

Itinerary

Day 1 (Sat 2 May 2020):

London – Kathmandu

Depart London for our flight to Kathmandu.

Day 2 (Sun 3 May 2020): Kathmandu

Arrive in Kathmandu and transfer to our hotel. The rest of the day is free to explore. We meet in the evening for our first traditional Nepali meal at a local restaurant and briefing on the week ahead.

Evening meal included.



Day 3 (Mon 4 May 2020):

Kathmandu – Lukla (2,843m) – Monjo (2,835m)

We fly from Kathmandu on a spectacular 40-minute flight to the mountain village Lukla. Your first sight of the Himalayan mountains will give you an exciting taste of what's to come. We meet our assistant guides and porters before trekking up the Dudh Koshi Valley ('river of milk' – named after the pale appearance of the glacier fed water). We take a well-marked centuries-old trading trail towards Phakding, crossing the river on a series of high suspension bridges. We arrive in the small village of Monjo where we stay overnight in a tea house.

Trekking time approximately 4 hours/9km. Breakfast (boxed), lunch and dinner included.



Day 4 (Tue 5 May 2020):

Monjo to Namche Bazaar (3,445m)

Today we take a steep hike to the traditional Sherpa village Namche Bazaar. We head onwards and upwards through a beautiful rhododendron forest before reaching the entrance to the Sagarmatha National Park, a protected area which aims to preserve the fragile mountain environment for future generations. Namche is the main trading village in the Khumbu and has a busy market, shops, cafes and most famously, freshly baked apple pies. The tough climb is well worth it as we catch our first glimpse of Mount Everest!

Trekking time approximately 5-6 hours/7km.

Breakfast, lunch and dinner included.



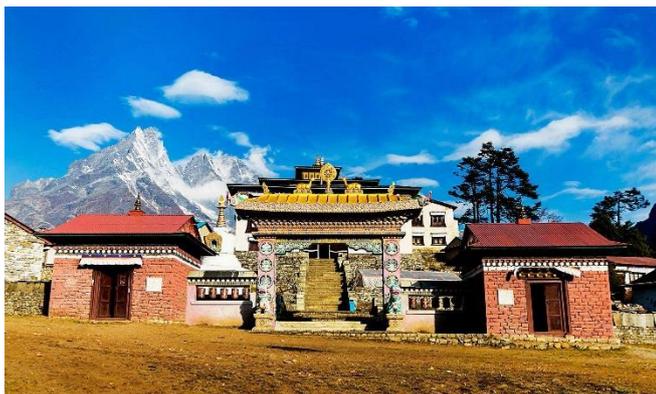
Day 5 (Wed 6 May 2020):

Namche Bazaar (acclimatisation day)

We rise early for an important acclimatisation trek. There are a number of options for acclimatisation in the area – we can trek towards the Everest View Hotel (3,880m) for a well-earned hot chocolate and fantastic panorama of Everest, Ama Dablam, Lhotse, Thamserku and more. Or perhaps visit the local Sherpa museum and Syangboche airport (3,780m). After lunch the rest of the day is free for you to relax and enjoy the bustling town of Namche (and try a slice of famous apple pie!).

Trekking time approximately 2-3hours/3km.

Breakfast, lunch and dinner included.



Day 6 (Thu 7 May 2020):

Namche to Deboche (3,820m)

From Namche, the trail follows the contours of the valley, high above the Dudh Kosi river. From here the mountain views start to open up and we are rewarded with the most incredible panoramic vista of the greatest peaks in Nepal. Passing several villages and tea shops we descend steeply into the forest. We reach the village of Phunki Tenga, situated next to the river and an ideal stop for lunch. We rest before taking a steep climb out of the protected juniper forest to the holy ground of Tengboche, famous for its legendary monastery, the largest in the Khumbu. We finally descend to a tea house in the village of Deboche.

Trekking time approximately 5-6 hours/10km.

Breakfast, lunch and dinner included.

Day 7 (Fri 8th May):

Deboche to Dingboche (4,410m)

After breakfast we continue to descend through the rhododendron forest until we cross the river and start our steady climb towards the picturesque village of Dingboche. After stopping at a small village for lunch, we gradually head up the valley, passing beautifully carved mani walls (stones carved with Tibetan chants). You will notice the temperature dropping as we approach our lodge in Dingboche.

Trekking time approximately 6-7 hours/12km.

Breakfast, lunch and dinner included.



Day 8 (Sat 9 May 2020):

Dingboche (acclimatisation day)

Today is another important day for acclimatisation. You will ascend to around 4,600m up the Chukung Valley for fantastic views of the Himalayas and rural farmland in the valley below. Look out for Ama Dablam, Amphu Gyabjen, Cholatse and Tabuche which surround vast glaciers and turquoise lakes. This afternoon you can explore the village and relax in one of the local bakeries or cafes.

Trekking time approximately 2-3 hours/3km.

Breakfast, lunch and dinner included.



Day 9 (Sun 10 May 2020):

Dingboche to Lobuche (4,910m)

We begin with a gradual climb high above the Pheriche Valley and beneath the impressive peaks of Cholatse and Tabuche. Taking the steep ascent towards the foot of the Khumbu Glacier, we stop for lunch at Thukla (4,620m), a quaint village surrounded by vast peaks. We continue our ascent until we reach a memorial, home to tributes to all those who have died in Nepal's Himalaya. After some time to reflect, we continue following the Khumbu glacier - the highest glacier in the world! It is also renowned for the Khumbu Icefall, a very dangerous part of the ascent route for those attempting to climb Mount Everest. We head towards the cluster of tea houses at Lobuche, where we stay for the night.

Trekking time approximately 5-6 hours/9km

Breakfast, lunch and dinner included.

Day 10 (Mon 11 May 2020):

Lobuche - Everest Base Camp (5,364m) - Gorak Shep (5,140m)

Today is the day! There's a buzz in the air as we leave Lobouche at dawn to make our final journey to Everest Base Camp. We follow the ice pinnacles and crevasses of the Khumbu Glacier as we traverse through the valley. We reach Gorak Shep (graveyard of crows), where a couple of simple mountain lodges are set amongst breath-taking scenery and stop for an early lunch. We are now prepared to make our final push to Base Camp! We make our way along the rough track and finally onto the Khumbu Glacier itself. As we reach the prayer flags of Everest Basecamp, you will feel an overwhelming sense of achievement. After celebrations, group photographs and time to appreciate our stunning surroundings we return to Gorak Shep for a well-deserved rest!

*Trekking time approximately 8-9 hours/10.5km.
Breakfast, lunch and dinner included.*



Day 11 (Tue 12 May 2020):

Gorak Shep - Kala Pattar (5,554m) - Pheriche (4,240m)

If your legs allow, you can rise early to trek up to the summit of Kala Patthar for sunrise views over Everest. It's an early morning and tough climb but the views are breath-taking and you will be in awe of your spectacular surroundings. For those trekking Kala Patthar, you will return to Gorak Shep in time to meet the rest of the team for breakfast before making the descent to Pheriche. It's a long but unforgettable day!

*Trekking time 7-8 hours/10km (+2km for Kala Patthar).
Breakfast, lunch and dinner included.*

Day 12 (Wed 13 May 2020):

Pheriche to Kyangjuma (3,550m)

Today's trek is mostly downhill as we re-trace our steps and descend to Kyangjuma, a village just outside of Namche and the perfect place to quietly breathe in the mountain scenery. There are lots of places of interest along the way including a trekker's health post, water driven prayer wheels and beautiful rhododendron forests.

*Trekking time approximately 5-6 hours/10km.
Breakfast, lunch and dinner included.*



Day 13 (Thu 14 May 2020):

Kyangjuma to Monjo (2,840m)

Today we continue on the trail back to Namche and Monjo. We can take a small detour to Khumjung (3,780m) and Khunde (3,840m), where you can visit the Sir Edmund Hillary School and Hospital, both still in use today - or the Buddhist Monastery, set in a beautiful meadow high on the top of a ridge. We descend into the colourful village of Namche for lunch before making our way back to Monjo for the night.

*Trekking time approximately 4-5 hours/8km.
Breakfast, lunch and dinner included.*



Day 14 (Fri 15 May 2020):

Monjo to Lukla (2,843m) 4 hours

Today marks our final day of trekking as we follow the Dudh Kosi river and rhododendron forests back to Lukla. The rest of the afternoon is at leisure and you may wish to visit one of the bars, cafes or restaurants, or simply relax and reflect on your incredible achievement. In the evening we have a traditional celebratory meal together and say a big thank you to our local guides and porters.

Trekking time approximately 4 hours/9km.

Breakfast, lunch and dinner included.



Day 15 (Sat 16 May 2020):

Lukla to Kathmandu

This morning we fly from Lukla back to Kathmandu. We arrive at our hotel in time for lunch and you can spend the rest of the day exploring this amazing city or have a well-deserved rest. We sit down for our last meal together, a celebration of our great achievement and a toast to our new-found friends!

Breakfast, lunch and dinner included.



Day 16: (Sun 17 May 2020)

Kathmandu to London

We transfer to the airport for our return flight to London. *You may arrive in London the following day, depending on flight schedules.*



N.B. This itinerary is subject to change and will depend on the group ability, flight schedules, weather and the daily circumstances. Any changes in the itinerary will be made in the interest of group safety and enjoyment. You will be informed each evening of the plans for the next day. Your guide and tour manager will have the final say in the interest of the health and safety of the group.

INFORMATION EVENING: 2nd May 2019

Come to our free information evening on Thursday 2nd May from 6pm and find out if this amazing adventure is for you!

Book now: juliashouse.org/everest