

Everest Expedition

Nepal, hike in the shadow of Mount Everest



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Nepal, Everest Expedition

An incredible hike in the shadow of Mount Everest

As home to the Sherpas and the site of Mount Everest, Lhotse and Cho Oyu - three of the world's seven highest mountains - the Khumbu region of Nepal is unquestionably the most popular place for trekking in the Himalayas.

Whilst most of us can only dream of summiting this mighty mountain, this stunning 16 day expedition allows us to become seduced by the myths and excitement of Mount Everest and the dynamic region of the Sherpa people. Along the way, we will witness ancient Tibetan Buddhism as we visit, learn and become inspired from our guides.

This will be a journey to sacred regions, offering a lifetime of impressions and reflections. Most days are nothing short of breath-taking while we walk amidst the Himalayan giants to the jingle of yak bells.

You will return home feeling exhilarated, with ever lasting memories from your trek through one of the most stunning places on earth!



Detailed itinerary

Day 1: Depart UK to Kathmandu, Nepal

Depart London for an overnight flight.

Day 2: Kathmandu

Connecting flight to Kathmandu. Greeted on arrival and transferred to Summit Hotel.

Day 3: Lukla to Monjo (2835m)

5-6hrs

We take a short flight to Lukla in a twin engine 18- seater plane over the spectacular Himalayan mountain range with views of snow capped peaks to the north and the rugged foothills of Nepal to the south. We then head for the Sagarmatha (Mount Everest) National Park where we find our first nights camp in Monjo.



Day 4: Namche Bazaar (3440m), 6-8hrs

A steep climb first thing sees us trek to Namche. Namche Bazaar is a prosperous town and the largest in the Khumbu. As a traditional trading centre, a colourful market is held every Saturday, which include grains, vegetables, trinkets, hand-woven aprons and Tibetan boots. Thamserku and Kwangde Ri loom to the East and West, and the sacred mountain Khumbila dominates the skyline to the north behind the village.

Day 5: Namche Bazaar acclimatisation day

Today we have a brilliant acclimatisation walk to a view spot to see Mount Everest and the others (Nuptse, Lhotse, Ama Dablam) and then on to the Everest View Hotel. We have a chance to stay here for a while and admire the magnificent views and see where our trek will take us. We then return down for a late lunch at the camp. The afternoon is free to explore Namche Bazaar or just rest in camp.

Day 6: Namche Bazaar to Deboche (3710m) 6-9hrs

We traverse westwards with views of Kwangde Ri and the waterfalls cascading off its flanks. The trail contours high above the Bhote Kosi through yellow and white rhododendron forests. We then climb up through the forest to open pastures just before Thame. This pretty and secluded village is the birthplace of Tenzing Norgay who made the first ascent of Mount Everest with Sir Edmund Hillary.

From here, we follow a trail across to the crest of a ridge for views of the route to the Nangpa La, a pass into Tibet frequently used by the Sherpas and their yaks during the monsoon season. The trail descends from Khumjung with chortens framing a dramatic view of Ama Dablam, Kangtaiga and Mount Everest, its summit pyramid rising above the Lhotse Nuptse wall. Cross the Dudh Kosi at the village of Phunki with its water-powered prayer wheels and climb steeply through the forest to the saddle at the top of the hill. We then continue down to Deboche to our camp.

Detailed itinerary

Day 7: Dingboche (4270m) 5-7hrs

Descend to the Imia Khola, cross the river and climb gradually to Pangboche where there is a fascinating gompa (monastery) above the main village. After lunch, the trail climbs gradually up the valley to Pheriche, where the Himalayan Rescue Association have their aid post, and our stop for the evening.

Day 8: Dingboche acclimatisation day

For acclimatisation purposes we spend two nights at 4270m. The day can be spent exploring the Chukhung Valley towards Island Peak. Here one is truly among the giants of the Khumbu, with Ama Dablam and the massive southern ramparts of Nuptse and Lhotse flanking the valley.

Day 9: Dingboche to Lobuche (4910m) 5-7hrs

The path from Dingboche skirts the hillside above Pheriche and joins the main trail coming up the Imja Valley at Thugla. A steep ascent leads to the terminal moraine of the Khumbu Glacier and the path is rough and ill-defined in places, the stark and rugged beauty of the area creates a moonscape. The campsite at Lobuche is tucked into a windswept side valley between the glacier and Lobuche Peak.

Day 10: Lobuche to (Kala Pattar summit 5550m) Gorak Shep (5140m) 9-11hrs

Today we trek along “Nepali Flat” terrain, the few miles to Gorak Shep. The climb to the summit of Kala Pattar takes about 2 hours and can be hard work in the snow, but the effort is rewarded by the magnificent view of Mount Everest and the Khumbu Icefall. Lhotse, Nuptse, the Tibetan peak Changste and Pumori are immediately above. Tonight we stay in Gorak Shep at 5140m.

Day 11: Everest Base Camp (5364m - optional) Gorak Shep to Lobuje (4910m) 7-9hrs

We cross the Khumbu stream and then embark the primary Everest route, passing through several villages such until the trail becomes easier with the stunning views of the mountains all around. We then descend into the tiny village of Lobuje where we stay for the night.

Day 12: Lobuje to Pangboche (3930m) 5-7hrs

From Lobuje we pass small villages until we reach Pangboche, at the base of Ama Dablam. We also visit the memorial to all that have lost their lives attempting the summit of Everest.

Day 13: Pangboche to Monjo (2840m) 5-6hrs

A breath-taking trek through the rhododendron bushes and fir trees awaits us. We then cross the bridge over Dudhkoshi River passing through the villages Tashinga and Sansa, we arrive at Kyangjuma, another serene village. Continuing our way back, we trail along the curvy and steep maze to Namche Bazaar. From Namche, we take a steep downhill route before arriving at Monjo.

Day 14: Monjo to Lukla (2840m) 5-6hrs

The final day of walking follows the river down the valley before the deceptively long hard climb up to Lukla.

Day 15: Lukla to Kathmandu

A 45 minute return flight sees us back to Kathmandu in time for lunch at our hotel.

Detailed itinerary

Day 16: Departure from Nepal

We transfer to the airport for our departure flight back to London.

NB: There are opportunities to extend your stay in Nepal.

Challenge grade

Tough

Best time of year

November, December, January and February

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This itinerary is complex and subject to change

