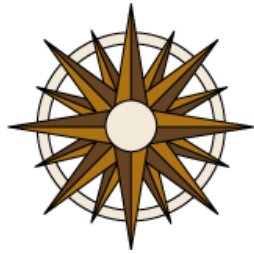


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Trek to Mount Everest Base Camp





Day 1

Arrival at Kathmandu and transfer to Hotel (1,350m).

Welcome to Kathmandu, a city full of vibrant markets, bustling streets, colorful temples, and grand pagodas. Our guide will meet you at the airport and take you to our hotel. The remainder of the day you will have an opportunity to familiarize yourself with the shopping areas closest to your hotel and catch up on shopping for equipment. In the evening, our tour guide will give you a brief introduction and provide valuable information about the trek. In the evening you will meet the rest of the group at a welcome dinner at a local Nepali restaurant.

Day 2

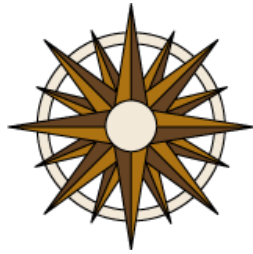
Guided Sightseeing of the Kathmandu Valley; Duration: 4-5 hours.

At about 8.30 am, after a healthy breakfast, your sightseeing trip begins and takes you to several cultural sites and places of historic interest in the Kathmandu Valley. A private car and guide will lead the way!

Day 3

Fly to Lukla (2,804m) & trek to Phakding (2,640m) Duration: 4-5 hours.

After an early morning start, you will be picked up at the hotel by our guide who will take you to the domestic terminal of Kathmandu airport. The flight from Kathmandu to Lukla takes around 35 minutes, time enough to take in the spectacular views of the Himalayas. After landing at Tenzing-Hilary airport you will meet your



porter who will carry your luggage. You then begin your journey with a relatively easy trek passing a Kani (ceremonial gatehouse) before the trail descends then leads above Kyangma village with its large gompa (monastery) and school. We then continue to Cheplung village where the trail passes through community forest within sight of the Dudh Koshi River. After crossing the suspension bridge you climb across the ridge to Ghat and then passes a school and complex of Mani walls, Chortens and prayer wheels. After a short walk from Ghat, we reach Phakding. Overnight at a mountain lodge. Breakfast, lunch & dinner Included

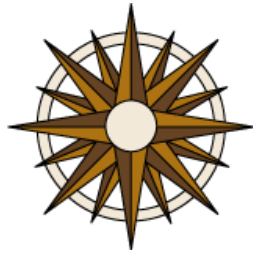
Day 4

Trek from Phakding to Namche Bazaar (3,440m) Duration: 5-6 hours.

After breakfast, the trek crosses several suspension bridges over the Dudh Kosi River before passing through Tok-Tok, Bhenkar, and Monjo and then arriving at Sagarmatha National Park entrance gate where you will be required to buy a permit. After following the river bed for a few hours and after the last Hillary suspension bridge, there is a steep uphill trek to Namche Bazaar. Namche has a good selection of restaurants, a cyber café, pubs, post office, ATM and banks. Breakfast, lunch & dinner included

Day 5

Acclimatization day at Namche Bazaar (Hike to Everest View Hotel) Duration 3-4 hours.



This idyllic town is an ideal place for “acclimatization”. Health specialists recommend we spend the day being active, rather than sitting idle. From Namche it is possible to take a short hike to Everest View Resort, Thame, visit Khunde or relax and explore Namche Bazaar. Namche Bazaar is the main center of the Everest (Khumbu) region and has government offices, ATMs, internet cafes, shops, restaurants, bakery, and a colorful market each Friday evening and Saturday. A short trek of only a hundred metres will help us to properly acclimatize. Our guides will also take us to the Tourist Visitor Center near the headquarters of the Sagarmatha National Park where we can observe an assortment of relics related to the first mountaineers to climb Everest, Sherpa culture and discover the varied plant and animal life of the Everest region. Breakfast, lunch & dinner included

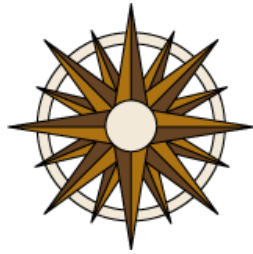
Day 6

Trek to Tengboche (3,870 m) Duration: 5-6 hours.

The trek continues along the rapid flowing glacial waters of the Dudh Kosi with magnificent views of the mountains (Mt. Everest, Lhoste, Taboche peak, Amadablam. You eventually reach an altitude of 3,800 meters at Tengboche. At the Tengboche monastery are unbelievably ornate wall hangings, a 20-foot sculpture of various poses of the Buddha and musical instruments and robes of the Lamas. Our group will be taken to observe a prayer ceremony, either in the evening or in the morning, depending on how the trekking goes this day. Breakfast, lunch & dinner included

Day 7

Trek to Dingboche (4,460m) Duration: 5-6 hours.



The trek from Tengboche to Dingboche is only a short distance which we will most likely complete in the afternoon. The last hill into Dingboche, and at this high altitude, is challenging!. The trail then heads to the village of Somare (4020m) and then to Orsho, both of which have lodged. Later the trail divides, with the left trail heading up to Pheriche before crossing a suspension bridge and a steep climb to the village of Dingboche (4460m) with many good guesthouses. Breakfast, lunch & dinner included.

Day 8

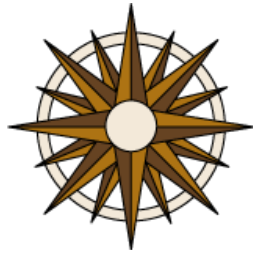
Acclimatization day at Dingboche and hike to Chukung Valley (4730m) Duration: 4-5 hours.

It is sensible to spend another day acclimatizing before heading to higher altitudes. One way of doing this is to hike up to Chukung Valley (4730m) and on to Island Peak (Imja Tes). Above Dingboche is Nagkartshang Gompa (a strenuous trek takes around 2 to 3 hours), or alternatively head to Pheriche for an afternoon lecture on altitude sickness. The trail to Chukung leaves Dingboche heading to Bibr (4570m) and is surrounded by fabulous mountain Peaks: Taboche, Nuptse, Lhotse, the enormous flute-shaped pass of Amphu Laptsa Pass, Ama Dablam. Chukung has several lodges and is the most popular spot for those climbing Island Peak. If trekkers feel better acclimatized they can head up a grassy slope towards the peak of Chukung Ri (5550m) for a magnificent view of Makalu. Breakfast, lunch & dinner included

Day 9

Trek to Lobuche (4,900 meters) Duration: 5-6 hours.

After breakfast, our trek starts with an easy walk towards Thukla before crossing the steep terminal moraine of the Khumbu Glacier



and then passing through the boulder-strewn slopes as we ascend Chupki Lhara where we find clusters of stones with prayer flags placed by Sherpas as a memorial to Scott Fischer (American mountaineer), 10-time Everest summiteer Babu Chiri Sherpa (Nepalese Sherpa mountain guide) who perished on a mission to climb Mt. Everest. The path then continues to the Khumbu Glacier moraine and before us are many beautiful mountain peaks – Khumbutse, Lingtren, and Mahalangur Himal. We stay overnight in Lobuche. Breakfast, lunch & dinner included

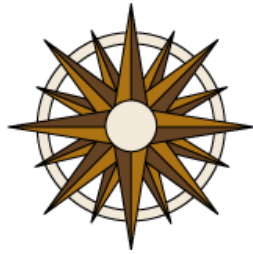
Day 10

Trek to Gorak shep (5,180m) trek to EBC & overnight stay at Gorekshep Duration: 7-8 hours.

We commence our trek to Mt. Everest Base Camp through the vast Gorak-Shep. Along the trail, we pass the Indian army mountaineers' memorials. At this point the path can be confusing, so following your guide is important. The thin air at this high altitude can be exhausting. We traverse rocky dunes, moraine, and streams before reaching the Mt. Everest Base Camp. From Everest Base Camp you will see some of the world's highest peaks, in stark contrast to the gray surroundings – especially in the spring. Before we are Khumbustse, Nuptse, and Pumori. We will then head back to Gorak Shep. Breakfast Lunch & Dinner Included.

Day 11

Hike to Kalapatthar (5,550m) at sunrise & trek to Pangboche (3,900 m) Duration: 7-9 hours.



At around 4 a.m. in the pre-dawn darkness and cold temperatures (-10 to -14 C) we begin our trek. It is common for there to be cold winds at this altitude. Towering peaks, such as Khumbutse, Lingtren, and Changtse loom before us to the east as Everest comes into view. Not until we reach Kala Patthar (5550m) do we get a 360 degree up-close and bird's eye view of Mount Everest. After taking in the panoramic views and madly clicking cameras we will return back to Lobuche and then to Pangboche for a good night's rest. Breakfast, lunch & dinner included

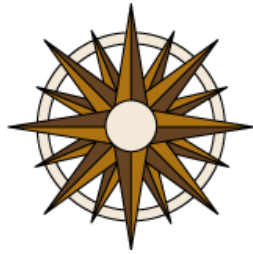
Day 12

Trek Back to Namche Bazaar (3,440 m) Duration: 5-6 hours.

From Pangboche we retrace our steps descending to the Imja Khola and then up through the rhododendron forest to Tengboche monasteries. For some, this will be an opportunity to see the nuns perform their religious ceremonies at the Tengboche Monastery. After lunch at Tengboche, we continue our trek across the hillside blanketed by colorful rhododendron and juniper trees. After crossing the bridge over the (milky river) Dudh Koshi River our trail continues through the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. Along the way we keep our eyes peeled for wildlife, such as (Himalaya Thar) mountain goats, snow leopards, and colorful pheasants while passing through the forest. After passing a Chorten we reach the army camp at Namche Bazaar where we stay overnight. Breakfast, lunch & dinner included

Day 13

Trek to Lukla (2,804 m) Duration: 6-7 hours.



This is our final day of trekking before returning to our starting point at Lukla. This is a time to reflect on the unforgettable memories of our trek as a group and our achieving our individual goals. A free afternoon allows you time to relax and enjoy a hot shower! In the evening we will celebrate with a few drinks and dance.. Breakfast, lunch & dinner included

Day 14

Fly back to Kathmandu; flight Duration: 30 minutes.

After our 13 day trek, we take an early morning flight from Lukla to Kathmandu. After arriving at Kathmandu, you can take a rest or do some shopping. This is also a time to catch up on visiting places you missed on arrival in Kathmandu. Our guides will continue to assist you with b souvenir shopping or sightseeing. This evening is our farewell dinner at a traditional Nepali restaurant along with a traditional cultural dance show.

Day 15

Transfer to Tribhuvan International Airport.

Your adventure comes to an end today – but your memories will last a lifetime! Our company representative will take you to the airport approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your nearest next adventure and explore the most magnificent mountains of Nepal.