

TREK TO EVEREST BASECAMP NEPAL

TRIP LEADER/GUIDE : Dr. Jon Kedrowski www.jonkedrowski.com [NOD Expeditions](#)



Partnered with The Sherpa Foundation, Silver OAK, & ZEAL OPTICS

REGARDLESS OF DURATION IN NEPAL, you get an “off the beaten path” look at the Sherpa culture. (www.sherpafoundation.org) / & my partner ‘Sherpa Guides’.

WE CAN CUSTOMIZE THIS TRIP TO YOUR NEEDS. Jon Kedrowski, Everest Summiteer and Nepal Veteran is the leader of the trip and will help you with everything from start to finish with a wealth of Nepal knowledge and experience.

NEPAL TRIP:

Trip Fact

Price: \$4,999 FOR 14-16 DAY Trip, plane flights to start of trek in Lukla.

\$5,799 to GUARANTEE HELICOPTER FLIGHT to LUKLA and back to KTM

Activities: Adventure Trekking

Trek Duration: 14-16 days *One Extra Day may be needed for weather delays flying to/from Lukla.

Trek style: Tea house/Lodge trek

Trek Grade: Moderate to Adventurous

Trip route: Kathmandu-Lukla-Namche-Tengboche-Gorekshep-EBC-Kalapatthar-Namche-Lukla-Kathmandu

Altitude: Maximum- 5545m/ 18,204ft at Kalapatthar

Accommodation: 5-Star Standard Hotel in Kathmandu & Best Lodges on trek

Meals: Bed & Breakfast in Kathmandu and full meals while on trek

Transportation: Private car & flight

Group Size: 6-12 max

Trip Overview

The Everest region is one of the most popular trekking regions in Nepal and for good reason; it offers some of the most spectacular scenery in the country and hence has become one of the most sought after adventure trips in the world. There are several ways to start this trip of a lifetime. The most common way is by flying to Lukla airport (2800m) and then trekking to Everest Base Camp including Kalapatthar and then back to Lukla and flying out to Kathmandu. Everest Base Camp Trek is designed for adventures trekkers. This trek takes you through the most popular villages of the Khumbu to the base camp of the world’s highest mountain Mt. Everest (8,848m/29,021ft). The trek also lets you encounter the friendliness of local Sherpa people who call this wonderland their home. They have a rich culture and interesting traditions that must be experienced.

The highlights of the trek are Base Camp and Kalapatthar which provide spectacular scenery. Hike to Kalapatthar (5550m) (literally meaning Black Rock), which offers some of the most dramatic views of Mt. Everest, Pumori, Nuptse, and Lhotse along with incredible peaks of entire Khumbu region. This trek is a great fusion of incredible scenery, challenging high altitude trekking and coming into contact with the Sherpa people and their unique culture.

Day to Day Itinerary

Day 01: Arrival day in Kathmandu (1,300m/4,264 ft) (_____,)!!!!

Upon arrival at Kathmandu Tribhuvan International Airport, you will be greeted and assisted to your Hotel. We can meet later on that day (if possible) or the next day to brief you on your upcoming trip with us. At that time we also check required trekking equipment and arrange if required. Also we will introduce you to our trekking Sherpa (might be when you arrive in Lukla). If your flight arrives on time, we will take you to one of the most popular local restaurants with delicious Nepalese food, cultural music and ethnic dance. This will give you a glimpse into the different ethnic groups of the country. Stay overnight at Kathmandu. (A City tour can be arranged for the day for \$100 per person, which includes visiting 4 major monuments and heritage sites, temples and an awesome rooftop lunch over the city).

You can stay at the 5-Star Yak and Yeti: www.yakandyeti.com

Day 02: Fly to Lukla and trek to Cheplung /Phakding (2,652m/8,700ft) (35 minutes by flight and 1-3 hours walk)

We drive to airport early in the morning as per flight departure time to take our flight to Lukla (2,800m). It is scenic flight about 35 minutes which gives you a perfect site of mountain range. Once you are at Lukla airport, meet our other trekking members there and lunch at the lodge. By the time prepare luggage for the Porters then walking starts through the stone paved trails towards Bhaisekharka and Cheplung. It is few up downs to get in to Phakding passing through plenty of prayer Rocks (Mani in local language). After getting in to the lodge at Phakding, freshen up and short walk to the village or hike up to the Gompa to acclimatize. Stay overnight at our Sherpa Foundation partners' home (Pemba and Lhakpa).

Day 03: Trek to Namche Bazaar (3440m/11,283ft) (5-6 hours walk)

After hot breakfast at your lodge, the trail leads towards the suspension bridge and easy uphill to the Monju from where Sagarmatha National Park begins. After short National Park formalities, drop down to the river (enjoy lunch), cross another suspension bridge and continue walk to the high Hilary Bridge at the bottom of the hill. After the bridge the trail leads uphill to the Namche Bazaar. On the way you will have great view of Mt. Everest, Mt. Lhotse, Mt. Kusum Khangru and more with beautiful valley. Stay overnight at the Lodge – Either Camp De Base or Khumbu Lodge special suites.

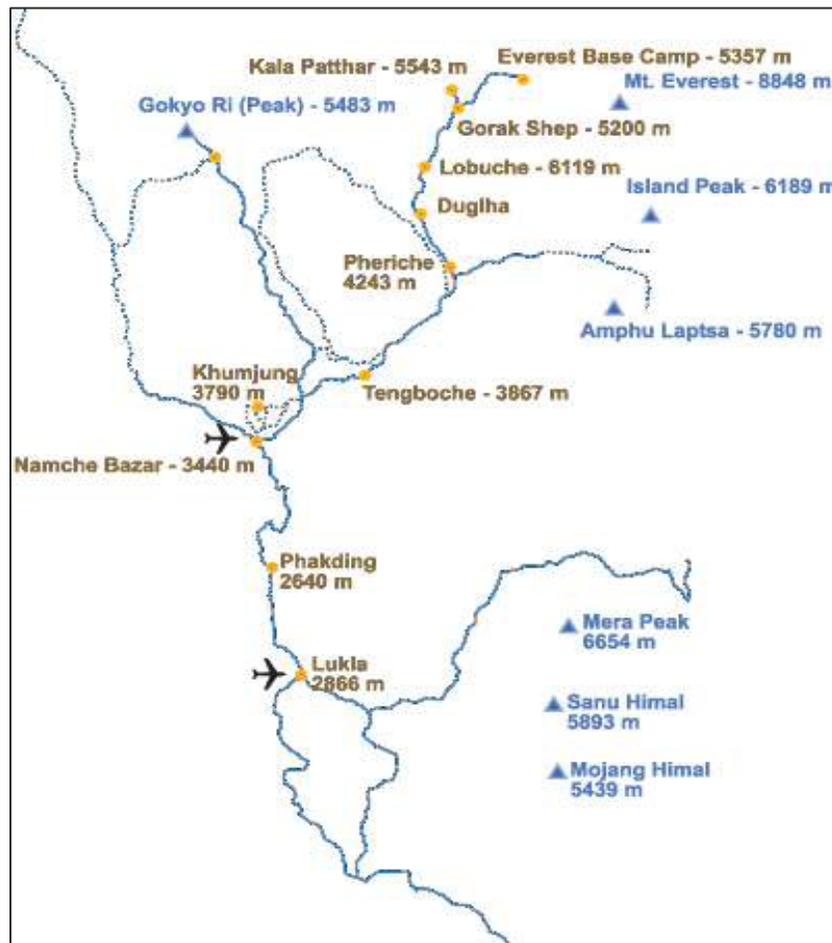
Day 04: REST DAY FOR ACCLIMATIZATION IN NAMCHE. Hike around town to visit the shops, marketplaces, bakeries, etc. AND take an optional short trek up to the Everest View Hotel, and we will Visit the Village of Khumjung where we will have a special outdoor lunch in the village off the beaten path with amazing views of Ama Dablam.

Day 05: Trek to Tengboche (3,867m/12684ft) (5 hours walk)

After breakfast at the lodge at Namche, the trail leads short up towards ridge and easy way to Kyamjuma then descends slightly to Dudhkoshi at 3250m. After that a steep ascent will bring you to the famous Tengboche monastery, with its picturesque background of Ama Dablam, Mt. Everest and other peaks. Stay overnight at the Rivendell lodge just past Tengboche at Deboche.

Day 06: Trek to Dingboche (4,358m/14,295 ft) (5-6 hours walk)

We hike half an hour down to riverside through lush forest, across the river and take a gradual climb up to the valleys highest year round settlement of Pangboche (3,860m/12,664ft). Continue ascending in the afternoon through alpine meadows and yak herds, eventually reaching Dingboche. Overnight at lodge.



Day 07: Acclimatize day

Today we acclimatize at Dingboche. You may hike up to Chhukung and Imja Valley towards to Island peak or explore Dingboche valley or hike up to Chhukung Ri or relax. Overnight at Dingboche. Stay at Snow Lion or Sherpland Lodges.

Day 08: Trek to Lobuche (4,928m/16164 ft) (5 hours walk)

After breakfast at the lodge the trail leads through the valley and gets in to the bottom of the hill from where uphill begins to get in to Dugla. Near the terminus of the Khumbu Glacier- After that the trail continue climb up to the ridge where many memories of Sherpa and others who died on Mount Everest at the Everest Memorials. Then the trail gently climbs up to Lobuche for overnight at the Mother Earth Lodge and the world's highest bakery.

Day 09: Trek to Gorak Shep-Everest Base Camp-Gorak Shep (5,320m/17,450ft EBC)/ (5,160m/16,929ft Gorekshep) (7-8 hours walk)

The trail continues climb to Gorak Shep, check in to Buddha Lodge, lunch and start your hike to EBC. This day leads you finally to the Everest Base Camp (5,357m/17,575ft) walking through rocky and glacial trails which is the most wonderful renowned place of this trek. After visiting the Everest Base Camp you will return to Gorak Shep (5,160m/16,929ft) for overnight. (It's possible this day might start 3am departure and finish in Loboche with Kala Pathar due to crowds and lack of sufficient lodging at Gorak Shep).

Day 10: Hike to Kala Pattar - Pheriche (5550m/18,204ft Kalapatthar)/ (4,358m/14,295 ft. Pheriche) (7-8 hours walk)

Today early morning your leader will knock your door to wake you up and you will take a dark climb up to the Kala Pattar. It takes a couple of hours to walk up to the famous viewing point of Kala Pattar (Black Rock) at 5,545m/18,192ft ; this small peak offers the best views of Mt. Everest, Nuptse, Lotse, Pumori and Ama Dablam. The views are golden along with sunrise and then back to its original color of white snow capped. Explore sunrise with Everest as long as you want then hike back to Gorekshep, breakfast and will retrace back to Loboche or lower to Pheriche or even Phortse for overnight.

Day 11: Trek to Namche Bazaar (3440m/11,283ft) (7-8 hours walk)

After hot breakfast at the lodge, the trail drops easy downhill through the dry valley till Pangboche village. Then the trail drops to the riverside and cross a bridge and continues up through the pine and juniper forest to Tengboche. The trail descends to the Dudhkoshi River and continues up to Kyungjuna. Finally an easy walk leads you to the Namche bazaar for overnight where you will have really hot shower which is the best after few days having no shower. Stay overnight at the Khumbu lodge or Camp de Base.

Day 12: Trek to Lukla (2,652m/8,700ft) (7-8 hours walk)

After breakfast at the lodge, the trail drops downhill through the pine forest till to the bridge and continue walk to the Monju. Again some formalities have to be done at the check post of the National park at Monju then continue walk to the Phakding or Cheplung for lunch. After that your last day of the trek continue to the Lukla. Stay overnight at the Khumbu Resort Lodge.

Day 13: Fly to Kathmandu (1,300m/4,264 ft)

Normally flights are always in the morning due to the weather. So guide will do all airport formalities by the time you can have breakfast at the lodge. Your luggage will get to the airport already with the help of our sherpas and porters. Once guide get news about your flight arrival at Lukla airport, will call you to watch how the small aircraft lands in to the small airstrip. After quick photograph, get in to the airport and straight away get in to the plane to fly out to Kathmandu. Once you are at the airport at Kathmandu, guide will assist to get in to your hotel by private vehicle. (Same Hotel as Night One of the Trip, See above).

Day 14 OR DAY 15 : Departure day.

Today is the last day of the trip with us. We will assist you to the airport as per your flight departure time. If your flight is late evening, you can do last minute shopping or manage your photos of the trip then final departure from the airport.

***One Extra Day may be needed for weather delays flying from Lukla. BUT if you chose the automatic Add on price we can guarantee Helicopter flights to and from Lukla which are effective but slightly more expensive.**

Trip Cost Includes:

Arrival and Departure by private vehicle

2 nights twin sharing accommodation in Kathmandu (KTM) at the Yak and Yeti Hotel.

Treks and National park permits

Flight tickets to Lukla from KTM and return to KTM * Additional Add-on for Helicopter transport is recommended.

Airport transfer

Airport tax

English speaking guide and his entire expenses

One porter (Sherpa) for each two members and his entire expenses

Three times meals during the trek (B,L&D)

Accommodation (mountain lodge) during the trek

Water purified drops / steripen (1 brought by your leader)

I will provide some solar charging equipment and solar panels to you for the entire trip to charge your electronics.

***My comprehensive pre-trip planning and consulting as well as gear lists and training programs are all inclusive for this package!**

Trip cost excludes

Travel Insurance and evacuation insurance that covers high altitude trek and evacuation – please check out **global rescue**, they are the best!

I HIGHLY RECOMMEND TRIP INSURANCE AND TRAVEL DELAY INSURANCE DUE TO THE NATURE OF THE CANCELLATIONS OF FLIGHTS TO LUKLA DUE TO WEATHER. OR, PURCHASE THE GUARANTEED HELICOPTER PORTION OF THE TRIP TO AVOID ANY DELAYS ALL TOGETHER. Purchase through AMERICAN ALPINE CLUB AND GLOBAL RESCUE.

In Kathmandu- All kinds of drinks/ tea/coffee/mineral water/coke, beer etc – Your bar and mini-bar tabs at the hotels are your responsibility.

Laundry bills at hotels and lodges

On the trek- soda, beer and bottled water are your responsibility, other beverages are part of the package- tea coffee, etc. (Although at times your leader buys plenty of bottled water for the group willingly 😊 and provides it for your rooms)

Snacks/battery charging/phone calls etc.

Tip to Guides and porters

YOUR Flights from US to get to KTM Nepal round trip.

SOME PEOPLE CHOOSE TO COME TO Kathmandu a few days early, if so, I can help you arrange city tours to various temples etc. let me know.

Visas are available at KTM Airport upon Arrival to Nepal.

\$100 for 90 day visa, \$60 for 30 day visa.