

Everest Base Camp Trek

And Optional Climb of Lobuche Peak

***With Himalayan Mountaineer and Two Time Everest Summiteer
Brad Clement***



Mt. Everest and Nupste as seen from Kala Patthar

One of the world's greatest mountain treks, the hike into Everest Base Camp is truly an amazing journey. From the exotic energy of Nepal's capital city - Kathmandu, to the famous Khumbu Valley and Mt. Everest itself, the experiences are unrivaled.

While most base camp treks simply hike in and out on the same standard trail, we will take the road less traveled, completing a full traverse of the Everest area along the entire circuit of the Khumbu region; offering experiences, views and travels not experienced by the majority of base camp trekkers. We are also offering an optional climb of the dramatic, yet straightforward, 20,070 ft. Lobuche Peak.

From Kathmandu we enter the famed home of the Sherpa culture - the Khumbu Valley. Along the entire route, we are literally at the foot of the highest mountains in the world. In addition to Mt. Everest, we will see other Himalayan giants such as Ama Dablam, Nupste, Lhotse, Cho Oyu, Pumori and more. We will experience the forest, sub alpine and high alpine environments....climb over high passes and enjoy wonderful Sherpa hospitality. We will meet Nepal and Tibetan traders and their trusty Yak herds...walk to the base of the infamous Khumbu Icefall...and meet mountaineers from around the world as they embark on expeditions to Everest and beyond.

We will visit the actual base camp, located at an elevation of 17,500ft; and our high point will be just over 18,000ft as we hike trails to the top of Kala Patthar, offering amazing views of Everest and the neighboring peaks. Our trip is structured to ensure proper and safe adjustment to altitude as we hike through the Nepal mountains. We will enjoy the unparalleled service of our Sherpa support team (many of whom have become great friends over the years), and we will stay in five star accommodations while in Kathmandu.

OCTOBER 10-29, 2010

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Everest Base Camp Trek

Lobuche Climb

At 20,070ft. above sea level, Lobuche is a dramatic, yet straightforward mountaineering objective, just off the Everest trail. Only a few hundred feet lower than Denali - the highest mountain in North America - this mountain represents an wonderful opportunity to climb a big Himalayan mountain. Basic mountaineering skills are recommended, but not required. Excellent physical fitness is a must.

From just outside the village of Lobuche, we will stage our Base Camp - elevation 16,100ft. After a night at base camp, we travel up snow and scree to our high camp - elevation 18,400ft. Once in high camp, we concentrate on rest, hydration and lots of food in preparation for our summit push. We leave high camp early in the morning and climb for the summit. After our summit attempt, we return to base camp.

We will sleep in 4 season mountaineering tents, and have the assistance of a fantastic crew of Sherpa climbers. Fixed lines will be placed along the route to ensure protection and safety.



Climbing high on the slopes of Lobuche



Climbers reaching the summit of Lobuche

Everest Base Camp Trek TREK ONLY

DAY 1 - Arrival in Kathmandu, Nepal. After arriving at the Kathmandu International Airport, we will be transferred to our five star hotel via private bus. Relax, catch up on sleep and take in the sights and sounds of the Capital city.

DAY 2 - A day spent in Kathmandu. Prepare last minute gear needs and tour the city.

DAY 3 - Fly from Kathmandu to the mountain town of Lukla. Often called the most exciting flight in the world, our short plane ride takes us to the entrance of the Khumbu Valley. After landing, we hike a short distance to the town of Phakding.

DAY 4 - Hike from Phakding to Namche. A gorgeous hike that includes some fantastic bridge crossings and our first glimpse of huge Himalayan mountains. Namche is a bustling village - the heart and soul of the Sherpa culture - dramatically carved into the mountain slopes.

DAY 5 - Another day spent in Namche. At an elevation of just over 11,000ft, this day allows for adjustment to altitude. We can visit the local shops of Namche, visit nearby villages, and hike to the famous Everest View Hotel which offers breathtaking views of Mt. Everest.

DAY 6 - From Namche we travel through the rolling terrain to the quiet village of Dole. Now off the standard trail to Everest Base Camp, Dole is a charming Sherpa village. Along the way to Dole we hike through Rhododendron forests and gain outstanding views of Ama Dablam.

DAY 7 - Hike to the village of Phanga. Located at an elevation of just over 14,000ft, we are truly beginning to gain altitude.

DAY 8 - Hike to Gokyo. A famous village located on the edge of the dramatic Gokyo Lakes.

DAY 9 - Climb to the top of Gokyo Ri and descend to the village of Thangnak. An awesome day as we climb to almost 18,000ft to the summit of Gokyo Ri. From the top, we can see 4 of the highest mountains on earth, including a fantastic view of Everest not seen by most Everest Base Camp trekking teams. After the climb up Gokyo Ri, we descend to the village of Thangnak.

DAY 10 - Today we cross the Cho La Pass (17,380ft), which, depending on conditions can be an easy rock scramble, or a snow covered adventure. After crossing the pass, we drop down to the village of Dzongla - elevation 15,880ft.

DAY 11 - Hike to Gorak Shep. From Dzongla, we hike through the town of Lobuche and regain the main Everest trail to the outpost of Gorak Shep. From Gorak Shep, we have stunning views of Pumori, Lingtren, Nupste and the Everest Massif. Base Camp is just a short distance from Gorak Shep.

DAY 12 - Gorak Shep and Base Camp. We travel along the edge of the Khumbu Glacier to visit Everest Base Camp. After a few hours of hiking from Gorak Shep, we reach the famous camp, situated at the very base of the massive Khumbu Ice Fall.

DAY 13 - Pangboche. Early in the morning we hike to the top of Kala Patthar and take in the classic Everest view. After Kala Patthar, the team begins their descent to Pangboche. Hiking along the standard Everest trail, we take in views yet unseen by the team, passing beneath the highest mountains on earth.

DAY 14 - Namche. Today's hike takes us back to Namche and the sights and sounds of the bustling Sherpa capital.

DAY 15 - Lukla. Return to Lukla and prepare for our flight to Kathmandu the following morning.

DAY 16 - An early morning flight from Lukla returns us to Kathmandu and our hotel.

DAY 17 - Departure home.

Everest Base Camp Trek

**WITH CLIMB OF
LOBUCHE**

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DAY 13 - Lobuche Base Camp. Early in the morning to hike to the top of Kala Patthar to gain the classic view of Everest, then hike down valley to our Lobuche Base Camp - elevation 16,100ft.

DAY 14 - Lobuche High Camp. A few hours of hiking over snow and scree brings us to high camp - elevation 18,400ft. From here we hunker down in our tents, rest and prepare for our early morning summit attempt. Views across the Himalayas from this camp are fantastic!

DAY 15 - Summit climb of Lobuche and descent to Lobuche Base Camp. Traveling on snow and using fixed lines for protection we will attempt to summit Lobuche and then return to Base Camp. An awesome climb to just over 20,000ft.

DAY 16 - Pangboche. After departing our Lobuche Base Camp, we hike a few hours down valley to Pangboche. Now on the standard Everest trail, we are taking in views yet unseen by the team.

DAY 17 - Namche. Today's hike takes us back to Namche and the sights and sounds of the bustling Sherpa capital.

DAY 18 - Lukla. Return to Lukla and prepare for our flight to Kathmandu the following morning.

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DAY 20 - Departure home.

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LAND COST

TREK ONLY:	\$3,950.00 USD per person
TREK & LOBUCHE CLIMB:	\$4,720.00 USD per person

Prices based on 4 person minimum
All trips limited to 8 members

\$750 deposit reserves your spot on the trip

Land Costs Include:

- Three nights hotel accommodations in Kathmandu (double occupancy)
- All transportation in Nepal for those on the regular (official) schedule
- All group equipment for the trek (tents, cook/kitchen gear, etc.)
- All meals once on trek
- All park fees and trekking permits for participants and staff
- Porters, Cook Staff, and US trip leader

Land Costs Do Not Include

- International round-trip airfare to Nepal
- International visas for Nepal
- Hotels outside the regular itinerary
- Meals while in Kathmandu
- Excess-luggage charges and airport taxes
- Personal gear
- Alcoholic beverages, bottled and canned drinks
- International vaccinations
- Single-room supplement for hotels and tents
- Medical/Evacuation/Trip insurance
- Charges incurred as a result of delays beyond the control of travel/guide service
- Tips and gratuities

Prices are valid as of April, 2010 and are subject to change.

Everest Base Camp Trek

PHOTOS FROM PREVIOUS
EVEREST BASE CAMP TREKS

