

Everest Private Journey

LODGE-BASED TREK AMONG THE HIGHEST MOUNTAINS IN THE WORLD



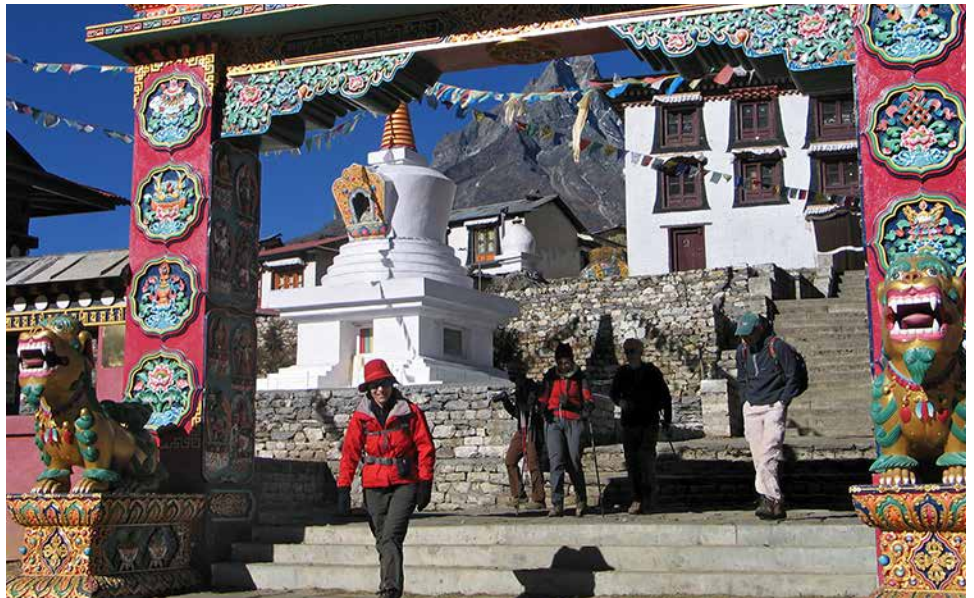
WHEN TO GO

October to late-May

For our Private Journey trips, you choose your own group and your preferred dates—there are no set departure dates. Private Journeys are available to groups as few as two people or as large as you like. While many guests choose to book this tour exactly as is, our Area Specialists can work with you to customize it to your wishes. Contact us for availability, questions, or to book your adventure!



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Everest Private Journey

LODGE-BASED TREK AMONG THE HIGHEST MOUNTAINS IN THE
WORLD

Magnificent Mount Everest is known in Tibetan as Chomolungma, Mother Goddess of the Snows. On this Private Journey, set out with your Sherpa guide for a 9-day trek, hiking each day among the most amazing mountains on earth, exploring fascinating Sherpa villages, and sleeping at night in spectacularly located lodges. The trek brings you to Tengboche, a thriving Tibetan Buddhist monastery and spiritual heart of the Khumbu region, from which Everest's triangular diamond summit is unmistakable amid a cirque of breathtaking peaks. The joys of this mountain adventure include getting to know the Sherpa people, visiting Tibetan Buddhist monasteries and lively tea houses, and learning how Buddhism influences every aspect of Sherpa life.

ABOUT PRIVATE JOURNEYS

Wilderness Travel Private Journeys are designed for people who want to travel with their own small private group, but who still want to experience the same superb itinerary design, great accommodations, and signature quality of Wilderness Travel's escorted group trips. These Private Journeys allow you to choose your own dates and your traveling companions—even if it's just the two of you—yet still enjoy a guided adventure.



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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, meet with a Wilderness Travel representative at the hotel for a trip orientation and Welcome Dinner. Overnight at Gokarna Forest Resort...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, you'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, you 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, so you can choose from among Kathmandu's wide selection of restaurants and delicious food. Overnight at the Gokarna Forest Resort...B

DAY 3

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

Transfer to the airport and take a helicopter flight to Lukla, the renowned "airstrip in the air." Here meet the Sherpa crew and begin our trek. You'll descend to the Dudh Kosi ("Milk River"), and enjoy distant views of Nupla (19,304') and Kusumkang (20,889') as you trek to our lodge, Mountain Lodges of Nepal Phakding (8,563'), set in a tranquil spot on the banks of the Dudh Kosi. In its pretty sunroom, you can relax and enjoy the views, and, later, enjoy the warmth of a fire. For those who have energy to spare, an hour's walk from the lodge brings us to 16th century Rumijung Gompa, home to a small idol housed in a metal casket said to have been made from the branches of a tree



TRIP DETAILS AT-A-GLANCE

- Length:** 14 days
Arrive: Kathmandu, Nepal
Depart: Kathmandu, Nepal
Lodging: 4 nights in first-class hotels, 7 nights in Luxury lodges, 2 nights in Sherpa lodges
Meals: All meals included except 2 lunches and 2 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

HIGHLIGHTS

- Alpenglow on Everest, seen from Tengboche Monastery
- Sherpa culture, with its Tibetan Buddhist heritage and mountaineering legacy
- Kathmandu's captivating medieval bazaars, Buddhist stupas, and Hindu temples

Itinerary (cont'd)

that once grew here. Return to the lodge for dinner and overnight, where you'll enjoy private rooms with an attached bathroom. Today is a short, relatively easy afternoon of hiking that helps us acclimatize to the altitude...BLD

Approximate Hiking Time: 3-4 hours

Luxury Lodges of the Khumbu: The “luxury lodges” of the Khumbu, which you'll use on this Private Journey, are a cut above all the other lodges, offering the opportunity to trek in the shadow of the highest mountains on earth and also enjoy a good deal of comfort. They offer individual guest rooms with en suite bathrooms, including 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 warm havens with hot running water. 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 Sherpa lodges (Days 6 & 8) and a very big step up from camping in the Khumbu.

DAY 4

NAMCHE BAZAAR (11,270')

After breakfast, 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. 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, you'll have your 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—you may get the first glimpse of the tip of Everest, peeking from behind the Lhotse-Nuptse wall. At the crest of the switchbacks, 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.

“Wilderness Travel did a great job creating a fantastic trip. Our journey to Nepal was amazing and we still keep in touch with our Sherpa guide.”

M. and R. Hilley, Great Falls VA



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

TENGBOCHE (12,650') / DEBOCHE

The 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. You have time to relax, visit with the monks, and enjoy the breathtaking mountain scenery before continuing to Deboche. Overnight in Deboche is in a simple Sherpa lodge, as there are no "luxury lodges" built in Deboche yet...BLD

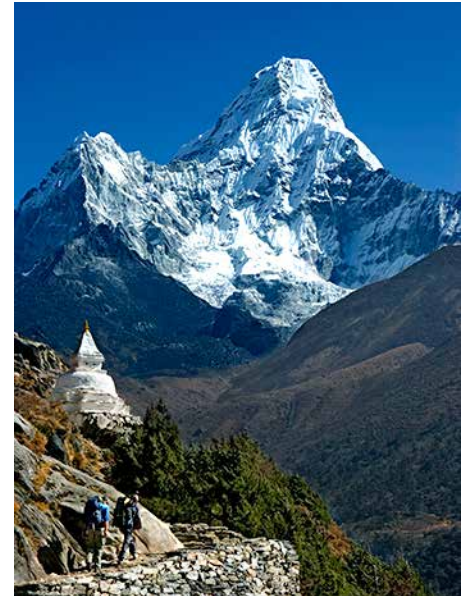
Approximate Hiking Time: 4-5 hours

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



“Our Nepal adventure was magical! The trip and itinerary were perfect. The Sherpa people were marvelous and the festival at Tengboche was special. Even now, as I look through the photos, I am still smiling. Looking forward to many more trips through Wilderness Travel.”

Jeff P., Paradise Valley, AZ

Itinerary (cont'd)

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, you will be able to pick out individual climbers. Overnight at the comfortable Everest Summit Lodge or Highland Sherpa Resort...BLD
Approximate Hiking Time: 2-3 hours from Deboche to Pangboche; 5-7 hours from Pangboche to Ama Dablam Base Camp (roundtrip)

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

*"The trekking was fantastic!"
Mark S., North Oaks, MN*



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 the Mountain Lodges of Nepal Namche...BLD

Approximate Hiking Time: 4-5 hours

DAY 10

MONJO (9,300')

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: 4 hours

DAY 11

LUKLA

Hike to Lukla, where you spend your 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

DAY 13

KATHMANDU

Today is free for independent exploration of Kathmandu, from the bustling lanes of Thamel to the carved wooden temples of this traditional capital. We recommend a visit to Bhaktapur, a fantastic medieval city located outside of Kathmandu and a showcase for the genius of the 17th century Newari artists. Its gem, Durbar Square, is a UNESCO World Heritage Site that is filled with intricate palaces and monasteries. A trip 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 remarkable place of worship. Lunch and dinner on your own. Overnight at Gokarna Forest Resort...B

DAY 14

DEPART

Transfer to the airport for departure on homeward-bound flights (or join one of our post-trip extensions in Asia)...B



Trip Cost, Payment & Insurance

TRIP COST

Prices are per person, valid through 2024

\$4695 (8-12 members)

\$4995 (3-7 members)

\$5395 (2 members)

Single Supplement: \$1195

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

Prices are based on double occupancy and not guaranteed until services are confirmed.

*Please note that internal air costs are based on a helicopter flight from Kathmandu to Lukla on Day 3 and a fixed-wing plane flight from Lukla to Kathmandu on Day 12, and is based on a group size of 3-12. Contact us for flight pricing for groups of two, or if you'd like to take a helicopter or fixed-wing both ways. Fixed-wing flights are only available directly from Kathmandu to Lukla during the winter. In spring and fall, fixed-wing flights are rerouted to Ramechhap, a few hours drive from Kathmandu.

Make it Your Trip!

The prices above are for the ready-to-book adventure outlined in this Detailed Itinerary, a popular option that has been handcrafted by our Area Specialists to include the best of every destination. While many travelers choose to book this tour as is, our Area Specialists are also happy to work with you to customize this Private Journey to suit your specific interests and style of travel. We can arrange for longer or shorter stays, or add an extension to additional places of interest. We can even add special activities or customize excursions depending on your interests. We invite you to contact us to discuss your options!

TRIP COST INCLUDES

- Accommodations as noted in itinerary
- All meals included except 2 lunches and 2 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- Services of a guide on trek
- Trekking permits and national park fees
- Airport transfers and guided sightseeing as noted

TRIP COST DOES NOT INCLUDE

International airfare, internal flights, airport departure taxes, additional costs over and above the cost of the scheduled flights if alternative transportation (such as a chartered helicopter) is necessary due to flight delays, hotels en route to or from Kathmandu, transfers for independent arrival or

departure, any meals not specified after each itinerary day, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessary due to airline schedule changes or other factors, pre-trip expenses of medical immunizations (if any), travel insurance, or passports and visas; and other expenses of a personal nature (alcoholic beverages, laundry, etc.). Tipping the trek crew is customary but entirely at your discretion.

SIGNING UP FOR A TRIP

Early reservations are recommended since accommodations often sell out far in advance. Please call 1-800-368-2794 and ask for our Asia Manager or email us at asia@wildernesstravel.com with any questions that you may have about this trip. To reserve your Private Journey, we will need to know your preferred dates of travel. We will then check availability and send you a proposed itinerary with exact pricing for your adventure. We can typically hold a provisional booking for one week. At that time, we must collect your initial deposit or accommodations will be released. We accept Visa, Mastercard, or American Express card. Upon receipt of your deposit, we will send you a Welcome Packet that includes a letter of confirmation, Detailed Itinerary, Trip Application, Medical Form, and Pre-Departure Information Booklet with information to help you prepare for your adventure. Please see our Cancellations and Transfer Fee Schedule for specific payment information.

PAYMENT SCHEDULE

At time of reservation	\$1000
90 days prior to departure	Balance

CANCELLATION AND TRANSFER FEE SCHEDULE

Minimum fee: \$500 per person
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

*Please note that this differs from our regular catalog departures.

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details:

www.wildernesstravel.com/toucan/travel-insurance

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 *Everest Private Journey* webpage and click on the "Extensions" tab: www.wildernesstravel.com/trip/nepal/everest-private-journey/extensions

BANGKOK EXTENSION

Discover the wealth of beautiful cultural monuments of Bangkok, one of Asia's most exciting cities. With a private guide, journey by private longtail boat through the winding klongs (waterways) of the Chao Phraya River, then spend the day visiting the city's ornate and beautiful sites, including Wat Arun, Bangkok's most well-known landmark, the dazzling Grand Palace, the Temple of the Emerald Buddha, the enormous gold-plated Reclining Buddha, and the vibrant market at Pak Klong Talad, where a vast variety of orchids and colorful flowers are sold. *3 days. From \$795.*

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 \$935.*

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 \$1595.*

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 \$950.*



Arrival & Departure

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.

Kathmandu is the start and end point for the trip. On Day 1, you will be met and transferred from the airport to the hotel. On Day 14, you will be transferred to the Kathmandu airport for departure on international flights. Our Arrival & Departure Logistics memo, included in your confirmation packet, has details.

FLIGHT ARRANGEMENTS

Trip members are responsible for making their own arrangements for air transportation. Please do not purchase your airline tickets until you are confirmed on the trip and have reviewed your proposed air schedule with our office. Once your tickets have been purchased, please send us a copy of your airline schedule so that we can send it on to the local guide (make sure to include your Trip Name and Trip Dates on it). Note: The name on your airline ticket must match the name on your passport exactly; otherwise you may be denied boarding. Please remember this when reserving your flights. In addition, your passport must be valid for at least six months after your date of return to the US (in most cases).

NOTE ON INTERNAL FLIGHTS

Weather, overbooking, and other factors beyond our control often result in flights not departing from or returning 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. However, we have excellent contacts in Lukla to assist our groups. If a delay occurs en route to Lukla from Kathmandu, we provide hotel rooms and breakfast in Kathmandu (lunches and dinners are at your own expense). In the event of a delay on the return to Kathmandu, we continue to provide food and lodging in Lukla until the flight departure. The trip does officially end, however, on the stated ending date. Regardless of flight delays, trip members remaining in Nepal beyond this date do so at their own expense. You are invoiced for the cost of internal flights based on the scheduled Twin Otter aircraft. In the event of non-availability or cancellation of the scheduled flight, you may elect to charter a helicopter to fly to Lukla (at the beginning of the trek) or return to Kathmandu at the end of the trek. Any additional expense over and above the cost of the scheduled flight—including the cost of Sherpas and equipment transfers—must be paid 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.



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.

WEATHER

Nepal has four seasons: spring (March to May), summer (June to August—monsoon season), winter (December and February) and fall (late September through November). The most popular trekking seasons are spring and fall.

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 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. Snow is not uncommon at higher elevations, and rain is always a possibility.

PRIVATE JOURNEY GUIDED SERVICES

In Kathmandu, local representatives will provide your airport transfers and join you for a welcome orientation and dinner as noted in the itinerary. You will have a local private guide and driver for the scheduled sightseeing tours in Kathmandu. You will have a separate experienced trekking guide throughout your trek, Days 3-12.

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.

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.

ABOUT PRIVATE JOURNEYS

Wilderness Travel Private Journeys are designed for people who want to travel with their own small private group, but who still want to experience the same superb itinerary design, great accommodations, and signature quality of Wilderness Travel's escorted group trips. These Private Journeys allow you to choose your own dates and your traveling companions—even if it's just the two of you—yet still enjoy a guided adventure.

TOUCAN CLUB

Please note that Toucan Club discounts do not apply for our Private Journeys. However, your participation on these trips will count toward your Toucan discount on future departures of Wilderness Travel's regular expeditions. For more information regarding our Toucan Club bonus program, please visit our website at www.wildernesstravel.com/toucan.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can find out about added departures, last-minute deals, and special WT Expeditions that aren't listed in our catalog. You can also access a complete library of our detailed itineraries and browse the customized reading guides for each of our adventures.

HELPFUL LINKS

Wilderness Travel has compiled a list of useful websites for travelers. Find the Client Forms & Helpful Links page of our website: (<http://www.wildernesstravel.com/toucan/links>).



WILDERNESS TRAVEL HAS BEEN AWARDED:

World's Best Tour Operators: *Travel + Leisure*, 2021, 10-time winner

Best Travel Specialists in the World: *Conde Nast Traveller*, 2021 & 2020

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

Best Adventure Travel Companies: *USA Today*, 2020

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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