



NEPAL - Trekking-Tour

14 Days Trek to Everest Base camp/ Kalapattar

Day 01: Kathmandu - Lukla - Phakding 2652m.

Transfer to the domestic airport for the spectacular 35-minute mountain flight to Lukla (2827m), gateway to the Khumbu.

After meeting our porters we trek north along a well-used trail to join the main trail from Solu at Choplung.

We continue on a descending trail to the banks of the Dudh Kosi (milk river) to reach Phakding (2652m) in about 3 hours from Lukla.

Overnight in the camp.

Day 02: Phakding - NamcheBazaar 3340m.

We continue to head north following the Dudh Kosi to enter Sagarmatha National Park. The high mountains become closer with each step as we trek through sparse woodland and cross the river on one of the famous Khumbu suspension bridges that affords superb views up-river. It is a slow and sometimes dusty climb to Namche Bazaar through woodland that provides welcome shade.

We may meet yaks or more likely cross breeds known as zopkio, and heavily laden porters carrying goods to re-supply the stores of Namche.

It is necessary to check our permits at the police post, a short distance below the Sherpa museum where we can watch the sun set over Everest. Overnight in the camp.

Day 03: NamcheBazaar 3340m

Leisurely walk to various viewpoints as an aid to acclimatization.

Overnight in the camp.

Day 04: Khumjung 3600m.

This day, we climb onto the small ridge that separates Namche from Khumjung and follow a beautiful trail. The capital of the Khumbu is situated in an amphitheatre surrounded by towering peaks such as Thamserku (6,623m) and Kwangde (6,011m).

We have time to experience this magical setting over a leisurely breakfast before visiting the Sherpa Museum. From the top of the village we can take a trail across open meadows with superb mountain views. Far below we can hear the roaring waters of the mighty Dudh Kosi River and look down on the soaring lammergeier as they catch the rising thermals.

At the end of the ridge is the aptly named Everest View Hotel that is a great place to relax and admire the classic views of the most famous mountain in the world.

From here we descend to Khumjung down a switchbacking trail. Sherpa village. Khumjung is a pleasant village situated on the southern slopes of Khumbila and dominated by the beautiful mountain of Ama Dablam (6812m) which literally means 'Mothers Charm Box' and is named after the little box that Sherpa women wear around their necks.

Before dinner we will visit the village temple or gompa that contains many traditional murals and thankas, and some fierce looking masks of demons.

The Sherpa people of the Khumbu are firm believers in the existence of the yeti, and for a small donation the temple caretaker will allow you to see the last remaining yeti scalp in the region. There have been a number of reported sightings of this large human like creature in the Khumbu region. Once a year at the Dumje Festival the scalp is removed and worn by a monk dressed as a yeti that circles the gompa as part of a series of dances that reinforce the traditions and beliefs of the people.

Overnight in the camp.

Day 05: Khumjung - Thame - Khumjung 3600m

Today, you can visit the Edmund Hillary School and hike up to Khunde village.

From here you can see many prayer flags high on the hillside. This is the Gyalo La, on a shoulder of the sacred mountain of Khumbila and is one of the best viewpoints in the Himalayas. Overnight in the camp.

Day 06: Thyangboche 3867m

Thyangboche is the largest and most attractive monastery in Khumbu, but it is not the oldest.

Sherpas believe that Buddhism was introduced into Khumbu towards the end of the 17th century by Lama Sange Dorje, the fifth of the reincarnate Lamas of the Rongbuk. Monastery in Tibet, to the north Mt. Everest.

Overnight in the camp.

Day 07: Pheriche 4252m.

The Pangboche Gompa is the oldest in Khumbu and once had relics that were said to be the skull and hand of a yeti.

These items were stolen in 1991, the Pheriche trail goes up to the left from the front's yard of a few herders huts over a stone wall and climbs a small ridge before descending to the Khumbu Khola. Crossing on a wooden bridge.

From bridge 10 minutes walk to get to Pheriche at 4220m. Pheriche is windier, and hence feels colder, than most places in Khumbu. Overnight in the camp.

Day 08 Lobuche 4939m

The trail ascends the broad, gently sloping valley from Pheriche to Phalang Karpo at 4340 meters. In many places the trail crosses small streams on boulders. Amadablam is seen from a different aspect and is hardly recognizable. The true top of Kantega is visible far to the left of the prominent saddle seen from Thyangboche.

The trail drops a bit and follows the western side of the valley to Lobuche, a summer village that boasts several lodges. Overnight in the camp.

Day 09: Kalapatter-Lobuche 5534m

The ascent becomes steeper and rougher as it crosses several side moraines, although the trail is usually well defined.

In places however, an active glacier is under the moraine, so the trail is constantly changing. Route finding techniques include looking for stone cairns as markers and watching for traces of yak dung.

On the lower slopes of the mountain a ridge extending to the south terminates in a small peak. This peak Kalapatter meaning Black Rock is 5545 meters high and provides the best vantage point for viewing Mt. Everest. Kala Patter is actually a Hindi name. Late Dawa Tenjing accidentally named the peak when he accompanied the first foreigner Jimmy Roberts. Overnight in the camp.

Day 10: Lobuche to Dingboche.

Overnight in the camp.

Day 11: Dingboche / Chukung/ Thyangboche.

Overnight in the camp.

Day 12: Thyangboche to Manju/Phakding.

Overnight in the camp.

Day 13: Lukla.

Overnight in the camp.

Day 14: Lukla- Kathmandu Flight.

The trekking tour includes visit to Monasteries and other things.

Minimum group: **04 people**

The cost include:

- 13 nights 14 days accommodation in the camp on full board basis
- full organised trek with German speaking guide,
- Trekking permit including Sherpa guide,
- porters and all trekking and camping equipments.

cost does not include

- Accommodation/ meals/sightseeing in Kathmandu
- Airport Tax
- Personal Insurance
- Personal expenses and tips

**Lassen Sie sich
diese oder eine
ähnliche Tour von
uns ausarbeiten!**



Tel. 09076/918877



Fax: 09076/918878



reisen@gecco-tours.de

GECCO-TOURS C.Ehnle • Salzbrunnen 19 • 89426 Wittislingen