

Everest Base Camp

TREK TO ISLAND PEAK BASE CAMP, KALA PATTHAR, AND BEYOND



TRIP DATES

2025

March 18-April 5, 2025

October 31-November 19, 2025 Mani Rimdu Festival

November 17-December 5, 2025

2026

March 30-April 17, 2026

October 21-November 9, 2026 Mani Rimdu Festival

November 16-December 4, 2026

Please note: Insurance for emergency evacuation is required for this trip. Call for more details.



Wilderness Travel

ITINERARY	3
MANI RIMDU DEPARTURE	10
TRIP COST, PAYMENT & INSURANCE	12
EXTEND YOUR ADVENTURE	13
ARRIVAL & DEPARTURE	14
ACCOMMODATIONS	16
TREK LEADERS	17
TRIP DETAILS	18
TOUCAN CLUB	21



Everest Base Camp

TREK TO ISLAND PEAK BASE CAMP, KALA PATTHAR, AND
BEYOND

Make the classic trek through Sherpa villages to Everest Base Camp (17,600'), the climbers' camp below the icy majesty of the world's highest mountain, with the Khumbu Icefall as a spectacular backdrop. Our lodge-based trek (no camping!) includes Exploration Days for day hikes that help us acclimatize, including a hike up to the climbers' camp below Island Peak. And from atop Kala Patthar (18,365'), enjoy epic views of Everest's Southwest Face and the 10-mile-long Khumbu Glacier. Our Trek Leaders were born in this celebrated region and our private cook staff keeps us well fed. This is the way to experience the top of the world.



1102 Ninth Street, Berkeley, CA 94710

800-368-2794 • 510-558-2488

www.wildernesstravel.com • info@wildernesstravel.com

Itinerary

DAY 1

KATHMANDU (4,600')

Arrive in Kathmandu where you are met at the airport and transferred to the Hotel Yak & Yeti, a lovely accommodation with a beautiful garden. Set in Durbar Marg, the city center, it offers a tranquil oasis in Kathmandu. The remainder of the afternoon is free for independent sightseeing. Once a traditional medieval city of breathtaking Newari architecture, Kathmandu is now fully grown into a busy urban capital. One still finds magic here, especially in the ancient, narrow streets and in countless temples and shrines where Buddhist and Hindu iconography mix in fascinating ways. In the evening, we meet with our Wilderness Travel representative at the hotel for a trip orientation and Welcome Dinner...D

DAY 2

KATHMANDU

In the hidden corners of fabled Kathmandu, the ancient past lingers in a maze of narrow streets crowded with turmeric sellers, small golden temples, wandering cows, and traditional workshops. Today, we enjoy a half-day exploration of this fascinating city, discovering some of the extraordinary Buddhist and Hindu temples, including Bodhnath and Pashupatinath. Bodhnath is a 1,400-year-old stupa that attracts pilgrims from across Buddhist Asia. Here, pilgrims circle the stupa to make a kora (sacred circuit), turning the stupa's giant prayer wheels as they go. With new monasteries sprouting up all around it, Bodhnath is rapidly becoming a world center of Tibetan Buddhist study. Pashupatinath, with its triple-roofed temple, cremation ghats, and wandering sadhus (holy men), is set along the banks of the sacred Bagmati River, whose waters flow south to join the mighty Ganges, the holy river of India. Pashupatinath is one of four major sites of Shiva worship on the subcontinent. The entrance to the inner temple is for Hindus only, but from the outside, the huge structure of Nandi, the Bull, and a smaller statue of Hanuman, the Monkey God, are in view. Lunch and dinner are on your own, so you can choose from among Kathmandu's wide selection of restaurants and delicious food. Overnight at the Hotel Yak & Yeti...B

DAY 3

LUKLA (9,350') / PHAKDING (8,694')

After breakfast, we transfer to the airport and take a helicopter flight to the mountain airstrip at Lukla, where we meet our Trek Leader and begin our trek. Our first hike is mostly downhill as we cross the Dudh Kosi ("Milk River"), which runs almost white with glacial sediment. Many of the bridges in the Everest region were first built by Sir Edmund Hillary's Himalayan Trust and later replaced by metal suspension bridges. Today is a short, relatively easy afternoon of hiking that helps us acclimatize to the altitude. In the afternoon we reach our accommodation in Phakding, either Sunrise Lodge, Joe's Garden, or Sonam Lodge. For our overnights at the Sherpa lodges, our staff will supply you with your own sleeping bag, sleeping pad, and bag liner...BLD
Hiking Details: 5.6 miles, 3-4 hours, 650' descent



TRIP DETAILS AT-A-GLANCE

- Length:** 19 days
Arrive: Kathmandu, Nepal
Depart: Kathmandu, Nepal
Lodging: 14 nights family-owned Sherpa lodges, 4 nights first-class hotel
Meals: All meals included except 2 lunches and 3 dinners (B=Breakfast, L=Lunch, D=Dinner)
Activity: Cultural Adventures, Hiking / Trekking
Trip Level: 1 2 3 4 5 6
14-day trek on moderate to steep trails, 4-8 hours a day, altitudes between 9,000-18,365 feet

HIGHLIGHTS

- Hike to famed Everest Base Camp, launching site of legendary climbing expeditions
- Exploration Days with fantastic hikes to Island Peak Base Camp and the Chukhung Valley
- Paced for maximum acclimatization and led by the Khumbu's most experienced Sherpa Trek Leaders
- Overnights in Sherpa lodges (no camping) with our own private cooking crew!

Itinerary (cont'd)

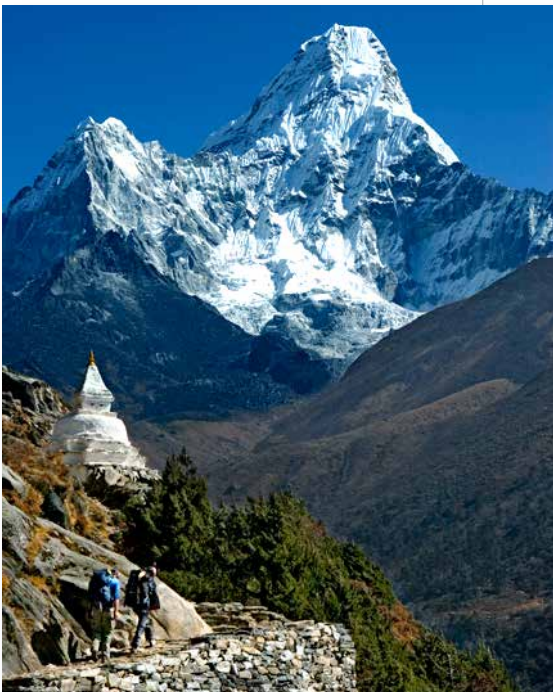
“Because of our Trek Leader’s vast experience in the area, we used several trails that aren’t known to many trekkers and we were invited into Sherpa homes, which was wonderful. I had been dreaming of this trip for 30 years and now those dreams are fulfilled.”

Jim A., Cincinnati, OH

DAY 4

NAMCHE BAZAAR (11,270')

Heading up the Dudh Kosi gorge, we pass through a number of small Sherpa villages of stone-built houses and officially enter Sagarmatha (Mt. Everest) National Park, established in 1976 as the first national park in the Himalaya. The park protects an area of great environmental, religious, and cultural importance, and is the gateway to the mightiest peaks of the Himalaya. Once inside the park, we have our first challenge: the ascent of “Namche Hill,” where steep, switchback trails lead up a forested hillside to Namche Bazaar, the heart of Sherpa country and home to many legendary expedition members who have made countless ascents of Everest. Halfway up this ascent—about 90 minutes—we may get our first glimpse of Everest, peeking from behind the Lhotse-Nuptse wall. At the crest of the switchbacks, we take a welcome rest stop before completing the final ascent into Namche, magnificently set in a tiered, horseshoe-shaped bowl. This remarkable settlement—far beyond any paved road—has hotels, restaurants, stores, and other services—including 24-hour electricity! Overnight at Panorama Lodge or Himalayan Culture Home...BLD
Hiking Details: 7.5 miles, 8-9 hours, 2,800' ascent



DAY 5

NAMCHE BAZAAR / EXPLORATION DAY

We enjoy a rest day in lively Namche to acclimatize and explore this center of Sherpa culture and its surroundings. There are great views of the snow peaks of Thamserku and Kwangde. We can hike up to the Sagarmatha National Park Visitor’s Center and Museum, where there are tremendous vistas of the icy summits of the Everest region. Everest, Lhotse, Nuptse, and many of the other giant peaks of the Khumbu are in full view—a spectacular 360-degree panorama. In the visitors’ center, there are numerous educational displays on the culture, geography, geology, and wildlife of the park and the Khumbu region. For the energetic, an optional longer hike brings us to the beautiful twin villages of Khunde (12,600') and Khumjung (12,400'). Above them rises the peak of Khumbila (18,800'), sacred to the Sherpa people and representing a Tibetan Buddhist protector deity. We visit the Hillary Hospital in Khunde, and in Khumjung we may visit the Hillary School and the village monastery—with its purported yeti scalp. Many of our Trek Leaders know these two villages as home. Overnight at Panorama Lodge or Himalayan Culture Home...BLD

Hiking Details: 5 miles, 6-7 hours round-trip

DAY 6

TENGOBOCHE (12,650')

We descend to the Dudh Kosi River (10,700'), where we pass a series of water-powered prayer wheels. We then ascend through conifer and rhododendron forest to the beautiful ridgetop site of Tengboche Monastery, rebuilt after a devastating fire in 1989. Tengboche is the spiritual center of the Khumbu and a training center for new monks. The Rimpoche of Tengboche resides here and the area is considered sacred, where nothing may be hunted or killed.

Expeditions to the world's highest peaks have traditionally stopped at the monastery to receive the blessings of the high lama. Tengboche is gloriously surrounded by spectacular mountains. Kangtega ("Snow Horse Saddle," 22,235') and Thamserku ("Golden Figure," 21,674') loom directly over us, and Ama Dablam ("Mother's Necklace," 22,494'), one of the most spectacular peaks in the whole of the Himalaya, rises regally just up the valley. Everest and Lhotse can often be seen from the monastery. We have time to relax, visit with the monks, or simply enjoy the spectacular mountain scenery. Overnight at Gomba Lodge or Himalayan Lodge...BLD

Hiking Details: 6.2 miles, 4-5 hours, 900' descent/1,200' ascent

DAY 7

PANGBOCHE (12,660')

We trek to Pangboche, once the highest permanently occupied village until trekkers and expeditions created a demand for accommodation higher up in the valley. In this lovely old village, the houses are clustered around the gompa, which was built some 300 years ago, making it the oldest monastery in the Khumbu. It is surrounded by very old juniper trees, which are an extreme rarity nowadays. Legend says they came from venerable old lama Sangwa Dorje, who tore out his hair and cast it round the gompa. Overnight at Highland Sherpa Resort...BLD

Hiking Details: 3.7 miles, 3-4 hours, 200' descent/300' ascent



Itinerary (cont'd)



DAY 8

DINGBOCHE (14,100')

Approaching Dingboche, we have eye-popping views of the massive wall of Nuptse and Lhotse. After crossing the Imja River, we head up to our lodge just outside the village of Dingboche. This village is the traditional site of the summer pastures of many of the larger Sherpa villages lower down the valley and has a spectacular location, set at the beginning of the Chukhung Valley with sensational views of the South Face of Lhotse as well as the icy walls extending eastward from Ama Dablam. Overnight at Stupa View Lodge, owned by Pasang Temba, one of our Trek Leaders...BLD

Hiking Details: 3.7 miles, 4-5 hours, 1,440' ascent

DAY 9

DINGBOCHE / EXPLORATION DAY

There are numerous hiking options for us today, including the classic day hike to the small settlement of Chukhung (15,584'), surrounded by a number of massive glaciers and moraine fields. From here, we can continue to explore different valleys toward Island Peak Base Camp (16,690'), or even as far as the peak of Chukhung Ri (17,772'), for those who have acclimatized well.

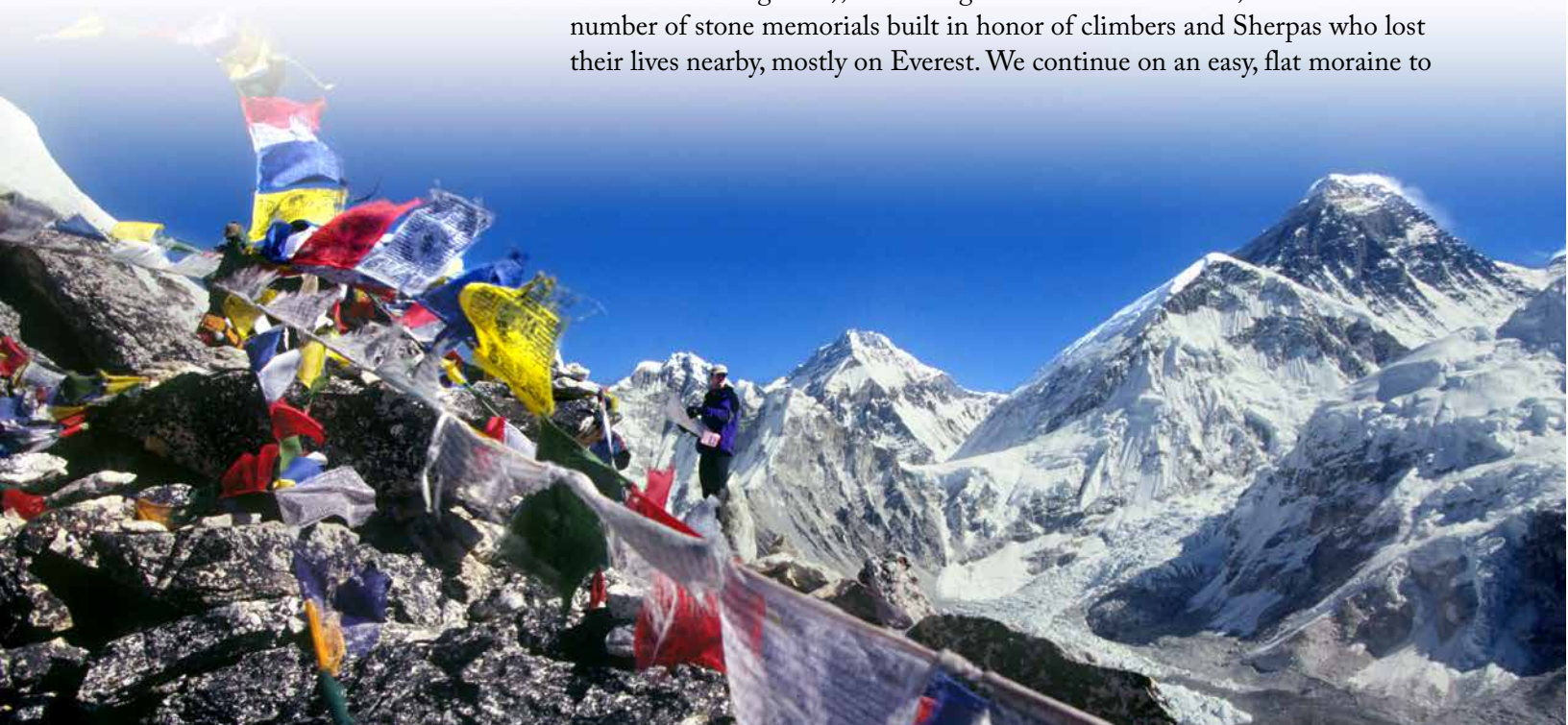
Overnight at Stupa View Lodge...BLD

Hiking Details: 5.6 miles, 7 hours, 2,000' ascent/descent

DAY 10

LOBUCHE (16,200')

We enjoy a ridge walk that brings us back to the main trail near Dughla (15,150'), with its fine views of the north face of Cholatse (21,125'). We ascend steeply up the Khumbu Glacier's terminal moraine (the rock deposited at the bottom end of a glacier), then alongside the lateral moraine, where we find a number of stone memorials built in honor of climbers and Sherpas who lost their lives nearby, mostly on Everest. We continue on an easy, flat moraine to



the yak grazing pastures at Lobuche (16,200'). You will start to feel the altitude here; the views, however, are superb. Overnight at Eco Lodge...BLD
Hiking Details: 5 miles, 5-6 hours, 2,100' ascent

DAY 11

EVEREST BASE CAMP (17,600') / GORAK SHEP (16,942')

We head to Gorak Shep, the base of our optional hike to Everest Base Camp, which offers an incredible view of the Khumbu Icefall and a fascinating journey in mountaineering history. While we don't gain a lot of altitude, it can be a tough walk alongside the rubble-encrusted Khumbu Glacier to base camp, where there are often expeditions in residence. Those who want to can remain in Gorak Shep and rest or explore locally. Overnight at Snow Land Lodge or Himalaya Hotel...BLD

Hiking Details: 7-8 hours, 800' ascent to Gorak Shep, then another 600' ascent to base camp and return to Gorak Shep

DAY 12

KALA PATTHAR (18,365') / LOBUCHE (16,200')

Today we have the opportunity to ascend Kala Patthar—Black Rock—the highest point of our trek. After crossing the rubble of Changri Glacier, we hike up Kala Patthar for the classic close-up view of Everest, a magnificent vista taking in its entire South Face and most of the West Ridge. Kala Patthar offers one of the best views you'll get of Everest without climbing it! Views also include the Lho La leading into Tibet, the peak of Pumori (23,628'), and the enormous faces of Lhotse (27,833') and Nuptse (25,843'). Return to Lobuche and overnight at Eco Lodge...BLD

Hiking Details: 9.3 miles, 6-7 hours, 1,500' ascent/2,615' descent

DAY 13

PANGBOCHE (12,660')

We descend back to Pangboche, enjoying the warmer temperatures and richer oxygen levels as we descend. There is time this afternoon for hiking in the hills or exploring the upper and lower villages of Pangboche. Overnight at Highland Sherpa Resort...BLD

Hiking Details: 8.7 miles, 4-5 hours, 3,540' descent

DAY 14

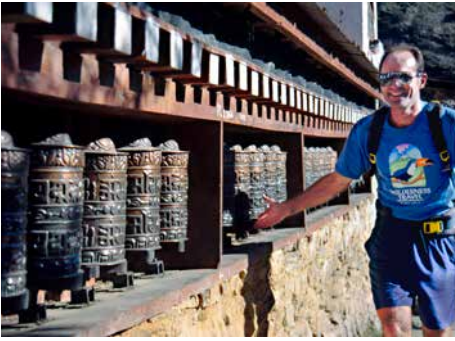
PHORTSE (12,467')

With fantastic views of the high peaks and steep valleys of the Khumbu, we continue to the undisturbed tranquility of Phortse on a route along the steep northern side of the Imja Khola Valley, where we may see Himalayan tahr (wild goats). Phortse is a charming village located at the mouth of the beautiful Gokyo Valley. It is perched on a broad sloping ledge, high above the river valley. Overnight at Juniper Lodge...BLD

Hiking Details: 8 miles, 3-4 hours, 1,000' ascent/1,200' descent



Itinerary (cont'd)



“What can I say—it was an all-around excellent trip!”

Lisa L., Berkeley, CA

DAY 15

NAMCHE BAZAAR (11,270')

We reach the lively Sherpa hub of Namche today, with an overnight at Panorama Lodge or Himalayan Culture Home...BLD

Hiking Details: 6.2 miles, 4-5 hours, 510' descent to Phortse Tenga, 1,550' ascent to Mongla Danda, 1,700' descent to Namche

DAY 16

LUKLA (9,350')

Our last day's hike brings us down to Lukla, where we spend our final trekking night at La Villa Sherpani Lodge and bid farewell to our Trek Leader and crew...BLD

Hiking Details: 8 miles, 7-8 hours, 3,450' descent

DAY 17

MANTHALI / KATHMANDU

Fly from Lukla to the airport at Manthali, with arrival time dependent on weather conditions, and drive to Kathmandu. Dinner is on your own.

Overnight at the Hotel Yak & Yeti...BL

Driving Details: 3-4 hours, about 50-60 miles on a paved highway

DAY 18

KATHMANDU

Today is for independent exploration of Kathmandu, from the bustling lanes of Thamel to the carved wooden temples of this traditional capital. Our local representatives can help organize extra excursions for you during this free exploration day (at extra cost, which you can pay directly in Kathmandu).

During your free day, we recommend a visit to Bhaktapur, a fantastic medieval city located outside of Kathmandu. Bhaktapur is a showcase for the genius

of the 17th century Newari artists. Its gem, Durbar Square, is a UNESCO World Heritage Site that is strewn with intricate palaces and monasteries. A visit to Swayambu is also recommended. Swayambu was established as a shrine around 500 BC. By the 13th century AD, it had become an important center of Buddhist learning. Its eyes, painted on four cardinal points, keep watch over the Kathmandu Valley. A steep climb of 300 steps leads you to this place remarkable place of worship. Lunch and dinner are on your own. Overnight at the Hotel Yak & Yeti...B



DAY 19

DEPART

Transfer to the airport for departure on homeward-bound flights...B

Mani Rimdu Festival Itinerary

OCTOBER 31-NOVEMBER 19, 2025

This departure is scheduled to coincide with the unforgettable Mani Rimdu Festival at Tengboche Monastery. At this legendary monastery, where more than 50 monks follow an ancient practice of prayer, study, and retreat, the most important Buddhist festival of the year is Mani Rimdu, a meditation cycle held annually in the fall (the actual dates are determined by the Tibetan lunar calendar). For Mani Rimdu, Sherpa families from all the most remote villages of the Solu and Khumbu valleys gather, receive blessings from the lamas, and socialize with old friends. The festival's most famous events are the public blessing ceremony and spectacular masked dance-drama in the Tengboche courtyard, after which traditional dancing by the Sherpa community lasts into the night. The dance-drama, with vibrantly costumed dancers, reenacts the story of Buddhism's protector deities repelling attacks by demons. The festival is a visual feast, with processions of orange-robed monks in yellow crescent-shaped hats, the thundering music of clashing cymbals, banging drums, and bugles made from huge conch shells, and the haunting sound of immense brass horns, known as dun chen, whose deep calls echo out over the highest mountains on earth. Please note: this itinerary follows a slightly different order.

DAY 1

KATHMANDU, NEPAL

Arrive in Kathmandu and overnight at Hotel Yak & Yeti...D



Mani Rimdu Festival Itinerary

DAY 2

KATHMANDU

Enjoy a day of sightseeing in Kathmandu. Overnight at the Hotel Yak & Yeti...B

DAY 3

PHAKDING

Helicopter flight to Lukla and trek to Phakding (8,694'). Overnight at Sunrise Lodge, Sonam Lodge, or Joe's Garden...BLD

DAYS 4-5

NAMCHE BAZAAR

Trek to Namche Bazaar (11,270'), exploration day. Overnights at Panorama Lodge or Himalayan Culture Home...BLD each day

DAYS 6-7

TENGOBOCHE / MANI RIMDU FESTIVAL

Trek to Tengboche (12,650') and attend the Mani Rimdu Festival. Overnights at Gomba Lodge or Himalayan Lodge...BLD each day

DAY 8

PANGBOCHE

Trek to Pangboche (12,660'). Overnight at Highland Sherpa Resort...BLD



DAYS 9-10

DINGBOCHE / EXPLORATION DAY

Trek to Dingboche (14,100'), with optional hike to Chukhung (15,584'). Overnights at Stupa View Lodge... BLD each day

DAY 11

LOBUCHE

Trek to Lobuche (16,200'). Overnight at Eco Lodge...BLD

DAYS 12-13

GOREK SHEP / EVEREST BASE CAMP / KALA PATTHAR

Trek to Gorak Shep. Optional hikes to Everest Base Camp (17,600') and Kala Patthar (18,365'). Overnight at Snow Land Lodge or Himalaya Hotel (Day 12) and Eco Lodge (Day 13)...BLD

DAY 14

PANGBOCHE

Trek to Pangboche (12,660'). Overnight at Highland Sherpa Resort...BLD

DAY 15

PHORTSE

Trek to Phortse (12,467'). Overnight at Juniper Lodge...BLD

DAY 16

NAMCHE

Trek to Namche Bazaar. Overnight at Panorama Lodge or Himalayan

Culture Home...BLD

DAY 17, NOVEMBER 27

LUKLA

Trek to Lukla. Overnight at La Villa Sherpani Lodge... BLD

DAY 18, NOVEMBER 28

MANTHALI / KATHMANDU

Fly to Manthali, drive to Kathmandu. Overnight at Hotel Yak & Yeti...B

DAY 19, NOVEMBER 29

KATHMANDU

Independent sightseeing. Overnight at Hotel Yak & Yeti...B

DAY 20, NOVEMBER 30

DEPART

Depart Kathmandu...B

Please Note: Actual festival dates and activities are always subject to change (even once the trip has begun). The itinerary and/or dates may be altered to adjust to the final festival schedule. Sometimes, viewing a festival may not be possible if dates are changed at the last-minute and beyond the control of Wilderness Travel.



Trip Cost, Payment & Insurance

TRIP COST

Prices are per person, valid through 2025

\$5,595 (10-12 members)

\$6,195 (6-9 members)

\$6,795 (3-5 members)

Single supplement: \$895

Internal airfare: \$875-\$1,050 (subject to change)

Mani Rimdu Festival Surcharge: \$300

Please contact us for future years' pricing

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

TRIP COST INCLUDES

- Expert leadership of an experienced Trek Leader
- Services of trail staff
- Private cooking staff on trek
- All meals included except 2 lunches and 3 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- Sleeping bags, sleeping pads, and liners for use at the lodges
- Accommodations in a first-class hotel in Kathmandu and Sherpa lodges on trek
- Land transportation, airport transfers as noted

TRIP COST DOES NOT INCLUDE

International airfare; airport departure taxes; any meals not specified after each itinerary day; optional tipping or gratuities to leaders or staff; any additional hotel nights that may be needed due to your international travel schedule; pre-trip expenses of medical immunizations (if any), visa fees, emergency medical evacuation insurance (required); and other expenses of a personal nature (alcoholic beverages, laundry, etc.). In the event of non-availability of Kathmandu-Lukla-Kathmandu flights, our Wilderness Travel representative will try to arrange alternative transport (at extra cost to you).

PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

MANDATORY EMERGENCY EVACUATION INSURANCE

Please note: Insurance for emergency medical evacuation is required for this trip. Wilderness Travel offers a comprehensive Travel Protection Plan through Travelex Insurance that meets this requirement. For more details, visit our website: www.wildernesstravel.com/insurance. Alternatively, you can purchase a different policy on your own, as long as it includes emergency medical evacuation coverage of at least \$250,000 per person. You can compare various options at www.insuremytrip.com.

Extend Your Adventure!

To help you make the most of your adventure, we've created several exciting trip extensions. For detailed information, including full itineraries and complete pricing, please visit our webpage and click on "Extend Your Trip": <https://www.wildernesstravel.com/trip/everest-base-camp-trek-tour/>

THARU LODGE EXTENSION

Adjacent to Chitwan National Park in Nepal's southern Terai zone, Tharu Lodge offers the perfect blend of a quiet wilderness retreat fused with local cultural encounters. Built in the longhouse style of Tharu architecture, the lodge is nestled into lush forest overlooking idyllic Terai landscapes. Dine al fresco under the shade of a mango tree, take a refreshing dip in Tharu's pool, play a spot of tennis, watch elephants, or stretch your legs on a jungle walk. We offer a 2-night, 3-day extension or a 3-night, 4-day extension (call for details). *3 days. From \$1,185.*

VARANASI AND KHAJURAHO EXTENSION

As one of the seven sacred cities of Hinduism, the holy city of Varanasi is a magnet for more than a million pilgrims from around the world who come annually to worship, meditate, and bathe in the sacred waters of the Ganges River. With your private guide, stroll through ancient alleys and past golden temples and ashrams, and watch the slanting sun rise over haunting riverside ghats. At the World Heritage Site of Khajuraho, discover some of India's most famous temples, a showcase of sculpture reflecting the celebration of human activity in everyday life. Accommodations throughout are in garden-set hotels, oases of comfort after an active day of exploring. *4 days. From \$1,995.*

TEMPLES OF ANGKOR EXTENSION

With the haunting remains of temples and shrines scattered across a tropical landscape, Angkor is a lasting monument to the glory of a bygone Khmer civilization and one of the wonders of the modern world. With a private guide, discover majestic temples adorned with intricate bas-reliefs or entwined by encroaching vegetation, climb up towers for sunset views of the countryside, contemplate the past as you pause beside huge moats and man-made lakes, and pass through imposing gateways decorated with colossal sculptured Buddha images. *4 days. From \$1,395.*

TAJ MAHAL AND JAIPUR EXTENSION

Legendary Rajasthan is full of spectacular color and wondrous reminders of its glorious past. On guided excursions, explore Jaipur, a walled city of pink stone and a treasure-trove of exuberant 18th and 19th century palaces; visit the haunting red sandstone ruins of the remote Mughal capital at Fatehpur Sikri; and watch a golden sunset and sunrise illuminate the legendary Taj Mahal, an exquisite white marble palace set on the banks of the Yamuna River in Agra. *4 days. From \$2,495.*



Arrival & Departure

Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

ARRIVAL & MEETING PLACE

Kathmandu, Nepal

Suggested Airport: Tribhuvan International Airport (KTM)

Suggested Date & Time: Day 1, by 3:00 pm

Meeting Place: We will provide a complimentary transfer from Tribhuvan International Airport to the Hotel Yak & Yeti. An orientation meeting will take place on the evening of Day 1. Please note that check-in at the hotel begins at 2:00 pm.

DEPARTURE

Kathmandu, Nepal

Suggested Airport: Tribhuvan International Airport (KTM)

Suggested Date & Time: Day 19, anytime (Day 20 for Mani Rimdu departure)

A complimentary transfer will be provided from the Hotel Yak & Yeti to the Kathmandu Airport. Please note that check-out from the hotel is by 12:00 noon.

If you have booked extra services before or after the trip, an Extra Services Confirmation will be sent with your Final Documents.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Kathmandu. Most trip members fly to Kathmandu via Bangkok, Hong Kong, Singapore, or the Middle East. A forced overnight is normally required en route.

Depending on your routing, it may be necessary to depart from the US one day prior to Day 1 of the trip itinerary, and a forced overnight is normally required en route on return (all hotel nights en route or return are at your own expense). The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Warning: We highly recommend you DO NOT book any flight schedules with Royal Nepal Airlines. Although they are operational, they have a history of last minute schedule changes and flight cancellations.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 970-818-8459 in the US or Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Please do not purchase your tickets until you are confirmed on the trip. Once your tickets have been purchased, please send us a copy of your airline schedule so we can reserve your airport transfers. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for the trip.

INTERNAL FLIGHTS

The tickets for your internal flights (Kathmandu/Lukla/Kathmandu) are issued by our local agents in Nepal and are given to you in Kathmandu with exact flight times/information. Weather, overbooking, and other factors beyond our control often result in a trekking group not being able to depart from or return to Kathmandu on the planned day. All flights make a visual landing in Lukla, so if there is bad weather or fog, even in Kathmandu, flights cannot operate. We cannot guarantee available seats on the scheduled day, even with confirmed reservations. Wilderness Travel has, however, excellent contacts in both Kathmandu and Lukla to assist our groups should delays occur.

If a delay occurs en route to Lukla from Kathmandu, Wilderness Travel will provide hotel rooms and breakfast in Kathmandu; lunches and dinners are at your own expense. In the event of a delay on the return from Lukla to Kathmandu, we will continue to provide food and lodging in Lukla until the group's departure. However, the trip does officially end on the stated ending date. Regardless of flight delays, trip members remaining in Nepal beyond this date must do so at their own expense.

Your invoice includes the cost of flights between Kathmandu and Lukla on the scheduled helicopter and fixed-wing flights. In the event of non-availability or cancellation of the scheduled flight, the group may vote to charter a helicopter to return to Kathmandu. Any additional expense over and above the cost of the scheduled flight—including the cost of a possible Lukla to Kathmandu helicopter charter, Sherpa services and/or equipment transfers—must be paid by members directly to our agent in Kathmandu.



Accommodations



HOTEL YAK AND YETI

Kathmandu, Nepal

Days 1 to 2 (2 nights)

Days 17 to 18 (2 nights)

Perfectly located in the heart of Kathmandu yet on a quiet street, the Yak and Yeti is a combination of old and new. Its restaurants and conference rooms are in a restored century-old Rana palace, a showcase of the era's opulence. The hotel's newer wings blend with the old palace, offering guest rooms with a high degree of comfort and traditional Nepali decor. The hotel's gardens, complete with swimming pool, walking trail, and temple dedicated to the goddess Kumari, make it a relaxing hideaway from the hustle and bustle of Kathmandu.



SHERPA LODGES, KHUMBU

Khumbu, Nepal

Days 3 to 16 (14 nights)

Rustic but comfortable lodges owned and operated by Sherpa families have been built throughout the Khumbu region. The lodges we have selected for this trip offer a big step up in comfort from camping. They are a wonderful way to experience local hospitality and gain an insight into the lives of the Nepalese people. Each night, you'll have a private room but only some of the lodges feature private bathrooms. Others have common bathrooms shared with other guests. These will have basic toilet and washing facilities. Several have only squat-style toilets, and hot water may not be available at every lodge. We provide you with good quality sleeping bags, sleeping pads, and liners for extra comfort at all of the lodges. We also bring our own private cooking staff with us so all our meals will be prepared for us by our own Wilderness Travel trained cooks.

Trek Leaders

Our lodge-based treks are led by an experienced Trek Leader who is ably assisted by a team of assistants and a trail crew. He and his team have a deep connection with the Himalayas and are wonderful trailside companions, hiking with you throughout each day on the trail, providing good company, and making sure that you are comfortable and hiking at a pace that suits you.



PEMBA RITA SHERPA

Pemba Rita Sherpa was born in the tranquil village of Phortse (12,467') in the Khumbu region of Nepal. A professional trekking guide in his beautiful homeland, as was his father before him, he trained with the Hotel Management Training Center (HMTTC) and the Extreme High Altitude Medical School in Khunde and has been a guide for over 30 years. Pemba Rita participated in the 1983 American and German Joint Everest Expedition, reaching Camp III, and in the 1991 Belgian Everest Expedition, on which he climbed up to Camp IV on Mt. Everest. His guiding experience has taken him all across Nepal, from the remote Dolpo district in the west to Makalu in the east, and he has extensive experience of trekking in Tibet, including treks to the source of the Brahmaputra and to Camp II on Everest's northern flanks. He is married with four children. His international travels have taken him to the US, China, and India, he hopes some day to visit Europe. He speaks English, Sherpa, Hindi, Nepali, and Tibetan.



MINGMA TEMBA SHERPA

Mingma Temba Sherpa was born in Chukhung (15,551'), a spectacular valley above the ancient Sherpa village of Khumjung on the trekking route to Mt. Everest. He attended the Sir Edmund Hillary School in Khumjung. Mingma has done extensive guiding in the entire Everest region and also in the Mardi Himal in the Annapurna region. When not guiding groups, Mingma Temba works as a Medical Assistant at the Khunde Hospital, set up by Sir Edmund Hillary and the Himalayan Trust. It is the only medical facility that operates on a year-round basis in the Khumbu area for the 5,000 to 8,000 residents living in the Solu-Khumbu community. Guiding in the Himalaya is in Mingma's family blood (Pasang Temba, one of our other Trek Leaders, is his younger brother). With his frequent interactions with English speakers, he speaks excellent English. He lives in the village of Khunde with his family and in his spare time loves going hiking (a "busman's holiday" for a Trek Leader!).

Trip Details

WHAT THE TRIP IS LIKE

This trip is Level 6, Very Strenuous. A trek to the base of Everest is one of the world's great adventures, but also very physically demanding. Most hiking is between 10,000 and 16,000 feet, and the maximum elevation reached is 17,000 feet with optional day hikes up to 18,365 feet. Trail conditions are often rough, not the well-maintained switchbacks you may be accustomed to, and there is a good bit of up-and-down (often 2,000- to 3,000-foot gain or loss in elevation per day). For the most part, you can hike at your own speed; the group will spread out along the trail during the day to cover a normal maximum of 6 to 10 miles per day (4-8 hours of hiking). There are a number of days on this trek when the walks are shorter, as well as rest days, allowing opportunities for day hikes and exploring the villages, monasteries, and the beautiful surroundings.

There are dangers inherent in any expedition traveling to remote wilderness regions, especially when they involve travel to high altitude. These dangers include everything from rock falls to the possibility of a serious fall, accident, or sickness without access to means of rapid evacuation, availability of medical supplies, or adequate medical attention once provided. Our Trek Leader and support crew are experienced veterans of the Nepal Himalaya, but it takes cooperation and flexibility from each participant to ensure a successful trek.

GETTING IN SHAPE

Every participant must understand that this trek is truly challenging—you should be in excellent physical condition. Even though trip members carry only a daypack (with camera, jacket, rain gear, water bottle, and other small necessities you may need during the day), we recommend you make a special effort to get in top physical shape for the trip by hiking, running, swimming, bicycling, or engaging in other forms of aerobic exercise well beyond your normal routine. Many activities get heart and lungs into shape, but the most effective way of getting fit for hiking is to hike! Walking up and down flights of stairs is also an effective way to train for the steep ascents and descents in the Himalaya. Bending your knees as you go down stairs will help strengthen your quad muscles. At least two months prior to your trek, we urge you to go on weekend day hikes that involve long uphill and downhill walking.

For this trek, we require your doctor sign the Wilderness Travel Medical Form. Once Wilderness Travel has

confirmed your place on the trip roster, no refunds beyond our standard fees will be made if your physician refuses to sign the form. It is very important that you and your physician fully agree that you are physically capable of undertaking a strenuous trek, and equally important that you undertake proper conditioning prior to the trek.

The Trek Leader has the right to disqualify any member from the trip at any time if it is medically necessary, to avoid endangering the group, or if the participant in question is physically unfit for the rigors of the trip. Refunds are not given under such circumstances.

TREK LEADER

Our lodge-based treks are led by an experienced English-speaking Sirdar (leader) who is ably assisted by a team of assistants and a trail crew. He and his team have a deep connection with the Himalayas and are wonderful trailside companions, hiking with you throughout each day on the trail, providing good company, and making sure that you are comfortable and hiking at a pace that suits you.

A TYPICAL TREKKING DAY

Hiking distances on trek are normally measured in hours, not miles, since maps aren't really accurate enough to assess how far we walk up and down winding mountain trails. On a typical trek day, wake-up is around 7:00 am. After packing up our duffels and having breakfast, we set off on the trail. There is always a guide in the lead and a "sweeper" who trails behind the slowest hiker to ensure that no one is lost on the trail. We ask you not to hike ahead of the leader because trails are often not well-marked. We typically walk for three to four hours in the morning, then stop for a leisurely lunch of an hour or more (either in a lodge or picnic-style at a scenic spot on the trail).

After lunch, we walk for another three hours or so until we reach our next night's lodging, where we can enjoy a cup of tea and a snack on arrival. On our exploration days, we occasionally have more time in the morning or afternoon near the lodge to rest or for further individual exploration. Temperatures drop quickly as the sun falls behind the peaks, and it's easy to get chilled after exerting yourself for several hours, so have an extra layer of clothing ready.

MEALS ON TREK

Our own experienced cook crew is part of the Wilderness Travel trekking staff, and all our meals at the lodges will be

prepared by them. Our cooks are trained and offer a good variety of hygienically prepared meals. Our drinking water is always boiled and treated washing water is put out before every meal so you can wash your hands before eating. Meals are a blend of Nepalese and Western dishes. Breakfast is normally a light meal of porridge or granola, with hot milk, tea, coffee, hot chocolate, biscuits, or cookies. Lunches may include potatoes, eggs, curried vegetables, cheese, local-style breads, fruit, tea, hot chocolate or a fruit drink. Dinner is typically soup and a main course such as a noodle dish, or meat or vegetable stew, depending on what is available in local villages. Dessert on trek is usually canned or fresh fruit.

WEATHER

The popular trekking seasons are fall and spring. Nepal lies at the same latitude as Florida, but altitude is the main factor governing temperatures. In the semitropical lowlands of Kathmandu (altitude 4,000 feet), daytime temperatures can be quite warm, in the 70Fs and 80Fs, with cool, misty nights. It rarely snows below 7,000 feet.

At altitudes of 8,000 to 10,000 feet, daytime temperatures can be in the 50Fs and 60Fs for fall trips and 60Fs and 70Fs for spring trips. Nights are cool to cold, often in the 40Fs. Skies are generally clear, although the spring has more precipitation (but Nepal's famous rhododendron forests are in full bloom in the spring). Clouds often form in the afternoons, disappearing at night to reveal brilliantly starry skies.

At altitudes over 10,000 feet, weather is unpredictable and the wind chill factor comes into play. Daytime temperatures at these heights can be in the 60Fs, but also as low as the 30s and 40s, especially if it is windy. Temperatures drop very quickly when the sun goes down, and evening/nighttime temperatures at high altitudes often drop to around 15F and sometimes lower. We frequently encounter sub-zero

nighttime temperatures on Khumbu treks and you should anticipate chronic cold weather. Snow is not uncommon at higher elevations, and rain is always a possibility throughout the trek.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

A HELPING HAND

Wilderness Travel strongly supports the concept of responsible tourism, and encourages all of our groups to be sensitive to their role in the changing, fragile environment of the Himalaya. We also believe it is our responsibility to give something back to the people who so hospitably welcome us into their villages and monasteries. As part of this effort, we are pleased to support 50% of the annual operating budget of the Namche Dental Clinic, a project of the American Himalayan Foundation. This is one of the first dental clinics in rural Nepal, and the only one serving the Sherpa population of the Khumbu area, which has been impacted by tourism and modernization, resulting in changing diets and increased dental problems. The clinic is locally run and managed by Sherpa dental therapists who were trained in Canada, and offers basic dental care as well as an outreach program to teach school children how to care for their teeth. Members of our Everest-area treks have the opportunity to visit the clinic while staying in Namche Bazaar; ask your Trek Leader if you are interested. We also support the efforts of the American Himalayan Foundation throughout the Himalayan region.

Average Daily Max/Min °F												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Kathmandu	65/35	67/39	77/45	83/53	86/61	85/67	84/68	83/68	83/66	80/56	74/45	67/37
Namche	43/22	43/25	47/31	52/31	58/38	59/45	61/47	61/47	59/45	52/31	47/27	45/25
Lobuche	31/27	33/29	36/29	37/32	39/37	43/40	44/40	45/39	38/38	40/34	37/32	35/30
Rainfall - Inches												
Kathmandu	0.6	1.6	0.9	2.3	4.8	9.7	14.7	13.6	6.1	1.5	0.3	0.1
Namche	1.0	1.0	2.0	1.0	2.0	6.0	10.0	10.0	7.0	3.0	1.0	1.0
Lobuche	0.0	0.0	0.0	0.0	0.1	1.5	0.6	0.6	0.0	0.2	0.0	0.1

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Asia Manager or email us at asia@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

Toucan Club Rewards & Discounts

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at www.wildernesstravel.com/toucan.

Here's how it works:

YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

YOUR SECOND TRIP

A top quality Wilderness Travel insulated stainless steel water bottle by CamelBak and a cozy Wilderness Travel fleece vest by Patagonia (\$130 value).

YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$140 value).

YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.

TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.



T-SHIRT FRONT



T-SHIRT BACK



PATAGONIA SYNCHILLA FLEECE VEST
PLUS INSULATED CAMELBAK WATER BOTTLE



PATAGONIA R1 PULLOVER

Travel Notes

Travel Notes



WILDERNESS TRAVEL HAS BEEN AWARDED:

Best Travel Specialists in the World: *Conde Nast Traveler*, 2024, 4-time winner

World's Best Tour Operators: *Travel + Leisure*, 11-time winner

Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row

Best Adventure Travel Companies: *USA Today*

Trip of the Year: *Outside Magazine*, 9-time winner

50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row

Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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