

A World Away Travels

adventure travel's complete experience...

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Everest Explorer Trek

Nowhere in the world is there a higher concentration of 8,000-meter mountains than in the Everest region. Our Trek follows an incredible route through these lofty summits. Each day you walk along trails dwarfed by hundreds of peaks over 25,000 feet tall. A mountain flight brings us directly into the heart of the mountains. Starting in Lukla we head north through the Dudh Kosi River gorge toward Namche Bazaar. At this point we enter into the high Himalayas. Our route not only visits Everest Base Camp, but travels a unique selection of trails throughout the Khumbu region. Climbing several smaller trekking peaks and crossing the Cho La pass which separate the region's two main valleys we get a complete taste of this area and an incredible variety of vantage points in which to view these staggering mountains.

Day 1-3 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. From the river valley we will glimpse our first Himalayan views. *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 or explore neighboring towns, Khumjung and Khunde. *B,L,D*

Day 8 Namche-Portse Tangba

After leaving Namche we will travel along a ridge above the Dudh Kosi and cross over the high ridge settlement of Mong before descending to the banks of the Dudh Kosi and Portse Tangba (11,960 ft). *B,L,D*

Day 9 Porste Tangba-Dole

Today our trip to Dole (13,000 ft) is short due to our rapid gain in elevation. Our choice to hike only to Dole will help everyone acclimatization more easily to the higher altitudes and is important to the group's health. We will be in the Khumbu for a long time and easing into the trek slowly is the best way to keep the groups health at a maximum. Traveling toward Gokyo we climb through evergreen and rhododendron forests. In Dole everyone is encouraged to climb the ridge behind the village to aid in acclimatization and to see the spectacular scenery. *B,L,D*

Day 10 Dole-Machermo

Clinging to the canyon's slope our trail heads toward Machermo (14,200 ft). The trail contours along a hillside high above the Dudh Kosi. Passing grazing yaks and temporary herder settlements we enter into the high Himalayas. *B,L,D*

Day 11 Machermo-Gokyo

As we climb out of Machermo and cross the terminal moraine of Ngozumpa Glacier our views of Cho Oyu and the other peaks surrounding Gokyo's five glacier lakes grow. After passing three high glacier lakes we arrive in Gokyo (15,700 ft), and camp beneath Gokyo Ri. *B,L,D*

Day 12 Gokyo

Today everyone will have chance to climb Gokyo Ri (17,984 ft), a non-technical hiking peak. The hike provides a sensational view of the surrounding peaks- Cho Oyu, Gyachung, Everest, Lhotse, Makalu, Cholutse, and Tawachee. To many this is the most spectacular view of the Khumbu. The afternoon is set aside for relaxing or further exploration of the valley. We recommend resting this afternoon for the harder hike ahead across the Cho La. *B,L,D*

Day 13 Gokyo-Chugyma

Today we will get prepared for our crossing of the Cho La, the pass separating the Gokyo and Khumbu valleys. After crossing the Ngozumpa glacier we will set up camp in Chugyma beneath the pass to insure we begin our ascent of the pass early the next morning. *B,L,D*

Day 14 Chugyma-Dzongla

Cross the Cho La (17,783 ft) into the Khumbu Valley. Our vantage point from the pass looks toward both the Dudh Kosi and Khumbu Khola river valleys. Heading down from the pass we look straight ahead toward Nuptse and Lhotse. Our camp in Dzongla (14,835 ft) is directly below the face Cholutse. *B,L,D*

Day 15 Dzongla-Lobuche

This short day moves our camp up the terminal moraine of the Khumbu Glacier. We reach Lobuche by lunch or early afternoon. This gives people an easy day after the Cho La and a chance to relax enjoying this amazing place. The views of Lhotse's west face and Pumori from Lobuche (16,200 ft) at sunset are incredible. *B,L,D*

Day 16 Lobuche-Kala Patar-Gorek Shep

Today we follow the moraine north, to Gorek Shep's (16,717) stark valley. Beginning our day early we reach Gorek Shep in the mid-morning and climb to the summit of Kala Pattar (18,192 ft). A southern spur of Pumori and directly across from Mt Everest the views from the summit are spectacular. Dwarfed by the Himalayas in all directions and standing directly in front of the world's highest mountain is an unforgettable moment. *B,L,D*

Day 17 Gorek Shep-Pheriche Descending back down the moraine we enter into a beautiful high alpine valley. Walking through yak pastures we weave our way toward Pheriche (13,990 ft). As we walk down valley there are fantastic views of Ama Dablam. *B,L,D*

Day 18 Pheriche-Tengboche This is a short day which gives plenty of time to gaze at what we feel is one of the most beautiful mountains in the world, Ama Dablam. Leaving the Khumbu Valley we descend down to Tengboche (12,500 ft). 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 19 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 20 Monjo-Lukla

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

Day 21 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 22 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 23 Depart Nepal

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

Day 24 Arrive in Home

***** PRIVATE DEPARTURES AVAILABALE**

All of our treks are fully supported with teams 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, 16 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.)

Day: 24

Rigorous Trekking