

Everest Lodge to Lodge

FROM NAMCHE BAZAAR TO TENGBOCHE AND AMA DABLAM



TRIP DATES

2024

October 6-19, 2024
November 11-25, 2024 Mani
Rimdu Festival*
December 1-14, 2024

2025

March 10-23, 2025
April 7-20, 2025
October 6-19, 2025
October 31-November 14,
2025 Mani Rimdu Festival*
December 1-14, 2025

2026

March 16-29, 2026
April 6-19, 2026
October 5-18, 2026
October 21-November 3, 2026 Mani
Rimdu Festival*
November 16-29, 2026

*Please note the Mani Rimdu Festival departures are 15 days in length (one day longer than our standard trip) and spend an extra night in Deboche.

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Everest Lodge to Lodge

FROM NAMCHE BAZAAR TO TENGBOCHE AND AMA DABLAM

Trek into the cloud-perched villages of the legendary Sherpa realm below mighty Everest. Our well-paced journey is led by superb Trek Leaders who welcome you into the heart of Sherpa life and into their villages. We'll explore the lively trading town of Namche Bazaar, the remote village of Phortse, well off the main trekking route, and the venerated Tengboche Monastery (12,650'), with its unrivaled backdrop of Ama Dablam (22,349'). We also visit Pangboche, home to yeti legends, and have an option to hike to Ama Dablam Base Camp. You've come for the mountains, but the Sherpa people will capture your heart. We stay in locally owned lodges that are the very best in the region.



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 Gokarna Forest Resort, a peaceful haven set in the former hunting grounds of Nepal royalty. The remainder of the day is free to rest and relax, or explore the lovely environs of the resort, with its forest walks, holy shrines, and bird-watching opportunities. In the evening, we meet with our Wilderness Travel representative at the hotel for a trip orientation and Welcome Dinner...D

DAY 2 KATHMANDU

Once a traditional medieval city of breathtaking Newari architecture, Kathmandu has now grown into a busy urban capital. But in its hidden corners, the ancient past lingers in a maze of narrow streets crowded with turmeric sellers, small golden temples, wandering cows, and traditional workshops. In the morning, we'll explore the Durbar Square area, a UNESCO World Heritage Site with its elaborate architecture, tiny alleyways, and timeless ambiance, and take a rickshaw ride to Thamel, with its crowded streets filled with shops and vendors. In the afternoon, we discover Kathmandu's extraordinary Buddhist and Hindu temples of 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. Overnight at the Gokarna Forest Resort...B

DAY 3 LUKLA / PHAKDING

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, the Mountain Lodges of Nepal Phakding...BLD

Hiking Details: 5.6 miles, 3-4 hours

DAY 4 NAMCHE BAZAAR (11,270')

After breakfast, we set off toward Namche Bazaar, following a level path along the Dudh Kosi. On the opposite bank, the stunning, ice-draped peak of Thamserku (21,729') soars to the sky. 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



TRIP DETAILS AT-A-GLANCE

Length:	14 days
Arrive:	Kathmandu, Nepal
Depart:	Kathmandu, Nepal
Lodging:	9 nights mountain lodges, 4 nights first-class hotels
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 9-day trek on moderate to steep trails, 3-6 hours a day, altitudes between 9,000-13,035 feet (optional hike to 15,400 feet)

HIGHLIGHTS

- Enjoy perfectly paced hikes each day that bring you to beautiful Sherpa villages
- Meet the Sherpa people in their homes, shops, and monasteries
- Savor breathtaking vistas of some of Nepal's most famous mountains
- Stay in the Khumbu's best lodges

Itinerary (cont'd)



“This was an outstanding experience. The cultural experience was beyond that of any trip I've taken.”

Glenn K., Enid OK

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 the tip 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! Like all the villages on our trek, Namche is still not accessible by vehicle, so all visitors reach this mountain aerie on foot, and supplies are also carried in by porters or on yaks. Overnight at Mountain Lodges of Nepal Namche, a comfortable retreat on the flanks of Namche’s valley with lovely views of Kwangde (20,269’). Just a 20-minute walk behind the lodge grants us a panoramic vista of Everest, Lhotse, and Ama Dablam...BLD

Approximate Hiking Time: 8-9 hours

DAY 5 NAMCHE BAZAAR / EXPLORATION DAY

Today we hike up to a scenic view point, where (weather permitting) we’ll have majestic mountains views of Thamserku, Ama Dablam, and Everest. Afterwards, the remainder of the day is free to spend in Namche for souvenir shopping, coffee, resting, or you can take on an optional hike to the beautiful twin villages of Khunde (12,600’) and Khumjung (12,400’). In Khumjung we may visit the Hillary School and the village monastery—with its purported yeti scalp—and then the Hillary Hospital in Khunde. Both the hospital and school were built with funds raised by the late Sir Edmund Hillary. Above Khunde and Khumjung rises the sacred peak of Khumbila (18,800’), sacred to the Sherpa people and representing a Tibetan Buddhist protector deity. We return to the Mountain Lodges of Nepal Namche for dinner and overnight...BLD
Approximate Hiking Time: 5-6 hours (roundtrip)

DAY 6 TENGOBOCHE (12,650') / DEBOCHE

Our trail descends once again to cross the Dudh Kosi, then climbs 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 who follow the ancient Tibetan Buddhist practice of prayer, study, and retreat. The Rimpoche of Tengboche resides here and the entire area is considered sacred, with the hunting and killing of animals forbidden. 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 (22,494’), one of the most magnificent peaks in the whole 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, and enjoy the

breathtaking mountain scenery before continuing to Deboche. Overnight at Rivendell Lodge, a simple Sherpa lodge...BLD
Approximate Hiking Time: 4-5 hours

Mani Rimdu Festival: Tengboche Monastery is home to the legendary Mani Rimdu Festival. One of our Fall departures will take in the festivities of this event (the festival date changes yearly and is determined by the lunar calendar). Please note that the Mani Rimdu trip is one day longer than the other departures.

DAY 7 PANGBOCHE (12,660')

Pangboche used to be the highest permanently occupied village until trekkers and expeditions created a demand for accommodation higher up in the valley. In the 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 around the gompa.

There is time this afternoon for an optional hike to Ama Dablam Base Camp (15,400'), nestled in grassy meadows beneath one of the most photogenic mountains in the world. The mountain's name comes from the high hanging serac located just below the summit, which resembles the dablam, or charm/jewel box that unmarried Sherpa women wear around their necks. The first ascent of the mountain was by Edmund Hillary's "Silver Hut" Expedition in 1961 by the Southwest Ridge. Since then the mountain has become extremely popular with climbers. There can be up to a dozen small expeditions there during the peak pre-monsoon climbing season in the spring. Most of Southwest Ridge from Camp III to the summit is visible from base camp, and with binoculars, we will be able to pick out individual climbers. Overnight at the comfortable Everest Summit Lodge...BLD
Approximate Hiking Time: 2-3 hours from Deboche to Pangboche; 5-7 hours from Pangboche to Ama Dablam Base Camp, round-trip

DAY 8 PHORTSE (12,467')

From Pangboche, we climb to a ridge at 13,035 feet, then contour along the steep northern side of the Imja Khola Valley. We can watch for Himalayan tahr (wild goats) as we approach the village of Phortse, one of the oldest Sherpa-occupied towns in the region and home to the Khumbu Climbing Center. This charming (and seldom-visited) traditional agricultural village is located on a broad sloping ledge at the mouth of the beautiful Gokyo Valley. We're likely to spot endangered musk deer and monal, Nepal's national bird, right outside the village during dawn and dusk. Overnight at a simple Sherpa lodge in Phortse...BLD
Approximate Hiking Time: 5 hours



Itinerary (cont'd)

DAY 9 NAMCHE BAZAAR (11,270')

We descend by way of a series of steep switchbacks along a sandy slope to the Dudh Kosi River. After crossing a suspension bridge, we climb to a large stupa overlooking a vast panorama of high peaks and steep valleys, and continue down to Namche Bazaar for overnight at either Everest View Hotel or Everest Sherpa Hotel...BLD
Approximate Hiking Time: 4-5 hours

DAY 10 MONJO (9,250')

We enjoy our last morning in Namche Bazaar before descending steeply to the Dudh Kosi River and past the national park gate to Monjo. Overnight at the Mountain Lodges of Nepal Monjo...BLD
Approximate Hiking Time: 5 hours



DAY 11 LUKLA (9,350')

Hike to Lukla, where we spend our final trekking night in Mountain Lodges of Nepal Lukla...BLD
Approximate Hiking Time: 4 hours

DAY 12 MANTHALI / KATHMANDU

Fly from Lukla back to the airport at Manthali, with arrival time dependent on weather conditions, and drive to Kathmandu. Dinner is on your own. Overnight at the Gokarna Forest Resort...BL
Driving Details: 3-4 hours, about 50-60 miles on a paved highway

Note: Direct flights from Lukla to Kathmandu are sometimes available in winter months outside of peak trekking season or due to flight crew schedules. We will switch you to a direct flight when available, though this cannot be guaranteed and cannot always be determined in advance.

DAY 13 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 Gokarna Forest Resort...B

DAY 14 DEPART

Transfer to the airport for departure on homeward-bound flights, or extend your adventure with one of our trip extensions...B

*“The trip was awesome.
Amazing scenery and the
cultural experience was great.”
Ken G., Orlando, FL*

Mani Rimdu Festival Itinerary

NOVEMBER 11-25, 2024 & OCTOBER 31-NOVEMBER 14, 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 that our Mani Rimdu departure is one day longer than our standard trip (15 days, instead of 14 days), as we spend an extra day at Tengboche to witness the festival activities.

DAY 1 KATHMANDU, NEPAL

Arrive in Kathmandu. Overnight at Gokarna Forest Resort...D





“Everest Lodge to Lodge was everything I hoped for and more.”

Samantha L., New York, NY



DAY 2 KATHMANDU

Enjoy a day of sightseeing in Kathmandu. Overnight at Gokarna Forest Resort...B

DAY 3 LUKLA / PHAKDING

Helicopter flight to Lukla and trek to Phakding (8,694'). Overnight at Mountain Lodges of Nepal Phakding...BLD

DAYS 4-5 NAMCHE BAZAAR

Trek to Namche Bazaar (11,270'), exploration day. Overnights at Mountain Lodges of Nepal Namche...BLD each day

DAYS 6-7 TENGBOCHE / DEBOCHE

Trek to Tengboche (12,650') and attend Mani Rimdu Festival. Overnights in Deboche...BLD each day

DAY 8 PANGBOCHE / AMA DABLAM BASE CAMP

Trek to Pangboche (12,660') , with optional hike to Ama Dablam Base Camp (15,400'). Overnight at Everest Summit Lodge...BLD

DAY 9 PHORTSE

Trek to Phortse (12,467'). Overnight at lodge in Phortse...BLD

DAY 10 NAMCHE BAZAAR

Trek to Namche Bazaar. Overnight at Mountain Lodges of Nepal Namche...BLD

DAY 11 MONJO

Trek to Monjo (9,250'). Overnight at Mountain Lodges of Nepal Monjo...BLD

DAY 12 LUKLA

Trek to Lukla (9,350'). Overnight at Mountain Lodges of Nepal Lukla...BLD

DAY 13 MANTHALI / KATHMANDU

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

DAYS 14-15 KATHMANDU

Independent sightseeing. Overnight at Gokarna Forest Lodge. Depart on Day 15...B each day

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 2024

\$4,695 (8-12 members)

\$4,995 (3-7 members)

Single supplement: \$1,195

Internal airfare: \$850-\$975 (subject to change)

Mani Rimdu Festival surcharge: \$265

Prices are per person, valid through 2025

\$4,995 (8-12 members)

\$5,295 (3-7 members)

Single supplement: \$1,295

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
- Accommodations in the best available “luxury” lodges and Sherpa lodges on trek and first-class hotel in Kathmandu
- All meals included except 2 lunches and 3 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- 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/nepal-everest-lodge-hiking-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.*

TIGER MOUNTAIN POKHARA LODGE EXTENSION



A stay at Tiger Mountain Pokhara Lodge, an exclusive retreat set on a spectacular hilltop ridge a thousand feet above the Pokhara Valley, offers the opportunity to revel in magnificent panoramic views of the Annapurna skyline, including the fish-tailed peak of Machapuchare and three of the world's 26,247-foot Himalayan peaks: Dhaulagiri, Annapurna, and Manaslu. Guided hikes through rhododendron and oak forests, farmlands, and gentle valleys, and village visits where you'll enjoy great cultural encounters are a highlight of your stay. Sightseeing, country drives, and spa services are also available. We also offer the option of a three-night stay. Call for details. *3 days. From \$1,145.*

SCENIC EVEREST FLIGHT



From Kathmandu, take a spectacular one-hour mountain flight for views of a Himalayan panorama ranging from Kanchenjunga (28,208') in the east to Annapurna I and Dhaulagiri in the west. The highlight is a marvelous view of the pyramid-shaped summit of Mt. Everest, the world's highest peak at 29,035 feet. The one-hour flights are typically aboard an 18- to 20-passenger pressurized aircraft. All seats provide equally good viewing opportunities, with the mountains in view on the left side of the plane for the eastward leg of the journey, and then in view on the right side for the return westward leg. Flights depart in the mornings only, and we recommend booking it during your second full morning in Kathmandu. *1 day. From \$335.*

KARNALI LODGE EXTENSION



Enjoy intimate jungle encounters at Karnali, a comfortable safari lodge on the edge of Bardia National Park, the largest wilderness area in Nepal. Bardia is home to an abundance of wildlife including tigers, rhinos, spotted deer, and a fantastic profusion of birds. Accompanied by expert naturalist guides, you'll search for the park's wildlife on foot or by jeep. You can also take a gentle river safari by boat and visit a local village school. Accommodations are in comfortable en suite rooms with ceiling fans and mosquito netting for the beds, with meals served in a dining room or al fresco in the evening around a roaring fire. *4 days. From \$1,895.*

Arrival & Departure

A list of required documents (passport, visas, etc.) will be sent you in the Welcome Packet that is sent to you directly upon confirming your reservation for the trip. Please feel free to call if you would like this information before booking air arrangements.

ARRIVAL & MEETING PLACE

Kathmandu, Nepal

Suggested Airport: Tribhuvan International Airport (KTM)

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

Meeting Place: A complimentary transfer is provided from the Tribhuvan International Airport to the Gokarna Forest Lodge. A Wilderness Travel representative will meet you outside the customs area and will be holding a Wilderness Travel sign or a sign with your name on it. An orientation meeting will take place in 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 14 (Day 15 if you are on the Mani Rimdu departure), anytime

A complimentary transfer will be provided from the Gokarna Forest Lodge to the Tribhuvan International Airport. Please note that check-out from the hotel is 12:00 noon.

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.

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

Depending on your routing, it may be necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary, with a forced overnight required en route or upon return (all extra 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.

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 and 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



GOKARNA FOREST RESORT

Kathmandu, Nepal

Days 1 to 2 (2 nights)

Days 12 to 13 (2 nights)

Perched on a hillside about four miles outside of Kathmandu, this resort is a tranquil oasis away from the hustle and bustle of the city, with manicured gardens and a surrounding forest reserve. Guest rooms are spacious, the hospitality is excellent, and there are two restaurants to choose from. Spa treatments are available, and you can enjoy a nature walk in the forest, a dip in the well-maintained swimming pool, or a game of golf on the greens.



MOUNTAIN LODGES OF NEPAL PHAKDING

Phakding, Nepal

Day 3 (1 night)

With its organic gardens and peaceful riverside location, MLN Phakding (8,563') is a welcoming place. It is a half-day hike from Lukla, set on the banks of the Dudh Kosi River across from pine-forested cliffs. The lodge has 18 guest rooms with en suite bathrooms and hot and cold running water. The comfortable dining room and bar are a good spot to relax with a hot drink.



MOUNTAIN LODGES OF NEPAL NAMCHE

Namche Bazaar, Nepal

Days 4 to 5 (2 nights), Day 9 (1 night)

This 20-room lodge is perched at 11,155 feet on the upper slopes of the bustling Sherpa capital, Namche Bazaar. A 20-minute hike up behind the lodge brings panoramic vistas including Everest and the beautiful Ama Dablam. The lodge offers Wi-Fi, a bar, and a dining room.

"LUXURY LODGES" OF THE KHUMBU

(all Mountain Lodges of Nepal, Everest Summit Lodge)

The "luxury lodges" of the Khumbu are so named because they are a cut above all the other lodges in the region, offering a good deal of comfort during a trek amid the highest mountains on Earth. The lodges have individual guest rooms with en suite bathrooms that have a sink and flush toilet. Good quality sheets and thick duvets are provided for guests, and thanks to clever use of solar and hydro power, the lodges are relatively warm. Each has a central dining room area for relaxation after our day's hike. All meals will be prepared by the lodges. Please keep your expectations realistic, however, and think of these lodges not as fancy hotels but rather as a step up from most Khumbu lodges and a very big step up from camping.

Accommodations (cont'd)



RIVENDELL LODGE

Deboche, Nepal

Day 6 (1 night)

Rivendell Lodge is owned and operated by a local Sherpa family. The guest rooms are simple, with heated bed pads and private en-suite bathrooms featuring solar-powered showers and western toilets. The staff is friendly and helpful.



EVEREST SUMMIT LODGE

Syangboche, Nepal

Day 7 (1 night)

At 13,070 feet, the well-located Everest Summit Lodge in Pangboche offers a comfortable welcome, with 10 guest rooms with attached bathroom and shower. There is a dining area and a sunny viewing terrace with panoramas of Ama Dablam and Everest.



SHERPA LODGE

Phortse, Nepal

Day 8 (1 night)

In the village of Phortse, we stay in a rustic but comfortable local lodge operated by Sherpa families. These are a wonderful way to experience local hospitality while interacting with the Nepalese people and gaining an insight into their lives. You'll have a private room, with shared bathrooms. There are both squat-style and western toilets available and the showers are in a separate building. Rooms are kept warm at night with warm blankets and a hot water bottle in the bed. Electricity and outlets are available in common areas, but not in individual rooms. Hot water may or may not be available at the lodge.



MOUNTAIN LODGES OF NEPAL MONJO

Monjo, Nepal
Day 10 (1 night)

At 9,348 feet, MLN Monjo is on the edge of Sagarmatha (Everest) National Park, just a short day from Namche Bazaar. The lodge has 12 comfortable rooms with en suite bathrooms with showers. There is a dining room and bar, and you can sit in the garden area and watch the local people working on projects in their farm fields and the trekkers heading up the trail. Time permitting, you may be able to enjoy a visit to Monjo's small Buddhist gumpa and primary school.



MOUNTAIN LODGES OF NEPAL LUKLA

Lukla, Nepal
Day 11 (1 night)

Located in Lukla, gateway to the Khumbu, MLN Lukla (9,383') offers 20 guest rooms, all with en suite bathrooms. The lodge has Wi-Fi, a bar, and a dining room. There is a pleasant outdoor area where you can relax and read. This lodge is a great place to unwind after a trek and it's only steps away from your flight back to Kathmandu.

These are our signature accommodations for this trip. Although it is highly unlikely, we may make substitutions when necessary. To see more photos and descriptions, please visit our *Everest Lodge to Lodge* webpage and click on the "Accommodations" tab.



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. The Trip Leaders are listed on our *Everest Lodge to Lodge* webpage: <https://www.wildernesstravel.com/trip/nepal-everest-lodge-hiking-tour/>



BALA KAJI MAGAR

Born in Namche Bazaar, the Sherpa “capital,” Bala Kaji Magar began his trekking life at the tender age of 13, working as a porter, then rising to the rank of professional trekking and climbing guide by 2001. A veteran of more than 100 treks to Everest Base Camp and many in Nepal’s more remote regions, including Dolpo, Manaslu, and Makalu, Bala is also an expeditionary mountaineer. He has summited Everest, Makalu, Annapurna South, and other giants but is most proud of his ascents of the iconic peak of Ama Dablam for its technical challenge (our Everest treks visit Ama Dablam Base Camp). Bala is the father of twin daughters and when he’s not guiding, he enjoys family life and playing soccer and guitar.



NIRAJ SHAKYA

Not many can say they've trekked to Everest Base Camp—let alone more than 40 times—but that's exactly what Niraj has a passion for. Born and raised in Kathmandu, Niraj has explored many regions of Nepal including Annapurna, Mustang, and Pokhara. He has been guiding since 2005, is fluent in English and French, and enjoys swimming and playing football or cricket when not leading treks.

Trip Details

WHAT THE TRIP IS LIKE

This trip is Level 5, Strenuous. Most hiking is between 9,000 and 12,000 feet, and the maximum sleeping elevation reached is 12,660 feet (at Pangboche, we will visit the monastery located at 13,000 feet and there is an opportunity to hike even higher). 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 8 to 10 miles per day (3-6 hours of hiking). Trip members carry only a daypack with camera, jacket, rain gear, water bottle, and other small necessities. Trail conditions can be primitive, and there is a good bit of up-and-down (often 2,000- to 3,000-foot gain or loss in elevation per day). It is expected that each participant be in excellent health and physical condition.

Although you carry only a daypack on the hikes, there are steep ascents and descents, so for your own enjoyment, we recommend you make a special effort to be in good physical condition. Daily brisk walking and/or regular hiking (or using a stair-climbing machine at your gym) are excellent preparatory exercises. You should wear sturdy, well-broken-in hiking boots for maximum comfort on the trail.

Trek Leaders

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. 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 relax before dinner. All our meals are taken at the lodges. 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.

WEATHER

The best 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 70s and 80s, 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 50s and 60s for fall trips and 60s and 70s for spring trips. Nights are cool to cold, often in the 40s. 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 60s, 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 15°F and sometimes lower. Snow is not uncommon at higher elevations, and rain is always a possibility.

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
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

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.

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.

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



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.

November 13, 2024 6:50 AM