

This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.



DAY BY DAY ITINERARY

This itinerary is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. Walking times and distances are approximate.

This trip is 23 days ex KATHMANDU. The first and last days refer to the days of arrival in and departure from KATHMANDU, and may not be the days you leave or return home.
(B=Breakfast)

DAY 1

Kathmandu

Arrive Kathmandu and transfer to our hotel.

DAY 2

Free day in Kathmandu 1350m

Kathmandu is a busy city full of contrasts and extremes. Temples, religious shrines and a way of life centuries old all mingle with the hustle and bustle of 20th century. Today is free for individual exploration and you may like to visit some of the most important temples in the valley – Pashupatinath is one of the most important Hindu temples in Nepal, Bodnath is a large Tibetan Buddhist stupa and from Swayambhunath you get a good view over the whole of Kathmandu. (Bed and breakfast)

DAY 3

Fly to Lukla (2850m), trek to Phakding (or Monzo)

We take the spectacular flight to Lukla, where we meet our guides. We set off downhill from Lukla to the village of Phakding (2656m) or Monjo (2815m). Approximately 4-5 hours walking. **Lodge (B)**

DAY 4 **Namche Bazaar 3445m**
We climb steadily on a winding path on the banks of the Dudh Kosi River, through villages and forests dwarfed by gigantic rock walls until a final steep pull brings us into Namche Bazaar. Namche is in a unique position surrounded by mountain ranges with colourful houses scattered in an amphitheatre of rock. Approximately 5-6 hours walking. **Lodge (B)**

DAY 5 **Namche Bazaar 3445m**
This morning we get up early to walk to the top of Namche for stunning sunrise views of the summit of Everest (8,848m) peeping out from behind the rock curtain of Nuptse. Today we spend the day around Namche acclimatizing to the rarified air. We will trek to the villages of Khumjung and Khunde. At Kunde is the hospital built by Sir Edmund Hillary and in Khumjung we can visit the Hillary School and the ancient monastery which houses the only remaining skull of a yeti! Approximately 5-6 hours walking. **Lodge (B)**

DAY 6 **Thyangboche (3867m)**
The trail today starts by undulating round the ridges before descending to the river. Then a steep uphill section through the forest brings us to Thyangboche. With stunning views of Ama Dablam, Everest, Nuptse and Lhotse the sunset and sunrise are not to be missed. In the afternoon there will be time to visit the famous Thyangboche monastery with its spectacular wall paintings. Approximately 5 hours walking. **Lodge (B)**

DAY 7 **Dingboche 4350m**
A dramatic walk on a narrow traversing path to the quiet village of Pangboche (3900m), one of the highest inhabited villages on earth. A gradual climb leads us past Shomare, where we stop for lunch and then further climbing takes us above the tree line to the remote Sherpa village of Dingboche (4350m) at the entrance to the Khumbu valley. A slow and steady pace as we gain altitude will reap benefits. Approximately 5 hours walking. **Lodge (B)**

DAY 8 **Dingboche; trek to Nangkartshang Peak**
We stay here for another night for acclimatization and today head towards Nangkartshang Peak (5100m) for amazing views of an array of peaks including Makalu and Ama Dablam. The trail is very steep and we go as far as we can today. We return to Dingboche for a late lunch and have the afternoon to explore the village. Approximately 5 hours walking. **Lodge (B)**



DAY 9 **Chukkung Ri 5417m**
We follow an easy trail up the valley following the Imja Khola towards the village of Chukkung, with Island Peak looming directly ahead. From here we climb to Chukkung Ri (5417m) for a stunning panorama dominated by Makalu. Approximately 5 hours walking. **Lodge (B)**

DAY 10 **Lobuche 4950m**
If the weather is good and we're feeling fit, we will head for Lobuche via the Kongma La (5535m). It's a very long day so we leave early taking a packed lunch from the

lodge or plenty of snacks. The route climbs all morning and follows grassy slopes towards the pass past a series of beautiful lakes. A final steep rocky section brings us to the top where we are rewarded by some of the best views of the trek. Nuptse rises right above us and we can see Makalu in the distance and a whole host of other 7000m peaks. The descent is very steep and rocky at first so we need to be careful on the descent. A long descent brings us to the edge of the Khumbu glacier and the final sting in the tail today is a walk across the glacier. The trail goes up and down across this amazing mass of ice and rock to the small collection of lodges at Lobuche. This is a long and challenging day, and only to be attempted by those who are feeling strong and have acclimatised well. If in doubt it will be better to join the porters on the shorter route to Lobuche via Dingboche and Dughla. Approximately 10 hours walking. **Lodge (B)**

DAY 11

Gorak Shep (5180m), visit Everest Base Camp

An early start again as we have a long walk today. We follow the main trail over the rocky moraine beside the Khumbu Glacier and climb up and down for almost 3 hours to the few lodges at Gorak Shep. After a snack and a rest, there is an option to continue on to Everest Base Camp (5300m), which will take another 3 hours. Take snacks, water and warm clothes as there are no lodges at Everest Base Camp. The trail climbs up and down at the side of the Khumbu glacier finally dropping onto the glacier itself for the last half an hour. From Base Camp we can see the Khumbu icefall tumbling down from Everest and in spring we can see the colourful tents of the expeditions attempting the peak. A quick photo stop we retrace our steps to our lodge at Gorak Shep arriving late afternoon. Approximately 10/12 hours walking. **Lodge (B)**



DAY 12

Lobuje 4930m Kala Patar (5545m)

Early morning often gives clear weather on Kala Patar (5545m), a steep 2.5/3 hour climb above Gorak Shep. A must for the classic view of Everest's magnificent south face and the Khumbu Icefall. We return to Gorak Shep and descend to Lobuje. Approximately 6.5 hours walking. **Lodge (B)**

DAY 13

Dzongla 4843m via Awi Peak (5245m)

We head for Dzongla, which is an easy 5 hours walk from Lobuje on a wonderful trail contouring the hillsides with magnificent views. For the energetic there is the option to ascend Awi Peak en route which will add another three to four hours onto the day. Approximately 5 hours walking (9 hours with Awi Peak). **Lodge (B)**

DAY 14

Cross the Cho La to Thangnak 4700m

A long day as we cross the glaciated Cho La Pass. We head up a quiet valley below the dramatic north face of Cholatse (6440m) towards Cho La (5368m). The route gets steeper with some rocky scrambling. After crossing the glacier at the top we descend, at first on a very steep rocky trail and then crossing a couple of ridges to drop down to our next lodge at Thangnak (4700m). Approximately 9 hours walking. **Lodge (B)**

DAY 15 **Gokyo 4750m**

We cross the massive Ngozumpa Glacier, the largest in Nepal, to reach the main trekking trail up the Gokyo



valley and follow this for about an hour to reach the lodges at Gokyo. Set in a spectacular location by the lake we can either relax this afternoon or take a walk towards the 4th lake. Approximately 4 hours walking. **Lodge (B)**

DAY 16 **Climb Gokyo Ri (5360m)**

This morning we climb Gokyo Ri for another spectacular 360° view including Everest, Nupte, Lhotse and the mighty Cho Oyu. The climb is steep and will take 2.5/3 hours. We return to Gokyo for lunch and the afternoon is free for more exploration. Approximately 4 hours walking. **Lodge (B)**

DAY 17 **Cross the Renzo La (5360m) to Lungden 4300m**

From Gokyo we skirt the lake and head up on a rocky path then across slabs to reach Renjo La (5360m) in about 4 hours. It's quite different to the view from Gokyo Ri and on this, our final pass crossing, we can take time to enjoy the grand array of vast Himalayan giants all around us including magnificent views of Everest. All too soon it will be time to drop down, steeply at first, to our next lodge at Lungden. Approximately 8 hours walking. **Lodge (B)**

DAY 18 **Thame 3820m**

An easy walk down the valley to Thame where we spend the night. We have now joined the trading route between Nepal and Tibet and it's more likely we'll see Tibetans heading to or from Namche's busy market than other trekkers. In the afternoon there will be time to visit Thame's beautiful Gompa which is over 300 years old and to have a walk around the village to see the way of life which is more traditional here than in the popular trekking areas. Approximately 4 hours walking. **Lodge (B)**

DAY 19 **Monzo 2815m**

Heading back down the trail we'll have a stop in Namche then retrace our steps back down the Dudh Kosi River to overnight in Monzo. Approximately 6 hours walking. **Lodge (B)**

DAY 20 **Lukla 2850m**

We continue down the valley but there is also a fair amount of climbing today to reach Lukla - however by now we are fit and acclimatised, and it's so much easier than on the way up! It's time to say goodbye to the porters who have enabled us to make this amazing journey. Approximately 5 hours walking. **Lodge (B)**

- DAY 21 **Kathmandu**
Fly from Lukla to Kathmandu and transfer to our hotel. (B)
- DAY 22 **Kathmandu**
A final day in Kathmandu – perhaps visit Swayambunath – ‘The Monkey Temple’, or do some last minute shopping. (B)
- DAY 23 Depart Kathmandu or continue with your own arrangements. (B)

Nepal

Nepal is a small country, wedged between India and Tibet (now occupied by China), and dominated by the Eastern Himalayas. Many of today’s trekking routes are ancient trade routes between India and Tibet. These and the porter skills of the mountain people are the main factors in allowing westerners access to the highest regions. Further south lie the foothills. Here a sub-tropical climate gives a colourful spectrum of rainforest, rice fields and tropical fruit trees. The lowlands of the Terai are hot and humid, with enough jungle to provide a home to tigers, elephants and rhinoceros which can be seen in the famous Chitwan National Park. This diverse geography has shaped an equally diverse kaleidoscope of cultures. The spiritual heritage influenced by Tibetan Buddhism in the mountain regions and Hinduism elsewhere gives substance to peoples’ lives throughout Nepal, making them reverent, kind, hospitable and hard-working people.

Trek details

Probably the best circuit of the Everest region crossing 3 high passes and ascending 5 spectacular viewpoints. This is a challenging which starts by following the footsteps of the great Everest climbers and visiting Everest Base Camp. We then cross to the quieter but no less magnificent Gokyo Valley with its spectacular azure blue lake. Finally we enter the even quieter Thame Valley. For those confident of their physical fitness a trek not to be missed.

Some of the pass crossings require good weather and favourable snow conditions and if there is bad weather we may need to make some changes to the itinerary or the route, however there is enough leeway within the itinerary to cope with this.

Trip grade

This trip has been graded ‘Tough’ due to the sustained nature of the trip and the altitude. If all the optional extras are included it is towards the upper end of the grade and you will benefit from starting the trip with a good level of fitness.

Lodge treks

In the popular areas where there are many lodges to choose from, we like to support the local people by sleeping in lodges rather than carrying in an independent camp. You will have more encounters with locals on a lodge trek, and will often be accommodated within the family home. Solar showers are available at some lodges for approx NRS400-450, battery charges NRS250-350.

The trip is on bed and breakfast basis, Lunch and dinner on this trek are not included. Please allow £30 - £35 per day for other meals and drinks on trek. Breakfast is a fixed set breakfast consisting of muesli or porridge, toast (or other breads) and an egg. For lunches and dinners you can choose food from the menus which serve traditional Nepalese rice and lentils to continental foods. Please note imported food and drinks are expensive in this region. Vegetarians will have a good choice, indeed it is normally best to avoid meat on the trail unless you are sure it has been freshly killed.

We try to discourage buying mineral water bottles on trek. We advise you to have boiled water or treat the tap water.

Kathmandu

In Kathmandu, we stay in a centrally located hotel (B&B) which gives you the chance to choose between the wide arrays of restaurants. You can buy a meal in Kathmandu for £10- £15, excluding alcohol.

Luggage

Your luggage will be carried by porters. All you have to carry is what you need for the day: waterproofs, fleece, hat, camera, water bottle etc. A trek bag is ideal for your main luggage, plus a small lockable bag for leaving travel clothes etc at the Kathmandu hotel.

Climate

Post monsoon weather in October/November/December is typically stable and dry with clear air, particularly in the Khumbu. It is warm enough during the day for light clothing but can be cold at night – down to -10° C or lower at higher altitudes. In spring there can be cloud build up in the afternoons but the temperatures are a bit warmer.

Altitude

Above 3000m, the air is thinner, the pressure is lower and there is less oxygen available in the atmosphere. Acclimatisation is the process by which the body adapts to these conditions. The key to acclimatisation is a good itinerary with a gradual initial height gain, walking at a slow and steady pace, and increasing fluid intake – drinking at least 4 litres a day is advisable above 3000m. Many people have some minor side effects from altitude, such as headache, nausea or general lassitude. The optional use of 'Diamox' has proved useful for some people, as this drug can reduce these symptoms. You will be given more information on 'Diamox' with your Final Information, between 8 and 10 weeks before departure.

Transport

Flights between Kathmandu and Lukla take approx. 30 minutes. Bad weather can sometimes affect flight schedules.

Language

The national language is Nepali, which has similarities to Hindi. Some locals will speak enough English for simple conversations, but many will not. A few words of Nepali will help to increase mutual understanding.

Currency and Tipping

Local currency in Nepal is the Nepalese Rupee (*exchange rates appx. 1GBP = NR 150*). It is custom and practice to tip in Nepal. You should perhaps allow the equivalent of around NR. 4500-5000 per person for the whole trip; so which would normally cover hotel bell boys plus trekking crew including porters. Try to avoid giving sweets, biscuits, pens or cash to children or anyone who has not rendered a service.

Health

If you take care while in Nepal there should be no reason why you do not stay healthy. Frequent hand washing and care with drinking water is the key.

Equipment and clothing

A kit list will be sent with your booking confirmation. Sleeping bags can often be supplemented by quilts at most lodges. Down jackets and sleeping bags can be hired in Kathmandu and Namche Bazaar.

International Porter Protection Group

High Places has been endorsed by I.P.P.G. This means that we have agreed to treat our porters fairly, and to provide medical attention for them if needed. Maximum load for trek bag on the trek is

15kg (please note there is a weight restriction on the flight in and out of Lukla. 10kg checked in baggage and 5kg hand baggage is allowed only. Any excess must be paid for at approximately £1 per kg.

Extension

You may extend this trip with a trip to Chitwan National Park. Contact us if you wish to do this.