

## Khumbu Trekking



Khumbu trekking is one of the best trekking in Nepal. Experience Sherpa culture, Buddhist monasteries and alluring mountain views of Mount.Everest (8848m)

Khumbu region is the synonym of the Everest region. It is located in the Solu Khumbu district, Northeastern part of Nepal. Khumbu trekking is one of the most popular places in the world because of the world's tallest mountain standing in the lap of Himalayas. It is blessed by the unique cultural existence as well as the hospitable people of the Khumbu region. Mostly Sherpa settlement dominates the whole region however in the lower elevation Rai, Tamang, Lumbu also inhabited. Khumbu trekking passes many beautiful villages such as Namche Bazar, Thame, Khumjung, Pangbouche, Pherich, and Kunde. The oldest Buddhist ministry at Tengboche is also located in the Khumbu region.

Khumbu trekking in Khumbu region is the probably the Number one trekker's destination in Nepal."Lonely Planet recommends the top forth best place to trek in the world." The elevation ranges from 3,300 meters (11,000 feet) to the 8,848 m (29,029 ft), at the summit of Mount Everest. Sagarmatha National park preserved the whole area very well. Trekkers must be perceived Sagarmatha national park permit along with TIMS (Trekking Information Management System) to trek in Khumbu region. Trek to Everest Base Camp offers mesmerizing views of the Himalayas, a variety of Himalayan floras and faunas, Buddhism practices, to close with Sherpa people, lifestyle and their culture.

Khumbu valley trek begins after a 45minutes flight from Kathmandu to Tenzing Hillary airport at Lukla. Lukla is situated in the lap of the Himalayas with many facilities for the trekkers such as last minutes shopping, accommodation, air transportation, hospital etc. This trail attracts many wild rare animals; Musk Deer, Thar, Blue Sheep, Snow Leopard and various different species of birds like Monal, Kalij, and Danfe (Lophophorus). Also, Himalayan Pheasant will be spotted during your trek. Additionally, If you would like to experience some side trip during your trip, we add sightseeing around the world Heritage sites, rafting, Bungee jumping, jungle safari, cultural tours, yoga, meditation etc. We organize every tailor-made tour as per the interest of our clients, Just dream to dare it, we will make it happen.

Duration: 16 days

Price: \$1650

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

### **Itinerary:**

#### **Day 1:** Arrival in Kathmandu airport (1345meters)

Upon your time of arrival at the Tribhuvan international airport in Kathmandu, our staff will be there to greet you and take you to your hotel. Refresh and relax in the afternoon followed by a welcome dinner in the evening. In the meantime, we introduce you with your trekking guide.

#### **Day 2:** Sightseeing around Kathmandu valley

Your sightseeing trip will start at 9 AM in the morning after breakfast. We provide a private vehicle and professional tour guide. Places we visit are Pashupatinath temple, Buddhanath, Monkey temple, Bhaktapur Durbar square, and Kathmandu durbar square. The afternoon includes a final briefing and preparations for the trek.

#### **Day 3:** Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours

Our Guide will come to your hotel early in the morning and drive you to the domestic airport in Kathmandu. It's a 35-minutes scenic flight to Lukla at 2804meters from where we commence our trek towards Phakding at 2610meters.

#### **Day 4:** Phakding - Namche Bazaar (3441 meters) 5.30 hours.

We continue trekking along the banks of the Dudh Koshi river and crossing this river several times on exciting suspension bridges. After entering Sagarmatha National Park, the trail climbs steeply up until we head Namche Bazaar. Namche Bazaar is known as the Gateway to Everest and one of the biggest towns along the entire Everest trail.

#### **Day 5:** Rest for acclimatization at Naamche

We will spend a day here for acclimatization. After breakfast, we do a short hike to Syangboche from where we can see the splendid views of Kwandge.

#### **Day 6:** Naamche - Tengboche Monastery (3860 meters) 5 hours

We continue our trek toward Tengboche with less paved and narrower paths. We will cross a couple of long and strong suspension bridges and lush pine forests. Since Tengboche monastery is the biggest monastery in Khumbu Region, the village is also called the monastery village.

**Day 7:** Tengboche to Dingboche (4410m, 6/7 hrs.).

Today, we descend in a fairly wide path with well grown green trees. We will see wide valleys and speeding streams far below us as we begin trekking uphill. Finally, we will arrive at Dingboche after a long hike.

**Day 8:** Acclimatization day.

We definitely enjoy a rest day in Dingboche. It's important to have a few rest days along the way to appropriately acclimatize your body to the altitude. We will do a day hike Nangkartshang Peak 5083m to be well acclimatized. We will be able to view snow and ice formations all over the valley. We will also be able to enjoy the scarce flora and fauna of the Everest Region. We then climb down to Dingboche and stroll around the monastery in Dingboche.

**Day 9:** Dingboche trek to Lobuche (4930m) 5 hours

After having breakfast, we start trekking up and arrive at yak farm from where you can enjoy the fascinating views of Tawache Peak (6,542m) and Cholatse peak (6,440m) on the left. Then the trail directly goes to the Khumbu Glacier by following the Duglha before reaching the village of Lobuche having views of the Khumbu ice, Pumori and lots of smaller peaks from the ridge.

**Day 10:** Lobuche to Gorakshep - trekking to Everest Base Camp (5357) and back to Gorakshep 6-7 hours

From here, the trail continues to Gorakshep. Along the way, we can view Khumbu glacier by crossing north rim of Everest next to Khumbutse and Pumori, and finally, we will head Gorak Shep.

We will check into a lodge in Gorekhshep. After Lunch, we will continue our journey to Everest Base Camp by passing several ups and down hills. To be in the Base Camp which is the objective of the EBC trek. You can get to base camp without climbing gears. We can view Khumbu icefall, Khumbu glacier, and the close view of Mt. Pumori, Khumbutse and other several peaks. The base camp is filled with many Buddhist prayer flags. We stay there to cream our eyes with the views of large pools of water and ice. After a while, we head back to Gorakshep.

**Day 11:** Gorakshep to Kalapathar (5545m) and Pheriche (4240m – 5/6 hrs.).

We start climbing Kalapathar early in the morning to enjoy the sunrise view over the Mt. Everest. Kalapathar is just a pile of large rocks and dust and it is a famous spot for its incredible panoramic views of the surrounding peaks. We get back to Gorakshep for breakfast and then move towards the village of Pheriche. The trek is quite easy as we only hike downhill. The day is quite a long and the challenging as we ascend a thousand meters up and descend another thousand meters.

**Day 12:** Pheriche to Namche Bazaar (3440m, 7 hrs.).

We will trek down to Pangboche village, where you can see the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti. From here, the trail drops to the riverside and cross a bridge and continues up through the pine and juniper forest to the Tengboche village. The trail then drops sharply down to the Dudh Koshi River and the village of Phunki, where we cross the river, and up toward Namche Bazaar.

**Day 13:** Namche Bazaar trek to Lukla (2810m) 6-7 hours

Today is the last day of our trekking. The entire trail drops sharply down to Lukla by following the Dudh Kosi River. Here we complete our trek.

**Day 14:** Morning flight back to Kathmandu.

Take a scenic flight to Kathmandu in the morning. Once you're at the airfield at Kathmandu, your guide will take you to the hotel. Rest of the day is yours for refresh and relax. We will have dinner with Nepali cultural program shown in the evening.

**Day 15:** Leisure Day at Kathmandu.

Today you will be free in Kathmandu city; you can spend on shopping and relaxing. If time permits, and also if you are interested to visit a beautiful and medieval town, Bhaktapur Durbar Square

**Day 16:** Fly back Home

We take you to the airport for your final departure and say you a SAD GOODBYE then.

**Highlights:**

- 45 minutes breathtaking mountain flights from Kathmandu to Lukla
- Experience brave Sherpa's culture, lifestyle, and their daily life
- Trek up to 5,545m at Kalapather
- Observe Buddhist monastries, Chorten and Buddhism practices
- Glistering view of Mount Everest, Lotse, Cho Oyo, Ama Dablam, and so many

**Cost Include:**

- Domestic Airport pick up and drop off
- Two 1/2 day sightseeing in Kathmandu
- Flight to and from Lukla for you and Nepalese Staff
- 4 nights' accommodation in Kathmandu at Hotel Horizon (Very nice hotel)
- Accommodation and 3 meals while on the trek
- Fully escorted trek with English speaking a Guide and a Porter for every two persons
- National Park Fees
- TIMS CARD
- Sleeping bag ( If you don't have )
- Wages, equipment, insurance and other facilities to staffs
- Welcome and farewell dinner in Kathmandu

**Cost exclude:**

- Items of personal nature ie. Soft/hard drinks, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Medical evacuation in case of emergency
- Personal spending money
- Tips