



Exploradus L.L.C.
Cultural Expeditions

**MOUNT EVEREST:
BASE CAMP TREK**

PRELIMINARY ITINERARY



07-23 October 2016
11 Days in the Khumbu Region
High Altitude Trekking to Mount Everest Base Camp

Much of our trek in the Khumbu Valley is in the shadow of Mount Everest (29,035 ft.), known as Sagarmatha in Nepal or Chomolungma in Tibetan “Mother Goddess of the Snows.” Starting from the village of Lukla, we begin a classic trek along the Dudh Kosi “Milk River”, up the steep Namche hill. Above Namche Bazaar, the trading center of the region, we get our first views of Everest in the distance. Winding through rhododendron forests and Sherpa villages, we have stunning views of other Himalayan peaks: Kangtega (22,240’), Thamserku (21,729’), and Ama Dablam (22,349’). Following the well worn trail, we hike up the rocky outcrop of Kala Pattar “Black Rock” (18,545’). From here we see the most dramatic views of Everest. The following day, we ascend the glacier moraine to Everest Base Camp, home to the seasons’ climbing expeditions. On the return, we continue our explorations visiting various tea houses and monasteries before finally descending down valley for our return flight to Kathmandu. On this trek, a crew of Sherpas takes care of us through out, setting up camps, cooking, and walking with us during the day. Porters or yaks carry all our gear, leaving us free to walk with only a light pack.

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Day Date Description of Services



01 -



02

03

Arrive in Kathmandu

Depending on your flight arrangements it is likely you will have a layover prior to making connections to Kathmandu. Arrive in Kathmandu. Transfer to Hotel Malla – one of Nepal’s only 4 star hotels. Meals are not included.

04

Kathmandu/ Tour and Sightseeing

Kathmandu is one of three medieval city-states in the valley, along with Bhaktapur and Patan. Our half-day morning sightseeing tour will include key sights around the Kathmandu Valley. In the afternoon, Kathmandu is yours to explore. By western standards the city is intimate: visit the many interesting sights, shrines, and markets, or stroll in Kathmandu’s fascinating bazaar. Don’t miss Durbar Square, Thamel, and Freak Street, Swayambhunath (the ‘Monkey Temple,’ overlooking the entire valley; go at sunrise or sunset!) and the King’s Palace.

05

Fly to Lukla (9,300 ft)/ Trek to Phakding (8,700 ft)

During the short and spectacular flight we will leave the Kathmandu Valley and head into the Himalaya, the world’s highest mountains rising before us. Our destination is Lukla, perched high on a mountainside above the Dudh Kosi (River of Milk), where we will make an unforgettable landing. After we disembark, we collect our gear and the Sirdar will organize the porters, Sherpa guides and pack animals for the beginning of the trek. From Lukla, the trail descends 1,500 feet down to the Dudh Kosi. The inhabitants of the Khumbu



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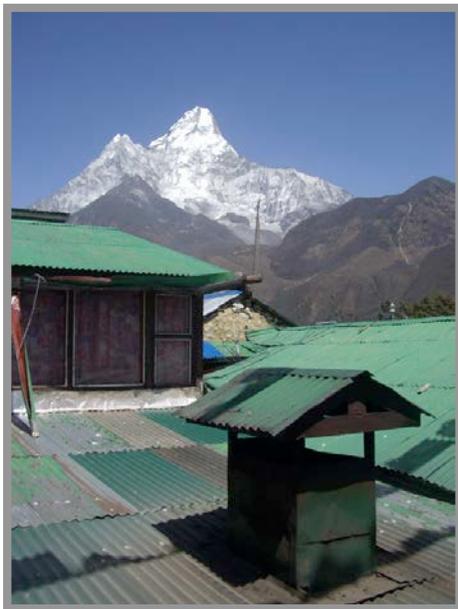
are Sherpas, people who migrated across Tibet over 500 years ago and still practice evolved forms of Tibetan Buddhism and dress in much the same Tibetan style. Looming above us, in the distance is Khumbila (18,800') the sacred peak of the Sherpa people, our sentinel to the spiritual and geographic heart of the Khumbu. Khumbila remains unclimbed (sacred peaks may not be climbed) and it represents the "protector" deity of Tibetan Buddhists. Our first camp will be in the village of Phakding on the Dudh Kosi River.

06 **Trek to Namche Bazaar (11,270 ft/ 3450m)**

We follow the deeply forested trail north up the Dudh Kosi Valley to Jorsale, where we officially enter Sagarmatha (Mt. Everest) National Park, established in 1976 as the first national park in the Himalaya to help protect an area of great environmental, religious, and cultural importance. We then continue along the trail and begin the steep climb up "Namche Hill", amidst lovely forests of rhododendron, fir, and magnolia, to the Sherpa market town of Namche Bazaar. As we climb the steep hillside, we catch our first glimpse of the snow-capped panorama of Himalayan giants to come. Namche Bazaar is the unofficial capital of the Khumbu, the local center for trading and supplies. The town; numerous homes, trekkers' inns, shops, and a small monastery, is beautifully positioned in a terraced amphitheater facing the hanging glacier below Dwangde (19,865') We will overnight in a lodge at Namche Bazaar.

07 **Namche Bazaar/ Acclimatize**

We take a rest day in Namche Bazaar for acclimatization. There are a number of local excursions which we might enjoy on this day. We can hike above Namche to the Sagarmatha National Park Visitor's Center and Museum, where there are terrific views of the Everest region and numerous educational displays on the culture, geography, geology, climatology, and wildlife with in the park and the Khumbu. It is also possible to make a short but steep hike up to Syangboche and the Everest View Hotel. If we are up for it, a full-day trek to the village of Thame through the picturesque valley of Nangpo Tsangpo leading to Cho Oyu (26,906') is possible. Thame is the birthplace of Tenzing Norgay and home of many of our Sherpas. Return to Namche and overnight in a lodge.



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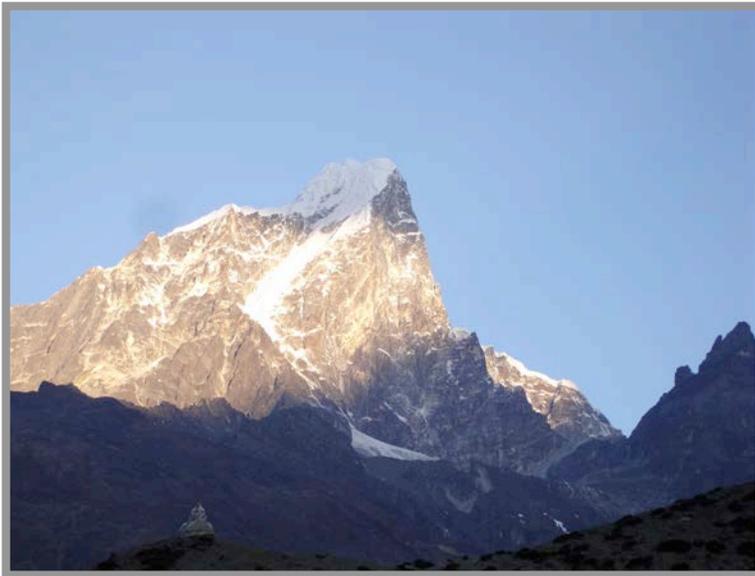
Day	Date	Description of Services
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Tengboche Monastery

Tengboche monastery is a spiritual center in the Khumbu Region, a training center for new monks. The Rimpoche of Tengboche resides here and the area is considered holy; nothing may be hunted or killed. Expeditions to the world's highest peaks have traditionally stopped here to receive blessings from the high lama.

08 **Trek to Pangboche (12,800ft/ 3900m)**

Today we descend into the deep Dudh Kosi gorge and come to a fir forest where we begin to climb steeply to the site of the famous Tengboche Monastery, destroyed by fire in early 1989, but now rebuilt. Arriving at the top of the ridge, Ama Dablam (22,349') and the great massif of Everest hover above us. After visiting Tengboche Monastery, we trek to Pangboche crossing a narrowing of the Imja Khola River on a suspension bridge from which we get a spectacular view of Ama Dablam. We will then ascend to Pangboche Gomba (13,075'). The gomba, the oldest in Khumbu, was built some 300 years ago at the time that Buddhism is said to have been introduced into the Khumbu. According to the legend, a venerable old lama tore out his hair and cased it around the gomba. The large black juniper trees surrounding it sprouted from those hairs. They are so large because it is forbidden to cut them. We may also have a Puja or blessing from the lamas of this very old monastery.



09

Pangboche/ Ac

Today is another rest, and acclimatization day. Pangboche is the highest year round settlement in the valley. Just before the village are two chortens (a round stone Buddhist monument often containing relics), a kani (an arch over a trail usually decorated with paintings on the inside) and a resting place. Just east of here is a footprint of the patron saint Lama Sange Dorje preserved in stone. Last view of Mt. Everest for a few days.

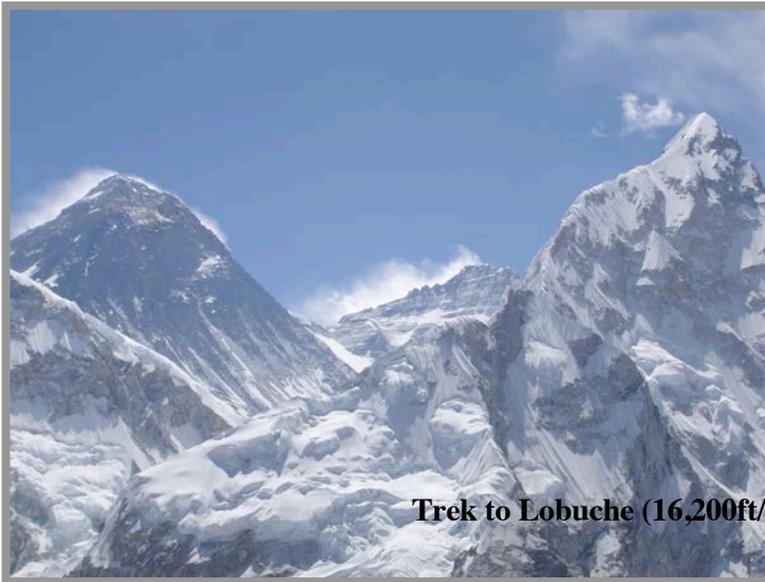
Our trek to Dingboche is approximately 4.5 miles with only a slight elevation gain.

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10

Trek to Lobuche (16,200ft/ 4930m)

we will aim to ascend the local peak of Nagartsang (16672') past a wonderful Gompa and up an easy ridge which gives us unbelievable views including Makalu (27,762'). The ascent is optional. We then descend to Periche for lunch. After this we start to ascend into the highest reaches of the Khumbu and towards Lobuche (16,175'). The path traverses the hillside until we reach the few stone buildings at Dughla (15,100') which is, after a short climb, the snout of the Khumbu Glacier. We will pass many stone chortens as the path follows a pleasant, grassy valley and finally reaches the lodges at Lobuche where there are outstanding views of Nuptse (25,790').

11 Trek to Gorak Shep and climb Kala Pattar (18,192 ft/ 5545m)

From Lobuche the trail follows a trough beside the Khumbu Glacier and on to the several stone hubs called Gorak Shep (Dead Crow). Gorak Shep was the base camp for the 1952 Swiss Everest Expedition. In 1953 the British Everest expedition called this 'lake camp'. Gorak Shep has a small lake that is usually frozen and several monuments to climbers who have died during Everest expeditions. We will have a chance to climb Kala Pathar or head up to modern Everest Base Camp. Return to Lobuche

12 Trek to Pangboche

We will return along the common route used today to get to Everest Base Camp. We will pass thru Pheriche the home of the HRA (Himalayan Rescue Association) before returning to Pangboche.

13 Trek to Namche Bazaar

We walk back on the opposite side from Tengboche, with views into the valley and the monastery. We drop through Phortse and then climb to take one last look up the valley. This area is great for seeing Himalayan Griffon, soaring on the thermals from the valley floor the scenery changes yet again as we walk through woodlands to reach Namche Bazaar. This is a long day

14 Trek to Lukla

We may awake 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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15		Fly to Kathmandu We fly by Twin Otter to the tiny mountain airstrip to Kathmandu, with a last chance to glimpse the mighty snow capped Himalaya in the distance. The rest of the day is free to enjoy Kathmandu. Stay overnight at the Hotel Malla.
16		Rest Day in Kathmandu Full day to rest and shop in Kathmandu.
17		USA/ Return Home End of Services*****

General Information

Note: This is a trek that progresses through high altitudes. All members need to be aware that the trek involves acclimatizing and difficulties due to the altitude. Every member assumes the risk of exposure to illnesses associated with high altitude trekking. In the event of illness, decisions to continue on the trek will be up to the guide and not up to the members.

This itinerary is meant only as a guide to what our days will be like. Changes will almost surely be made as we go along. These will be based on local conditions, our acclimatization, health and fitness levels, etc. Mountain weather can be warm during the day however; it can also get very cold at night. There may be occasional showers or snow at altitude.

This itinerary Exploradus has designed only as a guideline, to give you an idea of what you can expect on the Mount Everest Base Camp Trek led by Exploradus. Inherent in international exploration, there are many things that may happen on this journey that are beyond our control. Flight cancellations, overbooking of hotels and airplanes, changes in weather, local problems unique to the countries you are visiting, and many other unimaginable surprises are a part of international travel. At Exploradus, we will do our best to prevent, but are not responsible for, such occurrences. Any changes or alteration to the above itinerary, which result in additional charges, will be the direct responsibility of the members of the trip. Exploradus and its representatives are not responsible for any extra charges for services that are not described in this itinerary

Conditioning:

A cumulative conditioning program with adequate rest before departure seems to work for most people. Trekking routes in the Himalayas and other high altitude explorations (especially above 15,000 ft.) are often challenging and previous altitude experience is often the precursor for more thoroughly understanding the principles of acclimatization.

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Services Included

Nepal:

- All domestic air fares in Nepal
- All hotels in Kathmandu and tea houses along the trek
- Sightseeing in Kathmandu
- Transfers and transportation
- Meals while on the trek (bottled water, alcohol and beverages not included)
- Porters and yaks to transport gear
- Tents, stoves, and all climbing equipment except personal equipment
- Park Fees and trekking permits
- Comprehensive travel insurance
- English-speaking local guide

Services Not Included

Nepal:

- International air ticket
- Meals in Kathmandu
- Alcohol, laundry, telephone calls, and personal items
- Rental of personal equipment
- Tips to staff and guides
- Equipment rentals
- Visa fees, airport taxes, excess baggage handling fees

Visas

Nepal: You may get your visa for Nepal upon arrival at the airport in Kathmandu, Nepal. The cost of the Nepal visa is forty (\$40.00) US dollars, payable at the airport. Please bring this US cash and 2 passport photos with you. If you prefer, you may get a 30-day Nepal visa in the USA before you depart.

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Travel Insurance

Adventure travel excursions can be exciting and memorable, but also extremely unpredictable. Because of the unforeseen circumstances which may evolve and complicate travel and exploration, Exploradus offers comprehensive travel insurance through *Travel Guard*.

Airfare Information

International Air Ticket: For travel arrangements, contact Usha Lama at Third Eye Travel. If you purchase your air ticket from Third Eye Travel Usha can help arrange connections, and accommodations based on your time and course of travel.

Usha Lama
Third Eye Travel
33220 Sandpiper Place
Freemont, CA 94555
(800) 456-3393
www.thirdeyetravel.com or usha@thirdeyetravel.com

Trip Cost

Total Land Cost:	\$4,000/Member	Minimum 6 members
Schedule of Payment:	50% Deposit at signup	Balance 60 days

Refunds and Cancellations

Final reservations for this trip will be made 90 days in advance of departure after which cancellation of space on this trip will be virtually impossible. In the event of a last minute cancellation any money that is returned from overseas operators will be refunded to you less the deposit. This refund will come after the entire trip has been paid for in full, and the account has been settled. Unused services cannot be refunded after the trip. Any changes in the itinerary that result in additional charges will be paid directly by the members of the trip.

In regards to our *Refund and Cancellation* policy stated above, Exploradus believes your upcoming trip is a significant investment worth covering. For this reason, we strongly recommend Travel Guard's comprehensive travel insurance. If you choose to decline this valuable protection, you are assuming any financial loss associated with your travel arrangements.

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