

KEEP WALKING - NEPAL

EVEREST VIEW TREK

- SEE WEBSITE FOR DATES -



It is the dream of many people to walk to Everest Base Camp and view the mighty summit. For some trekkers this is not possible due to the altitude and fitness levels. We have designed this trek to allow you to view Everest and neighbouring mountains from a comfortable 3440m. 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 lodges. This region offers a memorable experience with beautiful landscapes and alpine terrain.

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



Ang Tshering Sherpa

Family business owner / manager

Trip Summary

- Day 1 - arrive Kathmandu: meet and greet
- Day 2 - sightseeing in Kathmandu and surrounds
- Day 3 - fly to Lukla: trek to Phakding (approx 3 – 4 hrs)
- Day 4 – trek to Monjo (approx 3 – 4 hrs)
- Day 5 – trek to Namche Bazaar (approx 4 – 5 hrs)
- Day 6 – rest day Namche Bazaar
- Day 7 – trek to Debuche (approx 5 – 6 hrs)
- Day 8 – trek to Khumjung (approx 5 – 6 hrs)
- Day 9 – trek to Bengkar (approx 5 – 6 hrs)
- Day 10 -trek to Lukla (approx 4 – 5 hrs): party night
- Day 11 - fly to Kathmandu: leisure afternoon
- Day 12 - trip concludes after breakfast

Cost: US \$1850 (joining Kathmandu)

Includes: hotel accommodation and all meals (except for lunch Days 1 & 2, dinner Day 11 and any meals on Day 12 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



8 day Lodge based trek.

Introductory to moderate level trek: reasonable level of fitness required –

CONTACT US

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DAILY MOVEMENTS

EVEREST VIEW 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 In Kathmandu. Half day sightseeing tour of the 2 major attractions in Kathmandu. We will visit Boudhanath (the second largest Buddhist stupa in the world) and Pashupatinath (one of the most significant hindu temples of Lord Shiva in the world, located on the banks of the Bagmati river). Afternoon at leisure for last minute shopping or you may like to explore Durbar Square or the extensive handicraft shops in Thamel.

Day 3 Fly to Lukla (2850m), trek to Phakding (2610m). Walk approx 3-4 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 4 To Monjo (2835m). Walk approx 3-4 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 5 To Namche Bazaar (3440m). Walk approx 4-5 hours. Today we pass through the gates of the Sagarmatha 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 6 Rest day Namche Bazaar. Today we 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). We will take time to sit and look at the magnificent view from the hotel balcony.

Day 7 To Debuche (3860m) via Tengbuche. Walk approx 5-6 hours. Today's walk along the ridgeline 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 Tengboche monastery, a Tibetan Buddhist monastery of the Sherpa community. We will have the chance to visit the monastery. The views of Everest, as well as all the other major peaks of the area (Nuptse, Lhotse, Ama Dablam) are breathtaking. The monastery buildings stand on a knoll and provide a grandstand for the finest mountain scenery. Tengboche is considered the gateway to Mt Everest.

Day 8 To Khumjung (3780m), walk approx. 5-6 hours. Khumjung village is home to the only high school in the Khumbu region. Also known as Hillary School, its founder in 1961 Sir Edmund Hillary, cater for over 300 pupils from grades 1 to 10. A monastery in the village is purported to house a yeti scalp.

Day 9 To Bengkar (2630m), walk approx. 5-6 hours. Today we head downhill through the rhododendron forests to Bengkar.

Day 10 To Lukla (2850m). Walk approx 4-5 hours. Today is the last day of our mountain trekking adventure. We gradually descend and walk along the Dudh Koshi river banks. Tonight, 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 11 To Kathmandu by air (1330m). This morning we fly to Kathmandu, 35 mins. On arrival, we transfer to the hotel. The rest of the day is at leisure. We will meet again for dinner.

Day 12 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.

