

# Everest Base Camp Trek

Experience the classic Everest base camp trek



## HIGHLIGHTS:

- Stunning views of Everest, Lhotse, Nuptse and Ama dablam
- Colourful Buddhist culture
- Spirited Sherpa people
- Up close insight of an Everest Expedition



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## OVERVIEW

The trek to Everest base camp offers a comprehensive and colourful journey through Nepal's most famous valley, the Khumbu, the home of Everest (8848m) and Lhotse (8501m). The trail also offers glimpses of other 8000m giants, Cho Oyu (8201m), Makalu (8463m) and Shisapangma (8013m).

During Spring, the valley is awash with flowering rhododendron trees of various colours and large white magnolia trees. The rolling landscape varies from lush low alpine vegetation to dry high altitude scrub land. Inhabiting this harsh land are the Sherpa people, an ethnic group famous for their hardiness, spirit and mountaineering prowess. This trek

journeys into the heartland of the Sherpa people providing an insight into their rich Buddhist culture and traditional way of life. Sir Edmund Hillary grew a passion for Sherpas from his early mountaineering years and following Everest, spent his remaining years dedicated to fundraising and bringing development to the region.

Spring also brings climbers from around the globe with Everest ambitions. You'll share the trail with yak and porters carrying supplies to Everest base camp (EBC). During this season, Himalayan Ascent can offer you accommodation at an Everest Expedition camp. This unique opportunity gives a chance to mix with excited and anxious climbers, and highlights the operations behind an Everest Expedition.



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**Our Route** begins from the gateway airport town of Lukla at 2840m. Following the Dudh kosi river on the valley floor, the trail first passes through farming villages of mixed Tamang, Rai and Sherpa communities. We then make a sharp ascent up to Namche, the capital of the Khumbu and the traditional trading centre of Sherpa people.

From here it's a climb up to picturesque Tengboche, which hosts the largest monastery in the Khumbu.

We acclimatise in Dingboche first before trekking the last few kilometres of a high altitude trail to EBC.

At EBC we will explore the most famous base camp in the world and take in the scale of the Khumbhu icefall. We return to Gorak Shep and make our way to the summit of Kala Pattar to fully enjoy unobstructed views of Everest and Lhotse. The return journey passes through Pheriche and breaks at Tengboche to allow a prayer time session with the monks.



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## GRADE/FITNESS

This is a trek and requires no prior trekking experience. Good fitness is required as most days will involve 4-6 hours of trekking carrying a 5kg day pack. The trail is non technical but will reach a maximum altitude of 5550m.

## INCLUDES:

Trekking permits, 4 nights Kathmandu hotel, trekking guides, transport in Nepal, extensive high altitude wilderness first aid kit, all meals outside Kathmandu, porters to carry personal/ group equipment, down jacket, sleeping bag and expedition duffel.

## EXCLUDES:

International flights to Kathmandu, meals in Kathmandu (USD 10-15 per meal), aerated and alcoholic beverages, personal items (e.g. phone calls, laundry), tips, travel insurance (incl. early departure, mountain rescue) and personal trekking gear.



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## ITINERARY

### **Day 1-2 Arrival and in Kathmandu**

A Himalayan Ascent representative will collect you from the airport. It's a free day to recover from your international flight. Later in the evening, there will be a group briefing and welcome group dinner. You can use the next day to explore the crazy, yet wondrously beautiful city of Kathmandu. (Swayambu and Boudhanath). It's a city that stimulates all senses, so be prepared because Kathmandu is a city that demands attention.

### **Day 3 Fly to Lukla (2840m) and trek to Monjo (2610m) ~5 hours**

Welcome to the Khumbu! We will take the exhilarating flight on a Twin Otter to Lukla

and (hopefully!) catch the first glimpses of Everest from the plane. In Lukla we will meet our porters and other BC staff, and after lunch walk to Monjo, a small village on the roaring Dudh Koshi river, which drains the bulk of the Everest region. The milky, glacier-fed waters of the Dudh Koshi are the source of its name, which means "Milk River." We will stay in a comfortable lodge on the edge of the river.

### **Day 4 Trek Monjo (2610m) to Namche (3440m) ~4 hours**

Before leaving Monjo, we'll drop into the Khumbu National Park Information Centre where you can trace our trail from a 3D model of the region. The route crosses



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several steel suspension bridges covered with katas, white well-wishing scarves, and prayer flags. From the last bridge, it's a 2 to 3 hour hike up to Namche. On a clear day, you can catch your first view of Everest from a lookout about mid-way up the hill. Once in Namche, you have the afternoon to rest, do last minute gear shopping or catch locals enjoying the Saturday market.

### **Day 5 Acclimatisation day in Namche**

We spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a

panoramic view of Everest, Ama dablam and Thamserku. It's just a taster for the spectacular scenery to come! From here, you can explore the villages of Khunde and Khumjung where Sir Edmund Hillary opened a hospital and school, respectively. Or the afternoon is free for wandering around Namche, emailing friends/family or relaxing over coffee and cakes in the bakery.

### **Day 6 Trek Namche (3440m) to Tengboche (3860m) ~ 5 hours**

The trail behind Namche is a gentle track that traverses high above the Imja river with overlooking views of Thamserku and Ama dablam. We pass a chorten in memory of Tenzing Norgay, Sir Edmund Hillary's climbing partner, before reaching



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Kyangjuma to break for morning tea and to admire direct views of Ama dablam. The route drops to a crossing of Imja river followed by an up hill hike to Tengboche. This monastery village hosts the largest monastery in the Khumbu and it will be our rest stop for the night.

### **Day 7 Trek Tengboche (3860m) to Dingboche (4410m) ~6 hours**

As we hike up the track towards Dingboche, there's a distinct change in the landscape as we cross the 4000m barrier. High altitude scrubs replace trees and formidable mountains suddenly appear within reach. You feel instantly aware that Everest must be close! Dingboche is the first of a series of

settlements leading to EBC established to accommodate trekkers. It is a seasonal village with a few fields and yaks. The afternoon is free to use internet or to do some much needed laundry. There are a few bakeries you can try too.

### **Day 8 Acclimatisation in Dingboche**

We take a rest day in Dingboche to acclimatise to our increased altitude gain. In the morning, we'll walk up to a lookout to touch the 5000m mark. It's a steep climb but the views of Makalu (8463m), Lhotse (8501m), Nuptse (7861m) and on clear days, Cho Oyu (8201m) and Shispangma (8013m) are worth any feelings of breathlessness. After lunch, if you're





feeling energetic, you can hike towards Chhukung village or down to Pheriche. Alternatively, curling in with a book and hot chocolate is also recommended.

### **Day 9 Trek Dingboche (4410m) to Lobuche (4910m) ~5 hours**

Just above Dingboche and along a plateau of yak herder shelters, we enter a serene sanctuary of panoramic mountains. Take a moment to absorb and reflect on feelings of excitement that Everest is just around the corner! Passing Dughla, it's a 1 hour hike up to Thokla pass (4830m) where memorials have been built for fallen climbers. We then cross rocky terrain to Lobuche.

### **Day 10 Trek Lobuche (4910m) to EBC (5364m) ~5 hours**

Climbing up the trail 3 hours beyond Lobuche, we will reach the small outpost of Gorak Shep (5140m), the EBC for the 1953 expedition that first climbed Everest. From here, we walk 2 to 3 hours winding through the rubble and scree of the Khumbu glacier, to reach EBC at the base of the Khumbu Icefall.

### **Day 11 Rest day in EBC (Spring season only)**

This is a day to fully explore EBC. We will visit the Himalayan Rescue Association clinic and learn about the volunteer work they do to provide medical assistance to climbers. We'll tour the foot of the Khumbu ice fall and understand why this is one of







the most dangerous sections on the South route to Everest.

Also, we'll visit other campsites and chat to climbers about their Everest climbing experience. Few trekking companies can offer such an EBC experience so enjoy this unique twist of the classic EBC trek.

### **Day 12 Trek EBC (5364m) to Pheriche (4270m) via Kala Pattar (5550m) to ~7 hours**

From Gorak Shep and EBC, Pumo Ri (7165m), Lingtren (6749m) and Nuptse (7861m) are clearly visible. However, Everest and Lhotse are largely blocked by the face of Nuptse. To see these mountains, we must climb another vantage point behind Gorak Shep known as Kala Pattar or "Black Rock". It will be an

early start from EBC to reach Kala Pattar summit (2 hour). At 5550m, this is the highest point on our trek! The summit provides a close and unobstructed view of Everest and Lhotse, undoubtedly a worthy reward for making the strenuous climb to the summit. We drop back to Gorak Shep for a snack before making the descent to Pheriche.

### **Day 13 Trek Pheriche (4270m) to Tengboche (3860m) ~4 hours**

As we descend to lower altitudes, every step you take from here to Lukla, you will feel rejuvenated with increasing oxygen in the air. We have lunch at Pangboche, cross the river and pass through Debuche to reach our destination of Tengboche for the night. Tengboche monastery is famous for hosting the major Buddhist







festival, Mani Rimdu, in November. The monastery itself was rebuilt after a fire in 1989. Visitors are allowed to observe prayer time with the monks at mid morning/mid afternoon. This is not to be missed! Also enjoy a cake at the bakery.

### **Day 14 Trek Tengboche (3860m) to Monjo (2840m) ~ 7 hours**

It's a big descent from Tengboche to the Dudh koshi river crossing, followed by a 45 minute hike up the otherside heading back to Namche. The trail from here is an easy traverse with familiar sights of Thamserku and the Kongde range. We pause in Namche for lunch before making another big descent back to the valley floor. Crossing over the many suspension bridges in warmer temperatures again, we eventually break in Monjo for the night.

### **Day 15 Trek Monjo (2840m) to Lukla (2840m) ~ 4 hours**

Enjoy the sights of the maniwalls around Ghat and other villages, as we make our way back to Lukla. This is our last opportunity to take in the Buddhist

culture that has prevailed throughout the trek before returning to the melting pot of cultures found in Kathmandu.

### **Day 16 Fly Lukla to Kathmandu, stay in Kathmandu**

Another early morning flight out of Lukla back to Kathmandu. You have the rest of the day to rest from the trek. A massage is highly recommended!

### **Day 17 In Kathmandu**

Our last day to catch in some sight seeing, shop, relax and prepare for departure. If you didn't make it to Bhaktapur or the other durbar squares in Patan/ Kathmandu, make sure you don't miss these world heritage sites. They provide another viewpoint of Nepal's diverse culture and ancient architectural talents.

### **Day 18 Depart Kathmandu**

We bid Kathmandu and Nepal farewell.... until next time.

Note: daily walking hours include a lunch break.



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## PACKING LIST

There are a number of branded mountaineering equipment stores now open in Kathmandu. To save some check-in luggage allowance, contact us about what's available locally for purchase.

- 20-40L day pack
- Trekking clothes (1 shorts, 2 t-shirts, 1 pants, etc)
- 1 set windproof/waterproof shells
- 1 fleece (mid-heavy weight)
- 1 mid layer shirt or fleece
- 1 fleece pants
- 2 sets thermal underwear (top/ bottom)
- 1 pair of insulating gloves
- 5 pairs of trekking socks
- 2 pairs of liner socks
- 1 pair of waterproof trekking

boots

- 1 pair of sandals (e.g. crocs)
- 1 set of trekking poles
- 1 warm hat (wool/fleece)
- 2 sets of buff/scarf
- 1 sunglasses (category 3)
- 1 sunhat
- 2 One litre water bottles (e.g. Nalgene)
- 1 head torch (plus batteries),
- Whistle and pocket knife
- Personal toiletries (including sunscreen, hand sanitiser, face/body wipes, etc)
- Passport, travel insurance (including mountain rescue),
- Copies of passport, etc
- Entertainment e.g. books/Kindles, notebooks, cameras or cards
- Down jackets (can also be provided by Himalayan Ascent on request)
- A duffel will be provided by Himalayan Ascent.



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## OTHER INFORMATION

### What's a typical day on the trail?

You will be woken up with a knock on your door around 6am by a staff member. You'll get dressed and packed for the day's walk, and have your duffel ready for your porter before breakfast ~7am. The aim will be to leave the teahouse and hit the trail by 8am.

On the trail, you'll carry a small day pack (20-40LL, ~5kg ) with your personal items, water, warm clothing and wet weather gear.

Generally lunch is at the rest stop for the night, which leaves the afternoon free to rest and soak in the views.

Dinner is ~7pm, and most trekkers then either read/play cards or head to bed early ~8-9pm to prepare for the next day's adventure.

### Sleep and Food

Whilst on the trail you'll sleep in local friendly teahouses. These provide basic accommodation (twin-share), common toilets and a large common dining hall. Teahouse

kitchens cater for international and local tastes, from pizzas/pastas to typical Nepali favourites. Other facilities including showers, wifi, battery charging and laundry are sometimes available for an extra cost.

Your Kathmandu accommodation is a midrange 3.5 star hotel, but we can adjust according to your budget (i.e. budget to 5-star). Note that meals in Kathmandu are not included in the cost. Plan for USD 10-15 per meal on these days.

### Sherpa Culture

Known as "Eastern People" in Tibet, Sherpas were nomads who migrated and settled in the Solukhumbu region around 500 years ago from Tibet. Their dialect, dress and food is very similar to Tibetans, more than the Hindu majority ethnic groups in Nepal. With a culture deeply rooted in Buddhism, Sherpas have a strong respect for the mountains and its spirits. First employed as high altitude porters on early Himalayan mountaineering expeditions,





Sherpas are now by their own rights, well regarded accomplished climbers.

## **Climate**

During the trek to base camp in early April, the weather will mostly be dry with some periods of snow. Below Namche (under 3000m), temperatures can reach ~24°C in the day. In BC (above 5000m), day temperatures can range 10°C-15°C. Nights are cool and can drop to -10°C.

## **Health tips**

This trek reaches a maximum altitude of 5550m at Kala Pattar. As such, you may experience some effects of high altitude (e.g. headaches, increased breathing, disturbed sleep) as your body adapts. The trek schedule has been designed to allow for proper acclimatisation. However, everyone responds to high altitude differently, so the best advice is to walk slow, drink plenty of water (~4L/day), listen to your body and alert your guide if you are feeling unwell.

Nepal is a developing country so some travel vaccines are advised. Obtain these at least 2-6 months

before arrival to ensure good immunity. Typhoid, Hepatitis A, and Hepatitis B are recommended. Ensure that you are up to date with routine immunisation (MMR, DPT). Malaria tablets are not needed.

Your guide will be carrying a well stocked first aid kit along the trail. It will contain commonly used medication including ibuprofen and general antibiotics. It is easy to stay healthy and avoid bacterial/ parasitic infections by eating from hygienic venues, and avoiding salad (raw) and unpeeled fruits.

## **Visas**

Tourist visas can be obtained directly at the immigration department of Tribhuvan International Airport in Kathmandu. For faster processing at the airport, first apply online at <http://online.nepalimmigration.gov.np/tourist-visa> up to 15 days before you arrive and bring a print out of the application. Bring at least 2 passport sized photos and USD 50 cash for a 30-day tourist visa. You can also prearrange a visa from your nearest Nepalese consulate.



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# WHY HIMALAYAN ASCENT?

Himalayan Ascent is a family owned business managed by local Nepali, Sumit Joshi, who has more than 20 years of guiding experience in Nepal, India, Pakistan, Tibet, Bhutan and Argentina for reputed international organisations.

Our guides have been raised in the outdoor wonderland of the Himalaya and they are passionate adventurers. The Himalayan Ascent difference is

a guiding team of personnel who actively enjoy the outdoors and love sharing the experience. The philosophy of Himalayan Ascent is simple: showcase the best of Nepali culture and landscape with comfortable service. From trekking in remote areas to high altitude 8000m expeditions, Himalayan Ascent has the experience to provide a type of service that's desired by international outdoor lovers.



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