

# MOUNTAIN



LINK

## NEPAL: EVEREST BASE CAMP TREK/ISLAND PEAK CLIMB



- Day 01** Depart United States for Kathmandu. Remember to check all of your luggage to Kathmandu from your point of origin. Arrive Bangkok for a layover. Upon arrival in Bangkok, we stay at the Amari Hotel. It is a short walk over a sky bridge from the airport to the Amari Hotel. We spend the night at the Amari, a first rate hotel with all the amenities including a pool. It is a good idea to change at least \$15 USD to Thai Baht for the 500 Thai Baht departure tax at the airport. If you arrange your own flights, make sure to get a voucher for the Amari Hotel from the travel agent or airline.
- Day 02** Day two vanishes flying over the international dateline.
- Day 03** After an early breakfast, the group returns to the airport. Prior to departure, a departure tax is due. The tax is paid at a separate booth, and then each person proceeds through customs with their documents. You obtain your tourist Visa at the airport; you need your ticket, visa application, and passport. The outbound flight to Kathmandu arrives early in the afternoon. After clearing customs we are met by our local liaisons and transported to the hotel.
- Day 04** Day of sightseeing in Kathmandu (2,427 feet) with a local guide. Sights include Pashupati and Boudhnath. Sightseeing is optional: you may choose to relax at the hotel.
- Day 05** Depart Kathmandu in the early morning for Lukla (9,000 feet). The trek begins after lunch to Phakding.
- Day 06** Trek to Namche Bazaar at 11,300 feet. Explore the village and markets
- Day 07** This day is used as a day for acclimatization. Relax, explore this beautiful mountainside village, read, or shop to your heart's content.
- Day 08** Another acclimatization day, where some members may want to visit the near by villages of Thame or Khumjung.
- Day 09** Trek to Tengboche (12,684 feet) where the famous Tengboche Monastery resides.
- Day 10** Acclimatization day in Tengboche where we can visit the monastery and attend the morning or evening prayer.
- Day 11** Today, we trek to Dingboche (14,450 feet) via Pangboche
- Day 12** Acclimatization day at Dingboche where there is opportunity to visit the neighboring village of Pheriche.
- Day 13** Trek to Lobuche (15,700 feet). The route passes through an area with many chortens that represent the Sherpa Memorial for Everest Climbers.
- Day 14** Relaxation and acclimatization. Interested parties may hike up to the Himalayan Research Center.



- Day 15** Today we trek to Gorak Shep (16,150 feet) our high camp at the base of Kala Pattar.
- Day 16:** Acclimation day at Gorak Shep where you have the option to climb Kala Pattar (18,300 feet). If the weather is nice, from the top the views of the Himalayan range are spectacular!
- Day 17:** This day brings us to Everest Base Camp (17,500 feet) at the foot of the Khumbu Icefall. After our visit to Base Camp, we move to our new high camp in Lobuche.
- Day 18:** Today we descend from Lobuche to Pheriche
- Day 19:** From Pheriche, we trek to Chukhung (14,650 feet). Acclimatization day to climb up Chukhung Ri (16,950 Feet) where we will have most spectacular view of massive south face of the Nuptse- Lotse wall.
- Day 20:** Trek to BC (Basecamp) of Island Peak. (16,200 feet)
- Day 21:** Today we climb up to the high camp (17,800 feet) and prepare for our summit bid.
- Day 22:** Summit Day –If the weather gods are smiling the group will climb for summit and descend all the way back to BC.
- Day 23:** Contingency Day for weather.
- Day 24:** Descend to Pangboche
- Day 25:** Descend to Namche Bazaar where you can get a shower and relax.
- Day 26:** We trek from Namche to Lukla. This is our last day in the Khumbu Region. We celebrate a wonderful trip with our Sherpa friends.
- Day 27:** Fly from Lukla to Kathmandu. Spend the day in Kathmandu preparing for our departure
- Day 28:** Free day in Kathmandu for collecting souvenirs, sight seeing and the like.
- Day 29:** Outbound flights for the Bangkok, Thailand. Spend the night in Bangkok at the Amari Hotel.
- Day 30:** Depart Thailand for the United States and arrive on the same day. No meals included.

*\* Itinerary is subject to change.*

*\*\* All meals included once in Kathmandu.*