

A World Away Travels

adventure travel's complete experience...

PO Box 596 ~ South Fork, CO 81154 ~ USA
Phone 1-888-438-3612 ~ Fax 1-707-516-7651 ~ email info@aworldawaytravels.com
www.aworldawaytravels.com

Kala Patar and Everest Base Camp

Few things compare to gazing at Mount Everest (29,028 ft.) from the top of Kala Patar (18,192 ft.). Towering in all directions are many of the world's highest mountains: Lhotse (27,890 ft.), Pumori, Nuptse (25,850ft.), and Ama Dablam. The beauty is stunning and the proportions are astounding. It is an inspiring and unforgettable moment. And to travel in this region of lofty mountains is an extraordinary occasion to meet Nepal's Sherpas and to learn about their fascinating culture.

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 the Vajra Hotel. The hotel was built with artifacts from all over the Kathmandu Valley and is very close to Swayambhunath, the Monkey Temple. Our first night dinner will be on top of the hotel's roof with views of Kathmandu in the background and accompanied by the sounds of a group of local folk musicians. Accommodations: Vajra Hotel

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 after a roof top lunch at Taleju we will visit Patan, one of the valley's original cities with Bijay, a local historian. Bijay will also include in his tour a cultural introduction to the Everest region. Tonight dinner will be at Tansen's, a great Indian restaurant in the heart of the city. Accommodations: Vajra Hotel

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.

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.

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.

Day 8 Namche-Tengboche

From Namche our trail contours thousands of feet above the Dudh Kosi. On either side of the valley the Himalayas tower above a narrow path. The tip of Everest rising above Lhotse and Nuptse dominates the head of the valley. Descending to the river we pass colorful water-driven prayer wheels and stone homes before ascending toward the village of Tengboche. Climbing through forests of fir and rhododendron there is an excellent chance we will see several exotic species of birds, including Nepal's national bird, the Impeyan Pheasant, with its iridescent colors. 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. 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.

Day 9-10 Tengboche-Dingboche

Heading toward Everest we begin our ascent up the Imja Khola. Crossing tree line the canyon widens into an alpine meadow. Closer to the bases of the mountains they soar dramatically higher above. Stopping for another day of acclimatization and exploration in Dingboche we ascend either to Ama Dablam Base Camp or Chhukung Ridge where you will be surrounded by majestic summits including Lhotse, Nuptse, and Cholatse.

Day 11 Dingboche-Lobuche

Ascending through a wide open valley above the village of Pheriche our trail reaches the village of Dugla before making a steep ascent onto the terminal moraine of the Khumbu Glacier. Directly below the summits of Tawachee, Cholatse, and Katenega our route climbs over a small ridge to Lobuche. Set across from the west face of Nuptse, it is the perfect camp to watch the sun set over the Himalayas and set the rock wall of Nuptse ablaze with golden light.

Day 12-13 Lobuche-Kala Patar-Lobuche

Today we follow the moraine north, to Gorek Shep's stark valley (16,717). 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. Before returning to Lobuche we have an opportunity to visit Everest Base Camp. During the main climbing season Everest Base Camp will be alive with activity.

Day 14 Lobuche-Pangboche

Descending back down the moraine we enter into a beautiful high alpine valley. Walking through yak pastures we weave our way toward Periche (13,990 ft). Meeting our earlier route to the village of Dingboche we descend to the village of Pangboche. Pangboche is the highest year round settlement in the valley and has the regions oldest monastery. Sitting in the shadow of Ama Dablam the village is both culturally fascinating and incredibly beautiful.

Day 15-16 Pangboche-Lukla

Retracing our steps back to Namche Bazaar we follow the Dudh Kosi back to Lukla and the end of our trek.

Day 17 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. Tonight we will dine at Nepal's best Indian Restaurant, Gari Kabob. Accommodations: Vajra Hotel

Day 18 Kathmandu

On the final day in Kathmandu we go shopping to local artisan work places versus normal tourist shops. Our shopping spree becomes a colorful tour of Kathmandu's back allies and family courtyards. If anyone

has any specific interest in local history, arts, or religion I will arrange the appropriate activities. For example we may want to meet a Buddhist Rimpoche (the head of a monastery), visit a local Tangka (traditional Buddhist paintings) workshop, or go to any of Kathmandu's unique temples we missed during the original tour. Our final dinner will be backlit by a thousand candles burning around Bodhnath Stupa. A beautiful ending to an incredible trip to in Nepal. Accommodations: Vajra Hotel
This extra day is also a buffer in case our flight is delayed in Lukla.

Day 19 *Depart Nepal*

Day 20 *Arrive in Home*

Trip Cost: \$2395 (6-8 participants) **\$2600** (2-5 participants) **Single Supplement: \$350**
Internal Airfare: \$200

All of our treks are limited to eight participants and fully supported with teams of guides, cooks, porters and a Trip Leader making them safe, comfortable and unforgettable adventures. We also limit the size of our treks to insure you will have the best experience possible. Unlike other company's that advertise small treks (16 people) ours really are small. It's a small group that will allow us to meet and interact with local people- not possible in larger groups. Guided by superb leaders with extensive backgrounds living and working with Nepali people and traveling through out the country this trip is an incredible opportunity you could not receive with another company.

The cost of the trip will include everything while you are in Nepal. This includes all trekking equipment, guides, porters, tours, lectures, accommodations (4 nights Vajra Hotel, 11 nights camping), food (50 meals), permits, 2 internal flights and ground transportation. The price does not include international air fares, visa fees, airport tax, personal expenses, and alcoholic beverages.

Days:20

Rigorous Trekking