



AHKE Adventure Travel

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Website: www.bhutaneventure.com

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“BEST OF ADVENTURE TREKKING IN NEPAL (16 Days)

This leisurely two week itinerary allows a direct approach to the foot of the Mt. Everest, world's highest peak through enchanting Sherpa high country and unspoilt legendary monasteries. This itinerary also allows you to climb Kallapattar, a 5554 meters mound on the way to the Everest B.C, which is the superb vantage point for magnificent views of southwest face of the Everest and surrounding mountains. The trail along the Khumbu Glacier further takes you to the foot of the Everest where you can have a closer look at the Khumbu Ice fall. A moderate trek, which takes you up to the elevation of 5554 meters, can be done during



About the Trip

Minimum passengers : 2 persons.
Trip Grade: Moderate
Type of tour : Adventure Trekking
Venue Start and end : Kathmandu,



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DETAILED ITINERARY

Day 1 Arrival in Kathmandu

Flying to Kathmandu along the northern border of Nepal on a clear day is in itself an exciting and memorable experience as exotic panoramic view of snow-capped Annapurna mountain range peaks sprawls before you. The Nepali support team will meet you at the airport and escort you to your hotel.

Day 2 Sightseeing of Kathmandu Valley

Kathmandu, being a historical and cultural heart of Nepal is a popular destination for tourists, trekkers and adventure seekers. The city presents a wonderful mixture of Hinduism, Tibetan Buddhism and Western influence in the Valley. Patan and Bhaktapur are its two major neighboring cities which bear immense historical, cultural and religious significance. There will be a half day guided tour to the famous & biggest Hindu shrine PASUPATHINATH, the largest Buddhist stupa in town BOUDHANATH, the 15th century palace of 55 windows and SOYAMBHUNATH. In the evening, a trip orientation meeting will be organized.

Day 3: "FLIGHT TO LUKLA TREK TO PHAKDING [2656m]"

A spectacular flight and hair raising landing on a steep mountain runway brings us to the start of our trek at the village of Lukla [2850m]. After meeting the crew, we head up the Dudh Koshi Valley on a well-marked trail to our first camp near the river at Phakding.

Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Camp is near the bazaar at Namche.

Day 4: "TREK TO NAMCHE [3450m]"

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. We then ascend quite steeply to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu and has a busy





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Day 5: "REST DAY IN NAMCHE"

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day, acclimatising to the new altitude before heading off towards Tengboche. Options for acclimatisation walks include a visit to Khunde Hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the town.

Day 6: "TREK TO TENGBOCHE [3867m]"

From Namche, the trail contours around the side of the valley, high above the Dudh Kosi. Now we get our first really good views of the great peaks of the Khumbu including Mt Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we descend steeply to a bridge over the river at Phunki Tenga. The village is an excellent lunch spot, and here we can rest before making the steep climb to Tengboche. Although tiring, the hike up the zigzag path has numerous distractions, with rhododendron bushes, beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in the Khumbu. We camp near the monastery with Everest, Lhotse and Ama Dablam framed in the doorway of the tent.

Day 07 TREK TO PHERICHE [4252m]

We descend steeply through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This is directly opposite Ama Dablam [6,856 m], and has exceptional views of the mountain, with the gumpa, mani walls and scattered pine trees in the foreground. A further two hours walk brings us to Pheriche.



Day 08 REST DAY IN PHERICHE

A day to rest and acclimatise and a chance to wander up the valley to look at a lake, the Tshola Tsho and the perpendicular walls of Cholatse and Tawache. Alternatively, we can

climb up onto the ridge overlooking Dingboche for the view up the Imja Valley and the incredible south face of Lhotse.

Day 09 TREK TO LOBUCHE [4930m]

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and climb more steeply towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch, before zigzagging up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.



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Day 10 TREK TO GORAK SHEP [5184m]

To reach our next objective, Kala Pattar, the trail follows the Khumbu Glacier, and offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at our camping place for the night, Gorak Shep. Later in the afternoon, when the sunset colours begin to appear on Everest, we make our way to the top of one of the finest viewpoints in the Everest region, Kala Pattar [5554m]. As the light begins to fade we stroll back to our camp at Gorak Shep and have an early night in preparation for our trek to Everest Base Camp the following day.

Day 11 TREK TO EVEREST BASE CAMP [5357m]

To reach Everest Base Camp, a very early start is required, as it takes several hours on a trail which weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col. We return to either Gorak Shep or Lobuche to camp for the night.

Day 12 TREK TO PANGBOCHE [3985m]

Today is downhill most of the way, as we retrace our steps to Duglha and descend to Pheriche. The Himalayan Rescue Association have a trekkers aid post here and it is quite interesting to visit. After lunch we cross the Khumbu Khola on a wooden suspension bridge and follow the Imja Khola to the village of Pangboche.

Day 13 TREK TO NAMCHE [3450m]

We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to Tengboche. Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen. From Tengboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to Namche.



Day 14 TREK TO LUKLA [2800m]

Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the sherpa guides and porters, where we can sample some chang, try Sherpa dancing and look back on a memorable trekking experience.

Day 15 FLY TO KATHMANDU

We take an early morning flight back to Kathmandu.

Day 16 Depart Kathmandu

Our The Nepalese support team will take you to the airport for your flight home. (Or stay longer for short tours such as game drive at National parks, rafting, Tibet tours, mountain biking etc).

AHKE Adventure Travel | Nyeekoor Gang, PO Box 29902, Thimphu, Bhutan/ Masvagen, 7C 23, Swe 22733

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TRIP PRICE INCLUDES:

- > Full board teahouse trek.
- > National Park Fees.
- > Domestic flight.
- > Airport transfers.
- > 3 nights at 3 star hotel in Kathmandu.
- > 1 night hotel in Pokhara with breakfast on twin sharing.
- > Sightseeing tour in Kathmandu.

PRICE EXCLUDES:

- > International flight.
- > Airport tax.
- > Lunch & dinner in Kathmandu.
- > Personal gears & clothing.
- > Tips, any expenses of personal nature, clients insurance

We will provide VIP services to make sure your requirements are met at all stages. All briefing including other departure formalities will be made available much in advance. **Please contact us for more detail.**