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## Everest Base Camp Extended

This elaborated trek takes you to all the important highlights of the Khumbu region: Everest Base Camp, Kalapatthar, Gokyo-Ri, Chola pass, Thame and Tyangboche monasteries, Sherpa villages, all with beautiful background of the Himalayas.

This is a challenging trek that starts after a flight to Lukla. A two days walk from Lukla takes us to Namche Bazaar, the biggest Sherpa settlement. An acclimatization day at Namche is accompanied by a hike to Syangboche to view the beautiful Ama Dablam peak .

The most challenging part of the trek is crossing the Chho La Pass. The landscape changes slightly on the way to Gokyo after crossing the pass. The view of Gokyo lake from Gokyo is incredible. But we also come across other lakes on the way. We also get an opportunity to view Everest Panorama from a different angle, the Gokyo Ri.

### Trip Features

Trip Duration: 20 days

Trek Duration: 16 days

Max Elevation: 5550 m

Grade: Moderate to Strenuous

Trek Style: Lodge-to-Lodge (Teahouse)

Waking Time: 4 to 7 hours per day;

Best Season: March-May, September-November



### Itinerary

Day1:	Arrival in Kathmandu(1350m). Transfer to Hotel.
Day2:	Trek Briefing and Sightseeing around Kathmandu.
Day3:	Fly Kathmandu to Lukla(2,744m). Short walk to Phakding.
Day4:	Phakding to Namche Bazaar(3,480m)
Day5:	Rest day in Namche Bazaar. Hike up to Syangboche and back to Namche Bazaar(3,480m)
Day6:	Namche Bazaar to Thame(3820m)
Day7:	Explore Thame Monastery and Trek to Khumjung(3780m)
Day8:	Khumjung to Tengboche(3860m). Explore Tengboche Monastery.
Day9:	Tengboche to Pheriche(4270m)
Day10:	Periche to Labuche(4910m)
Day11:	Gorakshep(5,240m) - Kalapathhar(5,550m)- Gorakshep
Day12:	Gorakshep(5,240m) - Everest Base Camp(5364m)- Gorakshep
Day13:	Gorakshep to Dzongla(4830m)
Day14:	Dzongla - Chola Pass(5330m) - Thangnak(4700m)
Day15:	Thangnak to Gokyo(4790m)
Day16:	Gokyo - Gokyo Ri(5300m)- Machhermo(4410m)
Day17:	Machhermo to Namche Bazaar(3480m)
Day18:	Namche Bazaar to Lukla(2744m)
Day19:	Flight Back to Kathmandu.
Day20:	Sightseeing in Kathmandu Valley.

### Costs:

Complete Package: Starting from €1099,-

Trek Only: Starting from €1029,-



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## Highlights:

- Kathmandu Valley
- Everest Range
- Everest Base Camp
- Dingboche
- Tengboche Monastery
- Thame Monastery



## Everest Base Camp Extended Details

### Day One - Arrival and Transfer to Hotel

On the day of your arrival in the Tribhuvan International Airport, Kathmandu, you will be picked up by our airport representative at the airport and transferred to your hotel. The drive from the Airport to the hotel will be of less than an hour. In case you will arrive early in the morning we can arrange a day programme. This however is optional.

### Day Two - Trek Briefing/Sightseeing Kathmandu Valley

Your trekking guide will visit you in the hotel to brief you about the trek after your breakfast. After a short briefing you will be accompanied by our city guide for a sightseeing tour of Kathmandu Valley. We will visit places such as Kathmandu Durbar Square, Pusipatinath Temple and Baudhanath Stupa.

### Day Three - Flight to Lukla and trek to Phakding

After an early breakfast, you fly from Kathmandu to Lukla. The flight takes one hour. Landing in the tiny airstrip at Lukla is in itself an adventure. The airport was named Tenzing-Hillary airport after the adventurer Sir Edmund Hillary. After we have landed, we have our lunch/brunch while the porters are busy loading the equipments. Then we walk to Phakding which will take around three hours.

### Day Four - Trek to Namche Bazaar

The first phase of the walk goes along the Dudh Koshi river valley, through pine forests. In around 2.5 hours we reach Monjo(2840m) and within a few minutes from here we enter the "Sagarmatha National Park". We stop for Lunch at Dorsale(2805m). After that we continue and will cross several suspension bridges including the "Hillary Bridge" on the way. Following the Hillary Bridge, the trail climbs steeply to Namche Bazaar, a Sherpa Village. From here there are good views of Nuptse(7927m), Lhotse(8434m), and also the Everest(8848m) peaks.

### Day Five - Acclimatisation in Namche Bazaar

After breakfast we hike up to Syangboche(3800m) from where we enjoy a majestic view of the Ama Dablam peak(6995m), Thamserku and Mount Everest. But Ama Dablam is the attraction. The walk to Syangboche takes around two hours. We have our lunch at Syangboche with the majestic view of the Himalayas. We spend the afternoon exploring the village of Namche Bazaar.

### Day Six - Trek to Thame

From Namche we walk through another nearby village, Thamo, where we explore a Buddhist Nunnery. After Thamo the trail descends down to Bhote Koshi gorge where we cross a bridge and ascend to Thame. Here, we could pass by Yak caravans coming from Tibetan side. Tenzing Norgay Sherpa was brought up in Thame village.



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## Day Seven - Thame Monastery and Khumjung

In the morning, at around 0700, after a cup of coffee, we start our ascend over a nearby hill to reach the beautiful Thame Monastery. This 17th century monastery has a wonderful collection of antique Thangkas (Buddhist holy paintings) hanging all over its walls and ceilings. On the way to the Monastery we see the Nangpa La pass, from where the Tibetans come in with their Yak Caravans. After exploring the monastery, we return back to Thame for breakfast. After breakfast, we start our walk. Within 5 hrs we reach the Syangboche village and another 20 minutes from here takes us to Khunde village (3840m) and eventually to Khumjung (3780m). We walk with the majestic view of Thamserku (6623m), Ama Dablam (6812m) and Kusum Kangruru peaks.

## Day Eight - Tengboche Monastery

In Khumjung, there is a school known as Hillary School, with a nice statue of Sir Edmund Hillary at the centre of the school premises. From here it is a 2 hrs descend down to the bridge at Phunki Tenga (3250m). We cross the bridge and after lunch we start a two hours steady climb to reach Tengboche monastery. This monastery was originally built in 1916 and again reconstructed in 1980 after it was destroyed by a fire breakout. This is a beautiful monastery surrounded by soaring peaks. We spend the afternoon exploring this monastery. Many do the trek only up to Thame Monastery.

## Day Nine - Trek to Pheriche

After early exploration of the monastery, we start the days walk. Within 2 hours we reach Pangboche with beautiful view of the mountains at our background. Then we reach Shomare for lunch. Now, that you have crossed 4000 meters, the air gets thinner and we should be careful. We cross a small Lobuche river and reach Pheriche (4240m). After Pheriche the number of Lodges and restaurants are very limited as they are monitored by Sagarmatha National Park.

## Day Ten - Trek to Labuche

We climb over a small hill opposite Lobuche to get a view of Dingboche village. Then, following a plain trail we reach Thukla. Here, we stop for lunch. After lunch it is a constant climb for around 2 hrs and then a plain but rocky trail for another one hour. Then we reach Lobuche (4910m). The number of lodges is limited here and accommodation is very basic.

## Day Eleven - Gorakshep (5,240m) - Kalapatthar (5,550m) - Gorakshep

Today we start early, before 0400 AM. Don't forget to carry your head lamp or torch light. After 2 hrs we reach Gorakshep, where we have our breakfast. This is the last camp, before Everest Base Camp. We take a room in a Lodge at Gorakshep, leave our luggage there and head for Kalapatthar. After a two and a hours steep ascend from Gorakshep, we reach Kalapatthar. It is an exhausting but an interesting climb. The more we climb, better gets the panorama. At the top of the Kalapatthar, we feel at the top of the world, with an incomparable view. The panorama includes Amadablam (6812m), Nuptse (7861m), Thamserku (6623m), Kangteka, Pumori (7161m) and above all the Mount Everest (8848m) is visible from here. We can also see the Everest Base Camp and the Khumbu glacier. From here we head back to Gorakshep, to our lodge, for lunch and overnight.

## Day Twelve - Everest Base Camp

It is a three hours walk from Gorakshep to Everest Base Camp. Ironically, the Everest peak is not visible from its base camp. However, we see the Khumbu glacier, which is the way to the first camp of the Everest expedition. We carry some dry food as there are no restaurants on the way. It takes 6 hrs up and down plus one hour at the Base Camp. In the Base Camp, we could see expedition camps waiting for a good weather and/or for acclimatization. Generally all expeditions make their way to the top in April/May. From here we head back to Gorakshep.



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### **Day Thirteen - Ascend to Labuche**

From Gorakshep, we head back to Labuche, have lunch and head towards Dzongla. We see Cholatso lake on the way.

### **Day Fourteen - Cho-La pass**

This will be a long and exhausting day. Crossing Cho-la is one of the challenges of the trek. We start at around 0700 in the morning. After an hour walk, we slowly start our ascend to the Cho-la. After three and a half hours of ascend through rocky trails, we finally reach Cho-la(5330m), with a majestic view of the mountains from another side. Cho-la is covered with snow and ice and the trails can be slippery and narrow. We carry some dry food for our lunch. We stop for lunch over Cho-la. There are no restaurants here. We descend to the base at the western side of Cho-la which takes around 1.5hrs. From here, a few ascends and descends finally takes us to Thangnak(4700m).

### **Day Fifteen - Trek down to Gokyo**

After a last few hard days, today is a short, comfortable walk to Gokyo. We start around 0930 to reach Gokyo at around 01:00 Pm. Gokyo is a small village next to the beautiful Gokyo lake(Dudh Kunda) and in the laps of the Gokyo Ri peak.

### **Day Sixteen - Scenic tour Gokyo**

We leave our luggage in our lodge at Gokyo and climb Gokyo Ri, 570m high from Gokyo. This will take us around two and a half hours. We will carry our breakfast, which we will have at Gokyo Ri peak. From Gokyo Ri, we get a beautiful view of peaks like Lhotse, Nuptse, Cho-yu, Makalu, Pumori and it also offers one of the finest views of Mount Everest. Moreover, there is a beautiful view of glaciers and lakes below the Gokyo peak. After breakfast, we descend down to Gokyo and to Machhermo.

### **Day seventeen - Trek down to Namche Bazaar**

We descend down to Namche bazaar which will take us around 6 hrs. The way down is the same way we had up two weeks ago. Although going down may seem easy, this actually requires quite some skills and may be more tiring than expected.

### **Day Eighteen - Trek to Lukla**

This is our last day of trekking and it will go smooth and easily. This gives you the last chance to enjoy the breathtaking Everest landscape.

### **Day Nineteen - Flight to Kathmandu**

Today we will fly back to Kathmandu where you can enjoy your afternoon and rest.

### **Day Twenty - Rest Day Kathmandu/Visit Bhaktapur**

Today we will pay a visit to the historical city of Bhaktapur. As most of us will be tired from trekking we will take it easy and make it a relaxing experience. After all the natural beauties Bhaktapur with its medieval appearance will manage to surprise you.



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