5-6 hours

Now the trail retraces the same way back, stopping at Tengboche. During the November-December full moon the colorful Mani Rimdu festival is held here with much singing and dancing. Overnight in Namche Bazaar (3,400m/11,286ft).

Day 17 (11 October 2010) Namche Bazaar- Phakding: 5-6 hours

Today the trail steeply descends to the Hillary Suspension Bridge and then continues on an easy natural trail. Overnight in Phakding (2,652m/8,700ft).

Day 18 (12 October 2010) Phakding-Lukla: 3-4 hours

And finally today the trail will lead you back to Lukla (2,800m/9,186ft). On arrival in Lukla you will have time to relax, stretch those sore legs and celebrate the completion of your trek.

Day 19 (13 October 2010) Lukla- Kathmandu

After an early morning flight to Kathmandu, you'll head to your hotel. Today is a well-earned day to put up your weary feet and gratefully rediscover all of civilization's perks. You could catch up on some last minute shopping or explore any sights missed during your first day in Kathmandu. Finally there'll be an evening celebration dinner together.

Day 20 (14 October 2010) Kathmandu

Today you will have a free day to wander around Kathmandu, shop for souvenirs or just simply enjoy the company of newfound friends.

Day 21 (15 October 2010) Depart Kathmandu

Today the journey comes to an end. There's nothing to do but trade emails with your new friends, organise all your photos and finally depart from Nepal.

*Please note exact itinerary to be confirmed and are subject to change should weather conditions or other unforeseen circumstances require

Important Note:

Your safety is of paramount concern whilst travelling. Please note that your trek leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Our every effort will be made to keep to the itinerary, however as this is adventure travel in a remote mountain region, we cannot guarantee it.

Weather conditions, the health of a member of the team can all contribute to changes in the itinerary. The leader will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.