

# KEEP WALKING - NEPAL EVEREST BASE CAMP TREK

- SEE WEBSITE FOR DATES -



I have successfully summited Mount Everest on three occasions and with the wealth of experience gained, have planned what I consider to be the most appropriate route and best accommodation, for this trek to the base of the world's highest peak. It is the dream of many people to walk to Everest Base Camp for a close-up view the mighty summit, and we will ensure you have a trip that allows you to acclimatise safely on your way to base camp and the nearby peak of Kala Pathar (5545m).

Walking through sherpa villages we climb to the major town in the district Namche Bazaar. It is above this town we catch our first views of Everest as we meander through the pine and rhododendron forest. Each night we will camp in comfortable lodges.

We would be pleased to have you on this journey and to introduce you to our country and ways of life, while you travel as part of my extended family.



*Ang Ngima Sherpa*

**Business Proprietor**

## Trip Summary

- Day 1 - arrive Kathmandu: meet and greet
- Day 2 - fly to Lukla & trek to Phakding (approx 4 hr trek)
- Day 3 – trek to Monjo (approx 4 hrs)
- Day 4 – trek to Namche (approx 4 – 5 hrs)
- Day 5 - rest / acclimatisation day Namche Bazaar
- Day 6 – trek to Deboche (approx 6 – 7 hrs)
- Day 7 – trek to Dingboche (approx 6 – 7 hrs)
- Day 8 – rest / acclimatisation day Dingboche
- Day 9 – trek to Lobuche (approx 6 hrs)
- Day 10 - trek to Gorak Shep (approx 7 – 8 hrs)
- Day 11 - trek to Kala Pattar/Dingboche (approx 8 hrs)
- Day 12 - trek to Deboche (approx 4 - 5 hrs)
- Day 13 - trek to Namche (approx 5 – 6 hrs)
- Day 14 - trek to Ghat (approx 5 – 6 hrs)
- Day 15 - trek to Lukla (approx 2 – 3 hrs)
- Day 16 - fly to Kathmandu: remainder of day for leisure
- Day 17 - optional sightseeing Kathmandu & surrounds
- Day 18 - trip concludes after breakfast

**Cost: US\$ 2200 (joining Kathmandu)**

**Includes:** hotel accommodation and all meals (except for lunch Day 1 and Days 16- 17 and Dinner Day 17 , and any meals on Day 18 after breakfast), domestic flights, all airport pickups and drop-offs. A sleeping bag and kit bag are provided whilst on trek, plus Sherpas and porters to assist you en-route and carry your overnight gear. A medical kit will be carried by staff.

Single Supplement: additional US\$165



18 day Lodge based journey.  
Moderate grade trek: good level of fitness required.

## CONTACT US

### In Nepal:

Ang Tshering Sherpa / Pemba Lamu Sherpa

GPO Box 13418 Kathmandu

Office: Kaldhara-16, Paknajol, Pipalbot Marga,  
Kathmandu 4600

Email: [keepwalkingnepal@gmail.com](mailto:keepwalkingnepal@gmail.com)

Ph. +977 4389 649 (office)

Mob. +977 9860 627 739 /+977 9851 189 649

**Web:** [www.keepwalkingnepal.com](http://www.keepwalkingnepal.com)

# DAILY MOVEMENTS

## EVEREST BASE CAMP TREK



**Day 1** Arrive Kathmandu - Sherpa staff will transfer participants to a lovely hotel in Boudhanath, a short walk from the world's second biggest Buddhist stupa. Evening meal with the Sherpa leader, allowing time to meet and mix with others in the group. Overnight in Kathmandu.

**Day 2** Fly to Lukla (2800m), trek to Phakding (2610m). Walk approx 4 hours. An early start flying Kathmandu to Lukla, 45 mins. This is the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a scenic flight. Following morning tea we will trek to Ghat for lunch and then continue our walk to Phakding, our overnight stop.

**Day 3** To Monjo (2850m). Walk approx 4 hours. Today we cross and re-cross the glacial river, named "Dudh" (milk) Kosi (river) because of its colour, whilst walking through pine forest and terraced fields growing a variety of crops. It is one of the main trading trails and we will see small groups of donkeys, dzopko and yaks carrying supplies. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, (nak being the female) more commonly used at higher altitudes. We see our first Mani walls today. These stone structures are made from many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus", and is mantra (chant) venerated by Buddhists. Buddhists will walk to the left of these mani walls and chortens, but many who have no knowledge of Buddhism will do the same. Overnight at Monjo. This is a short day to allow you to acclimatize.

**Day 4** To Namche (3440m). Walk approx 4-5 hours. Today we pass through the gates of the Sagarmartha National Park. We follow the river to the confluence of the Dudh Kosi and the Bhote Kosi, crossing a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a tough climb but we have our first view of Mt Everest today. Namche is a prosperous village spread in a horse-shoe shape around the valley. Following lunch you may like to spend time looking through the shops in search of a bargain.

**Day 5** Rest day Namche Bazaar. Those who are fit and acclimatising well may wish to take the optional walk to the Everest View Hotel (2-3hrs) where spectacular views of Everest and Ama Dablam may be seen. Around us also as we walk are Thamserku (6618m), Kantega (6783m), Ama Dablam (6814m), Nuptse (7864m) and Lhotse (8516m) and the greatest of all, Mt Everest (8848m). As we sit looking at the magnificent view from the hotel balcony I will share with you some of the technical aspects of scaling some of the peaks I have climbed. Ama Dablam whilst not as high as Mt Everest is technically more difficult and therefore is challenging. I have climbed most of the major peaks in the Himalayan range.

**Day 6** To Deboche (3820m) via Thyangboche. Walk approx 6-7 hours. Today's walk along the ridgeline to Deboche is spectacular. We will lunch at Phungi Thanga the junction of the Imja Khola and Dhud Kosi rivers, after which we cross the Dudh Kosi and begin the ascent to the top of a long ridge which flows from the summit of Kantega. Continuing our climb we reach the monastery village of Thyangboche. The views of Everest, as well as all the other major peaks of the area are breathtaking. After a rest and visit to the monastery we head downhill to Deboche.

**Day 7** To Dingboche (4410m), walk approx. 6-7 hours. Today is a steady ascent to Dingboche. The stunning views of Everest, Lhotse, Kantega, Thamserku, Ama Dablam and Nuptse are spectacular throughout our walk today. Crossing the Imja Khola it is an easy climb along a wide trail to the small village of Pangboche (3930m). Here we visit the Pangboche Gompa, the oldest monastery in the Khumbu region (360 years old). It is here that Buddhist climbers take time to pray with the Monastery Lama for good weather and a safe journey before stepping on the sacred mountain Sagarmatha (Mt Everest). We continue to Shomare (4010m) for lunch. Crossing the river again we trek up to Dingboche, situated beneath Ama Dablam, our rest spot for the night.

**Day 8** Rest day in Dingboche. An important acclimatisation/rest day today with the option of hiking high up to the ridge (4-5hrs) overlooking the village for excellent views of Nuptse, Lhotse, Chukung Peak (5550m) and Imja Tse (5083m).

**Day 9** To Lobuche (4910m). Walk approx 6 hours. Gaining altitude it is important that we move at a slow, steady pace. The slopes are quite barren now as we move above the tree line and the temperature begins to drop. Views of different peaks, such as Cholatse and Lobuche, are seen before us. Climbing up the Dhugla Ridge we step onto the moraine heading towards the Khumbu Glacier. Rock cairns can be seen, which are dedicated to the memory of climbers attempting the high mountains of the area, including Everest. On my last journey to climb Everest I sat with Ang Rita Sherpa, also known as the Snow Leopard (who summited Mt Everest successfully 10 times without oxygen) and remembered the lives of the climbers who died on the slopes of these mountains.

**Day 10** To Gorak Shep (5140m) & Base Camp (5364m). Walk approx 7-8 hours. Trekking alongside the Khumbu Glacier over the rocky moraine we head towards the settlement of Gorak Shep. We are now high among the glaciers of the world's highest peaks. Following our arrival at Gorak Shep we have an early lunch before we commence our trek to Everest Base Camp.

**Day 11** Kala Pattar (5550m), & trek Dingboche (4410m), walk approx. 7-8 hours. Gaining altitude we trek up to the top of Kala Pattar, the highest point of our trek. The views are spectacular. We can see the mighty Everest with its ascent routes. I will tell you about the different camps that are used to reach the top of the peak and describe the difficulty crossing the Khumbu icefall. After lunch back at Gorak Shep we head back down to Dingboche, This afternoon we can walk up the ridge behind Dingboche for sunset views of Nuptse, Lhotse and Chhukung Peak.

**Day 12** To Deboche (3820m). Walk approx 4-5 hours. Walking downhill there is still much to see. We descend to Pangboche and then continue on to Deboche for the night.

**Day 13** To Namche (3440m), walk approx. 5-6 hours. If the weather is clear, the mountain views from Thyangboche monastery as we pass through are outstanding - Everest, Lhotse and Nuptse are at the head of the valley and on the side Ama Dablam. A 360 degree panorama of mountains encircle us. It is a pleasant walk to Namche our overnight camp.

**Day 14** To Ghat (2800m). Walk approx 5-6 hours. Leaving Namche we descend through the forest towards the Dudh Kosi, and continue our return journey crossing and re-crossing the river. Leaving the Sagarmartha National Park today we arrive at Ghat by mid afternoon.

**Day 15** To Lukla (2800m). Walk approx 2-3 hours. Our last evening of the trek is a good opportunity for a small party with all the team, especially the porters who will return to their villages from here. Appreciation in the form of tips may be expressed at that time to these people who make the trip such and enjoyable adventure.

**Day 16** To Kathmandu by air (1330m). This morning we fly to Kathmandu. . On arrival, we transfer to the hotel. The rest of the day is at leisure. We will meet again for dinner.

**Day 17** In Kathmandu. Optional sightseeing tour takes in the key attractions in and around Kathmandu. The formalities of the trip conclude after breakfast unless further arrangements have been negotiated.

**Day 18** Trip concludes Kathmandu. Journey formally concludes after breakfast with transportation to the airport, unless other arrangements have been made.

### **Sherpa People**

*The best known and admired of all of Nepal's ethnic groups, the Sherpa migrated to the high valleys south of Mt Everest from eastern Tibet about 450 years ago. Their Tibetan origins are reflected in their language, customs and religion. Our staff and crew will all be local Sherpa people from Solukhumbu, the valley adjacent to the Everest region. The walk is in their 'back yard', so the many questions about the land and its people can be answered promptly and accurately. The Sherpa people were originally employed by the first mountaineers attempting to climb Mount Everest. It is from the courage and strength of these local people that the name 'sherpa' has been collectively adopted and used to describe a climbing guide working across Nepal.*