

DAY 1 **DELHI**: Bangalore to Delhi by flight (approx Rs 2300) Reach Delhi by evening. Have dinner in Delhi; wait overnight for next flight to Kathmandu which leaves in the morning – **26th March 2009**

DAY 2 Part 1: **KATHMANDU** (1360M) Delhi – Kathmandu- Lukla by flight (5200Rs) Take next flight to lukla (3000 Rs) and make necessary arrangements for porters and gears in lukla itself. Snacks and Food items would be already arranged by the group before leaving from Bangalore. Rest you should be well equipped with clothing/accessories required for such a trek else you can rent all that stuff in Namche Bazaar. **27th March 2009**

DAY 2 Part 2: **PHAKDING** (2652M Trekking 3 hours). In the early morning we take the spectacular flight from Kathmandu to Lukla (2827m, Rs 3000), flying parallel to the Himalayan giants bordering Nepal and Tibet. Flight time is about 40 minutes to the airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s. After landing we will have time to explore the village while the porters load the trekking equipment and our food items. In the afternoon, we begin the trek by descending towards the Dudh Kosi River, where we join the main trail to Namche Bazaar, just above Chaunrikharka (2713m). The walking is easy and after passing through the small village of Ghat (2550m), it is a short walk to Phakding. Please note that the flight from Kathmandu to lukla might be delayed due to bad weather. In such a scenario we trek in the night with the help of our torches ☺ **27th March 2009**



DAY 3 Part1: **MONJO** (2835M Trekking 3½ hours). From Phakding we cross the river and head up valley following porters from the south ferrying supplies to Namche. The trail keeps close to the river valley and is lined with beautiful blue pine and rhododendron forest that is very spectacular in the Spring months when the flowers are in bloom. We cross the Dudh Kosi at Benkar where there are tantalizing glimpses of the snow peaks Kusum Kanguru (6369m) and Thamserku (6623m). From here it is only a short walk to

Monjo (2835m) where we arrive in time for lunch. **28th March 2009**

DAY 3 Part 2: **NAMCHE BAZAAR** (3446M Trekking 4 hours). Now the walking is a little tougher and includes the steep ascent to Namche Bazaar. From Monjo, it is a short walk to the entrance of the National Park before we cross the Dudh Kosi, to Jorsale (2805m). The trek continues upstream on generally flat terrain, crossing back to the right bank, to the confluence of the Bhote Kosi and Dudh Kosi rivers; it is here that we start the steep ascent to Namche Bazaar. After crossing a large and stable suspension bridge high above the river we slowly ascend at a steady pace towards Namche. There are some fantastic photographic opportunities as the peaks of Everest, Lhotse, Nuptse, Ama Dablam and Taweche (6542m) come into view for the first time. After arriving in Namche, we camp for dinner and sleep. **28th March 2009**

DAY 4: **THYANGBOCHE** (3875M walking 6 hours).. We get up early to view the sunrise on the ice capped mountains surrounding manche. A few acclimatization activities at Namche and we start our days trek. From Namche, we climb towards the park headquarters and follow a contouring trail high above the Dudh Kosi river. Above Namche the route to Thyangboche becomes visible with the monastery seen below the summit of Everest and surrounded by Himalayan peaks. On today's walk there are opportunities to spot the local wildlife, including the beautiful Danphe Pheasant often seen among the birch and silver fir forest between Shanasa and Trashinga, and Himalayan Thar on the high ground above the trail. After reaching the re-forestation nursery at Trashinga, the trail drops steeply to cross the Dudh Kosi at Phunkitenga (3250m), where we take lunch. In the afternoon we pass water-driven prayer wheels and ascend, initially steeply, through pine, fir, black juniper and rhododendron forest towards Thyangboche. The trek gets difficult and we will have to walk fast to reach our destination before night fall. The monastery is situated in a beautiful meadow surrounded by towering Himalayan peaks in a truly peaceful and tranquil setting. The most notable peaks seen from here are Kantega, Ama Dablam - perhaps the most beautiful peak in the region and of course Mount Everest **29th March 2009**

DAY 5 Part 1: **PANGBOCHE** (3900M Trekking time 2 hours) From Thyangboche, we descend through forest of birch, fir, juniper and rhododendron, to the nunnery at Debuche. Along the way keep an eye open for Blood and Danphe Pheasant, Musk Deer and, high on the steep slopes of the valley, the Himalayan Thar. After half an hour's fairly level walking we cross the Imja Khola and gradually ascend to the village of Pangboche where the peak of Ama Dablam dominates the skyline. **30th March 2009**

DAY 5 Part 2 : **DINGBOCHE**(4360M Trekking 4hours). In the afternoon our route ascends gradually, high above the Imja Khola, passing the teahouses at Orsho before crossing the Imja Khola and old glacial moraines to our lodge in the settlement of Dingboche. The scenery is spectacular: although Everest has disappeared behind the Lhotse-Nuptse ridge, the huge peaks that tower above the eastern end of the valley are ample compensation. We are now almost completely above the treeline. In clear conditions, look out for spectacular sunsets here and on Ama Dablam. Today's walk is quite tiring due to the altitude so it is important to take notice of symptoms of altitude sickness and increase fluid intake; these wont be any shortage of water in these routes. **30th March 2009**

DAY 6: **LOBUJE** (4930M Trekking 6hours). In the morning we ascend the small ridge behind the village above the Pheriche valley. From the chorten at the top, Taweche and

Cholatse (6440m) make for a striking scene as they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119m) and the snowfields of the Cho La dominate the skyline. The walking is now generally fairly flat on wide-open fields, but do take your time and ensure you are well hydrated. Late in the morning we cross the Khumbu Khola at Dughla (4620m) and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest. In the afternoon, there is a solid and quite steep climb on a rocky trail to the top of the moraine. On the crest of the ridge, you pass a line of memorial cairns, built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last 50 years. From here the view is spectacular, Pumori (7145m) Lingtren (6697m), Khumbutse (6623m), and across the border in Tibet, Changtse (7550m) are seen at the head of the valley, whilst Everest is hidden behind the towering walls of Nuptse and Lhotse. We then follow the valley stream to our lodge at Lobuje, arriving early afternoon. Today is a tiring day but the fantastic scenery makes it all very worthwhile. We arrange for a lodge in this area as camping @ this altitude seems difficult. We now have a short trek to Gorak Shep where we will have breakfast and some tea before beginning the walk up to Kala Pattar. (5545m)

31th March 2009

DAY 7: Kala Pattar ,base camp.(5160M Trekking 13 hours round trip). Today we trek with minimum baggage's since we will be coming back to our lodge before end of day but please keep in mind we will target trekking 13 hours today to cover both Kala Pathar and Everest Base Camp. After an early rise, we have a short trek to Gorak Shep where we will have breakfast and some tea before beginning the walk up to Kala Pattar. (5545m)A gradual ascent enables you to build the slow, steady rhythm required when walking at high altitude. From the lodge the ascent is quite steep, so start very slowly and try to ascend at steady rhythmic pace. Our goal Kala Patar, is the rocky hilltop below Pumori. It is a tough walk, but the view from the top surpasses the wildest imagination. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints will provide views almost as good. Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest - the highest mountain in the world - surround us([video](#)), and some 200 metres below, the area of the Everest Base Camp can be seen in a bowl at the bottom of the Khumbu Ice Fall. For many trekkers, reaching Kala Pattar is a very emotional experience and it is worthwhile spending as long as you wish to savour this special moment. If time permits we also take a head off thru the Khumbu Glacier to visit the base camp. The descent back down to Gorak Shep has to be fast. Upon arrival to the lodge in Lobuche we have our dinner. **1th April 2009**

DAY 8: Pangboche. (3875M Trekking 5 hours). From Lobuje we re-trace our steps to Dughla: it seems much quicker and easier going down! From here we take a different route from our ascent, following the wide alpine valley covered in scrub juniper through to the temporary settlement of Phulung Karpo (4343m), and then to Pheriche. There is also a Trekkers' Aid Post here, supported by the Himalayan Rescue Association which, although not manned year round, is well worth a visit if open. From Pheriche we cross the Khumbu Khola and ascend a short steep trail to the top of a small ridge for great views of the Imja valley, Ama Dablam and Kantega. We then descend to the small settlements at Orsho and Shomare, and then to Lower Pangboche to camp. **2th April 2009**

DAY 9: NAMCHE BAZAAR (3446M Trekking 5 hours). After breakfast we descend steeply through beautiful forest of juniper, rhododendron and fir to Thyanboche and then

down again to Phunkitenga. After a welcome break and perhaps a cup of tea we cross the Dudh Kosi, and ascend to Trashinga. From here the trail contours high above the valley through Sanasa, before returning to Namche Bazaar where we spend the evening. **3rd April 2009**

April 2009

DAY 10 Part 1: **PHAKDING**. We enjoy a leisurely departure from Namche Bazaar with a final opportunity to visit the shops in the bazaar before we descend steeply down to the large suspension bridge over the Dudh Kosi. We follow the trail through Jorsale and back to Monjo where we take lunch. In the afternoon it is a short walk via Benkar through blue pine and rhododendron forest with great views of Kusum Kangaru back to camp in Phakding. **4th April 2009**

DAY 10 Part 2: **LUKLA** (2800M Trekking 3½ hours). Now the trekking is only a short walk along the valley before we make the final climb up to the airstrip at Lukla. We will take dinner and arrange for rest; this part of the trek can also be done next day early morning (5:00 am) to catch the flight to Kathmandu. **4th April 2009**

DAY 11: **KATHMANDU**: Reach Kathmandu, visit to Bodanath Stupa, enjoy shopping. The team members can disperse for shopping and lunch. We leave for Gorakhpur in the evening by hiring a Jeep or Bus; we target reaching Gorakhpur Railway Station by 5 in the morning hence it of utmost importance that we leave Kathmandu by 4:30 pm in the evening. Please note that we may not get any time in Kathmandu if the flights from Lukla are delayed because of bad weather. **5th April 2009**

DAY 12: Leave from Gorakhpur to Bangalore early morning train leaves @ 6:30 am. Reach Bangalore on the 14th day morning and rush to office. **6th April 2009 – 8th April 2009**

SOME OF THE ITEMS TO BE PROCURED BY SELF:

- 3 pairs of wollen socks and 3 pairs of cotton
- 2 top thermal wear for below 0 degree
- 1 lower thermal wear for below 0 degree
- Gloves
- 2 pair of ear coverings
- Track pants made of double layered micro material
- 1 trekking bag pack
- 10 tablets of Diamox and 10 tablets of Coca-6
- 1 balm (Vicks, Amrutanjana or Sensor Oil)

Kindly note that we will not be needing any rope/ specific gears for this trek. If any of this is required we can hire such stuff in Lukla on the advice of our porters. We will not be carrying any trekking boots (for snow) from Bangalore. The same can be rented in Lukla/Namche if the locals' report of any snow capped areas in our trekking route. Such

boots if rented will be carried by the members itself ☺ I would suggest not getting them from Bangalore.

A minimum of 8 kg baggage will be carried by all members of the group especially in the start. So try keeping your baggage as light as possible when we leave from Bangalore. A lot of space will be occupied by the food stuff and first aid kits which will be distributed to all in Lukla.

