

A World Away Travels

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Everest Encounter

Our easiest trek in the Everest Region, Everest Encounter was designed to give you a taste of the Sherpa culture as well as a view of Everest surrounded by other Himalayan giants. Passing through lively mountain villages en route to Namche Bazaar our route enters the snow clad Himalayas. Veering off the main route we visit Thame and its ancient monastery before reaching the village of Tengboche with its spectacular view of Everest. Sitting below what many consider Nepal's most beautiful mountain, Ama Dablam, Tengboche is home to the region's most active and colorful Tibetan Buddhist monastery. With our local Sherpa guides we explore this region of soaring summits and meet its friendly people, making the Everest Encounter an incredible journey to the heart of Nepal's Solu Khumbu region.

Day 1-2 Fly to Nepal

Day 3 Arrive in Nepal

We will spend the afternoon becoming acquainted to our new surroundings and going over our trip in Nepal. For the next two nights we will stay at Dwarika's. The hotel was built with artifacts from all over the Kathmandu Valley and is very close to Pashupatinath Temple and Boudhanath Stupa. Our first night dinner will be accompanied by the sounds of a group of local folk musicians. Accommodations: Dwarika's *Dinner*

Day 4 Kathmandu

Today we will have an optional early start for people experiencing jet lag. In the morning we will walk to Swayambhunath and take in the sights and sounds of Nepal's oldest Buddhist Stupa with Kathmandu's Tibetan community. In the afternoon we will dine at in the gardens of the Patan Museum. After lunch we will visit Patan, one of the valley's original cities with a local historian. Your tour will also include a cultural introduction to the Everest region. The city's ancient architecture is staggering and today it is still home to clans of wood carvers and metal smiths. Patan's local population is primarily Buddhist and its streets and allies are overflowing with local shrines. Returning to our hotel the evening is free to relax. Dinner this evening is on your own. Accommodations: Dwarika's *Breakfast, Lunch*

Day 5 Kathmandu-Lukla-Pakding

Morning flight to Lukla (9,200 ft). Lukla is a Sherpa village situated on a ridge above the Dudh Kosi River valley. After meeting the rest of our Nepali team we will head to Pakding in the canyon below for the evening. Our trail winds through Sherpa villages and along terraced fields. We camp beside the river surrounded by a lush forest of rhododendrons, blue pine, fir, and juniper. *B,L,D*

Day 6 Pakding-Namche Bazaar

We will continue along the river in the morning and enter the Sagarmartha National Park. In the afternoon the group will climb 2,000 feet to Namche Bazaar (11,270 ft). Namche is the starting point of all expeditions in the Everest region. Set in a natural amphitheater, Namche has spectacular mountain scenery and is the home of the region's oldest monastery and the National Park's headquarters. *B,L,D*

Day 7 Namche Bazaar

Namche is the largest and most prosperous town in the Khumbu, a historical trading center where grain from the south was exchanged for salt from Tibet. With the advent of mountaineering and tourist trekking today Namche is thriving. With mountaineer shops, bakeries, quaint lodges, and a Buddhist monastery Namche is an ideal place to explore today while we acclimatize to the higher elevations. Everyone will

have a chance to climb the ridge to Namche's north to view Mount Everest and visit the National Park Headquarters. *B,L,D*

Day 8 Namche-Thame

Trekking past an assortment of chortens, fluttering prayer flags and village monasteries we reach Thame. Set in a large valley the village of Thame has spectacular views to the south of Kwangde and to the west the snow peaks of Teng Kangboche. North of Thame is the route toward the Nangpa La; this pass is the traditional entrance to Tibet for Sherpas. Today the pass is still used for the trade of yaks, wool, and Chinese goods. *B,L,D*

Day 9 Thame-Khumjung

In the morning we will visit the Thame Monastery perched high above the village before trekking to the twin villages of Khumjung and Kunde. Situated below Khumbila, one of Khumbu's most sacred summits, our path weaves past elaborate mani walls and chortens on its way to Khumjung. The Sir Edmond Hillary Trust has put a great deal of funding toward the development of the Everest region and this may be not more apparent than in these villages. The town has the region's only high school and excellent rural medical facilities. *B,L,D*

Day 10 Khumjung-Tengboche

Descending down valley we reach the main route to Everest Base Camp from Namche and the Dudh Kosi River. Passing water driven prayer wheels and occasional homes we climb through thick forests of rhododendrons toward Tengboche. Reaching a small saddle we arrive at what many consider the best view in the Himalayas. Towering above Tengboche and its picturesque monastery is the face of Ama Dablam and up valley the tip of Everest rises above the peaks of Lhotse and Nuptse. Camping in a wide open field below Himalayan giants we have an opportunity to visit the religious center of the Everest region and meet with the Lama living in Tengboche. *B,L,D*

Day 11 Tengboche-Monjo

Contouring high above the Dudh Kosi we head back to Namche and descend to the river. Tonight we camp with the sounds of the Dudh Kosi flowing by. *B,L,D*

Day 12 Monjo-Lukla

Retracing our steps along the Dudh Kosi and out of the river gorge to the Lukla airstrip. *B,L,D*

Day 13 Lukla-Kathmandu

A thirty-five minute flight over Nepal's foothills and past the country's Eastern Himalayas will bring the group back to Kathmandu. The flight is absolutely incredible- the perfect end to our trek. Afternoon at leisure. Accommodations: Dwarika's *B*

*** If we are delayed in Lukla we will continue to camp with our trekking staff. We will use this time to further explore the area surrounding Lukla, including its monastery.*

Day 14 Kathmandu

Today is free to explore Kathmandu and its many sites. In the evening the group will gather to visit Bodhnath. Followed by a walk around Bodhnath, our dinner will be back-lit by thousands of candles burning around the Stupa. The perfect ending to a Himalayan Adventure. Accommodations: Dwarika's *B,D*

Option 2 If people are more interested in walking we will arrange an all day hike through Southern Kathmandu's settlements. Just a couple miles out of the city center our route travels through traditional Newari neighborhoods that have hardly changed since Kathmandu was first established. As well if people have a special interest we will arrange a particular activity we have organized everything for visiting with artists, a day of rafting or mountain biking, to a sitting with local lama. Please let us know!

***This extra day is also a buffer in case our flight is delayed in Lukla.*

Day 15 *Depart Nepal*

After breakfast you will transfer to airport for international flight. *B*

Day 16 *Arrive in Home*

*** *PRIVATE DEPARTURES AVAILABALE*

All of our treks are fully supported with teams of guides, cooks, porters and a trip leader making them safe, comfortable and unforgettable adventures. We limit the size of our Everest Set Departures to 12 trekkers.

Including:

- All trekking equipment (Sierra Designs or North Face Sleeping Tents / 3 man tents for every 2 trekkers, sleeping pads, American made dining tent with tables and chairs that have backs, and toilet tent with toilet seat, shower tent)
- Staff (Trekking and City Trip Leaders, tour guides in Kathmandu, Sherpas, cooks, porters and helpers during trek).
- All Tours and Entrance Fees
- Accommodations in charming hotels and top quality tents (4 nights Dwarika's, Hotel, 8 nights camping)
- Meals noted in the itinerary (20 Breakfasts, 17 Lunches, 18 Dinners)
- Trekking Permits and National Parks Fees
- Private Ground Transportation

Price does not include:

- International Flights
- Visa Fees
- Domestic and International Airport Taxes
- Alcoholic and Bottled Beverages
- Tips
- Personal expenses (telephone, email, laundry, etc.)

Days: 16

Moderate Trekking