

WS 1: Kokoda Spirit Wild Spirit Adventure

Presents

Everest Base Camp classic

Itinerary

Day 01- Arrival in Kathmandu airport (1345meters).

There you will be met by our *Wild Spirit guide* and transferred to hotel by private tourist vehicle. Overnight at hotel.

Day 02- Sightseeing around Kathmandu valley.

Your sightseeing trip will start at 9 AM in the morning after the breakfast. We provide a private vehicle and professional tour guide. Places we visit are Pasupatinath temple, Buddhanath, Monkey temple, Bhaktpur durbar square and Kathmandu durbar square. The afternoon includes a final briefing and preparations for the trek by *Wild Spirit* staff. Overnight at hotel.

Day 03- Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours.

An early morning start takes us to Tribhuvan international Airport in Kathmandu for the 35 minute scenic flight to Lukla at 2804meters. On arrival at the airport, our guide will brief you and introduce our porters before we begin the trek towards Phakding at 2610meters. Overnight at Guesthouse.

Day 04- Trek to Namche Bazaar (3441 meters) 5.30 hours.

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. Namche Bazaar known as the Gateway to Everest is home to many quality restaurants, hotels, lodges, shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail. Overnight at Guesthouse.

Day 05- Namche Bazaar Acclimatization day.

We will spend a day here in order to acclimatize and adjust to the thinning of the air. We take a short trek to a museum which celebrates the traditional customs of the Sherpa people and stroll up to the Everest View Hotel. From this point, we can see magnificent views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. Overnight at Guesthouse.

Day 06- Trek to Tengboche Monastery (3860 meters) 5 hours.

Our trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. We trek to an altitude of 3860meters today. On reaching Tengboche you will see the local monastery. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. The group will be taken to observe a prayer ceremony either in the evening or morning depending on how the days trekking went. Overnight at Guesthouse.

Day 07- Trek to Dingboche (4350 meters) 5.30 hours.

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. We take our time to avoid the effects of altitude. Overnight at Guesthouse.

Day 08- Trek to Chhukung (4710 meters) and trek back to Dingboche. 4.30 hours.

Today is a day for acclimatization. We will have a trip to Chhukung valley via the Imja Khola valley to get a spectacular view of the surrounding mountains, especially Lhotse's massive south wall, before returning to Dingboche in the evening. Overnight at Guesthouse.

Day 09- Trek to Lobuche (4910 meters) 5 hours.

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are head to the altitude of 4910 meters at Lobuche which is really just a few huts at the foot of giant Lobuche peak. Some breathing problems may arise today due to the altitude. Overnight at Guesthouse.

Day 10- Trek to Everest Base Camp (5365 meters) then trek back to Gorak Shep (5180 meters). 7 hours.

After an early morning start leaving Lobuche, we head up to Everest Base camp (5365meters) you will have unobstructed views of many mountain giants like Nuptse, Pumori, Chagatse and Lhotse looming directly ahead and on all sides. Then we return to Ghorakshap at elevation of 5180 meters at noon for our overnight stay. Overnight at Guesthouse.

Day 11- Trek to Kalapattar (5555 meters) then trek down to Pheriche (4200 meters) 6 hours.

After reaching Base camp of Everest our aim today is to trek Kalapattar (5555meters). This is optional depending on how you are faring. Starting early the ascent is demanding but the climber gets the most magnificent mountain panorama possible with the best view point of Mount Everest along with other surrounding

mountains. We then descend to Pheriche at elevation of 4200 meters. Overnight at Guesthouse.

Day 12- Trek to Namche Bazaar (3441 meters) 5.30 hours.

Leaving the mountains behind us our descent takes us through Tengboche Monastery at elevation of 3860 meters before continuing back to the town of Namche Bazaar at 3441 meters. We arrive back into Namche Bazaar in the afternoon. Overnight at Guesthouse.

Day 13- Trek to Lukla (3404 meters) 6 hours.

Finally we return to Lukla where the trek began, which will seem like a lifetime ago. Enjoying time to reflect on the trek as a group and the personal achievement of all those who took part. You have time to explore this quaint little town. Overnight at Guesthouse.

Day 14- Morning flight back to Kathmandu.

Enjoy your last glimpse of the mountains you have recently visited for one last time as we take the 35 minute Scenic flight back to Kathmandu. Overnight at hotel.

Day 15- Leisure day in Kathmandu.

A free day of leisure in Kathmandu. This is our standby day in case we encounter poor weather on the trek and cannot fly from Lukla.

Day 16- Transfer for your final flight departure.

The trip ends, our *Wild Spirit* staff will drop you to the Kathmandu International Airport for your flight departure from Nepal.

Price

\$2495.00 (Aus) for a 16 day fully escorted tour

What's covered and what's not:

Included

1. Airport / Hotel / Airport pick up & drop by private car / van / bus.
2. Standard accommodation in four/five star hotel in Kathmandu breakfast included. (4 nights)
3. Guided city tour in Kathmandu by private car / van / bus.
4. All your standard Meals during the trek (15 Breakfasts, 11 lunches, 11 Dinners).
5. Best available Lodges, Guesthouses accommodation during the trek (11 night's Trekking Guesthouse).
6. Local *Wild Spirit* licensed English speaking Guide.
7. The required number of local staff and Porters to carry your

luggage during the trek.

8. Food, accommodation, salary, insurance, equipment and medicine for all staff.
9. Everest National Park permits.
10. Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
11. Surface transfer from and to Kathmandu.
12. All our government taxes.
13. Official expense.

Not Included

1. Lunch and dinner whilst in Kathmandu.
2. Your travel insurance (compulsory).
3. International airfare and airport departure tax.
4. Nepal entry visa fee (US\$ 30 per person) you obtain a visa easily upon your arrival at Tribhuvan International Airport Kathmandu for 60 days from date of issue. You will require 2 passport size photos.
5. Alcoholic, hot and cold drinks
6. Personal trekking Equipment.
7. Tips for trekking staff and driver. (Tipping is expected).
8. Sightseeing/Monument entrance fees.
9. Any others expenses which are not mentioned on Price Includes section.