

Prepared for Bill Morse Custom group – 12/28/07

EVEREST BASE CAMP TREK ITINERARY:

October 27-29: KATHMANDU ♦ 4,383 feet

Travel from your homeport to Kathmandu. All flights departing the US cross the date line and consequently a day is lost. Arrive in Kathmandu, where a Mountain Madness guide will meet you. Check into your hotel, a quaint four-star hotel located in the popular Thamel district. Great food from all over the world, fabulous shopping, and Durbar square with its numerous temples and markets, are nearby.

October 30: KATHMANDU ♦ 4,383 feet

While we wrap up last minute paperwork with the Nepal government, you will have a casual day for shopping, visiting the palaces, Durbar Square, Hindu temples and shrines, Buddhist stupas, or just relaxing at the hotel. A favorite destination is the Monkey Temple, a Buddhist temple situated on a small hill that offers panoramic views of the city. Or you can join the thousands of Hindus who venture to the Pashupatinath temple, one of the most famous Hindu temples in Nepal and the most famous Shiva temple in Asia. D

October 31: PHAKDING ♦ 8,700 feet

We fly on a twin-engine Otter to the Himalayan foothills where we will begin our trek into the Khumbu region. The views from the plane are amazing, providing dramatic views of terraced hills and the distant Himalayan giants. After landing in the village of Lukla (9,350 feet) we will meet the rest of our staff and porters and trek for about two and a half-hours to Phakding. B, L, D

November 1: NAMCHE BAZAAR ♦ 11,300 feet

We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views to Namche Bazaar, the gateway to the Khumbu region. B, L, D

November 2: NAMCHE BAZAAR ♦ 11,300 feet

Today is a rest and acclimatization day in Namche Bazaar. Namche is a colorful village with many wonderful and interesting shops and vendors, fabulous food, and stunning views of the surrounding mountains. An early hike above town, before the clouds move in, will reward climbers with a spectacular Himalayan sunrise and views of Mt. Everest, Lhotse (the 4th highest peak in the world), and the beautiful Ama Dablam. On the way down, we can visit the Sherpa Museum that houses an exhibit on traditional Sherpa lifestyle and a fabulous photography display by a local Nepalese naturalist. One room highlights the Sherpa traditions and in another, Sherpa high altitude climbers are presented. B, L, D

November 3: THYANGBOCHE ♦ 12,887 feet

The trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. We will spend the night next to the Thyangboche monastery, the spiritual center of the Khumbu region. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. If our group is lucky, we will see the Lama perform a ceremony and hear the mystical chanting and music. B, L, D

November 4: DINGBOCHE ♦ 14,250 feet

From Thyangboche the trail drops to Debuche, crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche amongst thousands of mani stones. Our uphill trek continues, taking us to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. B, L, D

November 5: DINGBOCHE ♦ 14,250 feet

Another rest day. There is the option of taking a light acclimatization hike up the valley for a wider variety of photos of the valley and mountains of the Khumbu region. B, L, D

November 6: LOBUCHE ♦ 16,175 feet

From Dingboche the trail traverses through farmlands and meadows before continuing along the lateral moraine of the Khumbu Glacier. We will stop in Dzugla for lunch before ascending to the plateau at Dzugla pass where we will visit the chortens (memorials) of climbers who have perished on climbs in the high peaks of the Khumbu region. From the pass we continue on to Lobuche for a night in a teahouse lodge. B, L, D

November 7: GORAK SHEP ♦ 17,000 feet

We follow the trail just beyond Lobuche and visit the electrically solar heated Italian Research Station and continue on to our tent camp below Kala Pattar in the village of Gorak Shep. B, L, D

November 8: GORAK SHEP ♦ 17,000 feet

After an early morning start, we ascend Kala Pattar (18,450 feet) and enjoy famous views of the Himalayas, without having to climb Everest! The afternoon will provide time for resting and taking in the views of the Khumbu. That evening we camp beneath Kala Pattar at Gorak Shep. B, L, D

November 9: EVEREST BASECAMP ♦ 17,575 feet

In the event of bad weather, we have the opportunity for a second chance to climb Kala Pattar. Today we will also continue our trek to Everest Basecamp, located at the foot of the Khumbu Icefall. We'll spend the day at Everest/Lhotse base camp and return to our tent camp in Gorak Shep. B, L, D

November 10: PHERICHE ♦ 13,950 feet

In the morning we will enjoy tea and breakfast while taking in the view of Everest before leaving for our descent. We head down the glacier and reenter the lush and beautiful valleys, surrounded by spectacular snow-capped peaks. Upon reaching the village of Pheriche we will visit the Himalayan Rescue Association's Trekkers' Aid Post and a

memorial monument to climbers who have perished on Mt. Everest climbing expeditions.
B, L, D

November 11: NAMCHE BAZAAR ♦ 11,300 feet

Today we trek back along the Dudh Kosi River through a magnificent rhododendron forest and past brilliant waterfalls. Shortly before reaching Namche, the trek takes us through a pine forest, where musk deer often graze in the early morning. Arriving in town, we may see lowland porters, highland Sherpas, and Tibetan people trading food and supplies during Namche's market time. B, L, D

November 12: LUKLA ♦ 9,350 feet

Trek from Namche Bazaar to Lukla where we will spend the night. B, L, D

November 13: KATHMANDU ♦ 4,383 feet

If the weather is clear, the morning flight back to Kathmandu will be a scenic and smooth farewell to the mountains. B

November 14: KATHMANDU ♦ 4,383 feet

In the morning, we can watch Kathmandu rise in prayer along the banks of the holy river Bagmati at Pashupatinath, with burning ghats similar to the Ganges in India. Or we can visit the Buddhist temple of Swayambhunath and explore the temples in the city of Patan. This day also allows an extra buffer day in the event of flights cancelled due to weather in Lukla on November 13. Final celebration dinner! D

Novembers 15-16: DEPART

Depart Kathmandu and fly home.

Note on Itinerary: *Although we do our best to follow the schedule above, this itinerary is subject to change due to weather, route conditions, and other factors beyond our control.*