

# Ultimate Everest

LODGE-TO-LODGE ON THE GREATEST MOUNTAIN ADVENTURE IN THE WORLD



## TRIP DATES

2024

March 13-April 4, 2024

October 8-30, 2024

2025

March 25-April 16, 2025

October 21-November 12, 2025



Wilderness Travel

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## Ultimate Everest

LODGE-TO-LODGE ON THE GREATEST MOUNTAIN ADVENTURE IN THE WORLD

When it comes to absolutely spectacular scenery, this trek has it all! In the high realm of Everest, you'll trek to mystical Tengboche Monastery, explore the base camps of Ama Dablam and Everest, and enjoy stunning views from Kala Patar (18,365'). Then, crossing the snow-covered Cho La to the turquoise lakes of the Gokyo Valley, you'll trek to the summit of Gokyo Ri for the unforgettable view of four of the six highest peaks on earth—Everest, Lhotse, Makalu, and Cho Oyu. It's arguably the most dramatic trek in the world, the adventure of a lifetime, and you can do it all without camping! Family-owned Sherpa lodges keep you comfy throughout this incredible adventure.



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# 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



## TRIP DETAILS AT-A-GLANCE

- Length:** 23 days  
**Arrive:** Kathmandu, Nepal  
**Depart:** Kathmandu, Nepal  
**Lodging:** 18 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  
18-day trek on moderate to steep trails, 4-8 hours a day, altitudes between 9,000-18,365 feet

## HIGHLIGHTS

- Fantastic Exploration Days at Ama Dablam Base Camp and in the Chukhung Valley
- The trekkers' peaks of Kala Patar and Gokyo Ri, and a hike to Everest Base Camp
- Paced for maximum acclimatization and led by the Khumbu's most experienced guides
- Overnights in family-owned Sherpa lodges—no camping!



# Itinerary (cont'd)



“This trip was everything I had hoped it would be and more. Very challenging and very rewarding, it was an adventure I will never forget.”

*Susan L., Cobham Surrey, England*

## 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 the Panorama Lodge or Himalayan Culture Home... BLD

Hiking Details: 7.5 miles, 8-9 hours

## DAY 5

### NAMCHE BAZAAR / EXPLORATION DAY

We enjoy a rest day in lively Namche to acclimatize and explore this intriguing center of Sherpa culture and its surroundings. There are great views of Thamskerku and Kwangde from this lively town. 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: 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. Overnight at Gomba Lodge or Himalayan Lodge in Tengboche...BLD  
Hiking Details: 8 miles, 4-5 hours

**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

**DAY 8**  
**PANGBOCHE / EXPLORATION DAY / AMA DABLAM BASE CAMP**

Today we hike up 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. It only takes a few hours to reach the base camp from Pangboche, so for those with plenty of energy, we can continue up on a grassy





# Itinerary (cont'd)



“This is a great trip. I have the tremendous satisfaction of having completed a difficult physical trek as well as experiencing beautiful scenery and an interesting culture.”

*Grady H., Jacinto City, TX*

ridge toward Camp I as far as we like, then return to our lodge in Pangboche...

BLD

Hiking Details: 9.3 miles, 5-7 hours round-trip

## DAY 9

### 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...BLD

Hiking Details: 3.7 miles, 4-5 hours

## DAY 10

### 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: 6.8 miles, 7 hours round-trip

## DAY 11

### LOBUCHE (16,200')

We enjoy a ridge walk that takes 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 killed nearby, mostly on Everest. We continue on an easy, flat moraine to the yak grazing pastures at Lobuche. You will start to feel the altitude here; the views, however, are superb. Overnight at Eco Lodge...BLD  
Hiking Details: 6 miles, 5-6 hours

#### DAY 12

##### KALA PATAR (18,365') / DZONG LA (15,900')

Today we have the opportunity to ascend Kala Patar—Black Rock—the highest point of our trek. After crossing the rubble of Changri Glacier, we hike up Kala Patar for the classic close-up view of Everest, a magnificent vista taking in its entire South Face and most of the West Ridge. Kala Patar offers the best view 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'). Descending along the lateral moraine of Khumbu Glacier, we head off the main trail to Dzonglha. We will have impressive views of Ama Dablam and up the Imja Khola valley to majestic Baruntse (23,525'). Overnight at Dzong La Inn...BLD  
Hiking Details: 8-9 hours

#### DAY 13

##### EVEREST BASE CAMP (17,600')

Our optional hike to Everest Base Camp (17,600') today 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 along the rubble-encrusted Khumbu Glacier to Base Camp, where there are often expeditions in residence. We descend to Gorak Shep (16,942') and overnight at either Snow Land Lodge or Himalaya Hotel...BLD  
Hiking Details: 7-8 hours

#### DAY 14

##### CHO LA (17,780') / DRAGMA (15,387')

We ascend gradually up the Cho La, crossing the permanent snowfield, then descend slowly, first on a steep trail of snow then on loose talus below. Reaching the valley floor on the other side of the pass, we continue to our lodge at Dragma (15,387'). Massive Cho Oyu (26,750'), the seventh highest peak in the world, stands in full view to the north. Overnight at Cho La Pass Resort...BLD  
Hiking Time: 7-8 hours

Special Note on Crossing the Cho La: The Cho La is usually snow-covered, but crossing the pass requires no technical climbing—you do not need an ice axe and the group does not have to be roped. However, weather in the high mountains is unpredictable, especially in the passes. If, in the opinion of the Trek Leader, crossing the pass is too difficult or dangerous for the porters and trip members due to stormy weather or too much recent snowfall, we will



# Itinerary (cont'd)



follow an alternate route. This route follows a longer but lower altitude trail to Gokyo (via the classic Sherpa villages of Pangboche and Phortse), a very scenic untraveled route along the steep northern side of the Dudh Kosi valley.

The trail over the Cho La is steep at times, and our yaks cannot make the crossing. We therefore cross this pass “alpine style,” carrying only essential equipment and personal items. The yaks and some of our crew take the longer route with the heavier equipment, and a limited number of porters will carry the necessary group gear over the pass. On departures with at least 6 travelers, trip members must share one duffel between two people for this crossing. Duffels will be combined on the evening of Day 12. Individual duffels will be available again after crossing the pass when we meet the yaks and porters in Gokyo on the evening on Day 14. The satisfaction of completing an alpine-style high pass crossing, the beauty of the surroundings, and the camaraderie of sharing the challenge make the slight inconvenience well worthwhile.

Hiking Details: 3.7 miles

## DAY 15

### GOKYO (15,600')

From the beautiful yersa of Thagna, we cross to the western side of the vast Ngozumpa Glacier, which sweeps down from Cho Oyu, to reach the few stone huts and walled pastures of Gokyo (15,600'). There are five glacial lakes in this quiet, stunning valley. Overnight at Namaste Lodge...BLD

Hiking Details: 10 miles, 3-4 hours

## DAY 16

### EXPLORATION DAY / GOKYO RI “TOP OF THE WORLD”

Our Exploration Day features magnificent glacial wilderness and stupendous views as we climb Gokyo Ri (17,500') for one of the most incredible mountain panoramas in the world. Four of the ten highest peaks—Everest, Cho Oyu, Lhotse and Makalu—are visible from the summit in clear weather. Overnight at Namaste Lodge...BLD

Hiking Details: 5.6 miles, 3-4 hours round-trip

## DAY 17

### MACHHERMA (14,650')

After exploring Gokyo one last time this morning, we head down the Gokyo Valley, descending through the rubble of the terminal moraines of Gokyo's glaciers. A descending trail then takes us along the western ridge of the valley and through the settlement of Machherma (14,650'). Overnight at Namgyal Lodge...BLD

Hiking Details: 5 miles, 3-4 hours

## DAY 18

### PHORTSE TENGA (11,950')

We continue to our lovely lodge at Phortse Tenga. Overnight at Phortse Tenga House...BLD

Hiking Details: 7.5 miles, 4 hours



## DAY 19

### NAMCHE BAZAAR (11,270')

Our trail from Phortse Tenga follows the Dudh Kosi through a lovely forest where we keep an eye out for Nepal's national bird, the danphe, a brightly colored pheasant. We then climb to the Mong La (13,000'), with fantastic views across the valley of much of the ground that we covered earlier on our trek. We continue on a level balcony trail with wonderful views all the way to Namche, where we overnight again at Panorama Lodge or Himalayan Culture Home...BLD

Hiking Details: 9.3 miles, 4-5 hours

## DAY 20

### LUKLA (9,350')

This is a long hiking day as we head back to Lukla and we spend our final trek night in a comfortable Sherpa lodge, La Villa Sherpani Lodge...BLD

Hiking Details: 8 miles, 7-8 hours

## DAY 21

### 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 22

### 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



*“The Trip Leader had great knowledge of the Everest region and strong relationships with the Sherpa people. This was a life-changing trip of a lifetime! The all-time best trip ever!”*

*Sandy S., Denver, CO*





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 23

DEPART

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



# Trip Cost, Payment & Insurance

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## TRIP COST

**Prices are per person, valid through 2024**

\$5995 (10-12 members)

\$6695 (6-9 members)

\$7595 (3-5 members)

Single supplement: \$995

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

*Call for 2025 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, travel insurance; 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 evacuation is required for this trip. Call for more details.



# Arrival & Departure

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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 23, anytime

A complimentary transfer will be provided from the Hotel Yak & Yeti to the Kathmandu Airport. Please note that check-out at 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.

**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 1-800-655-4053 in the US or 1-800-670-2605 in 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](http://www.exitotravel.com).

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.

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**Please do not purchase your tickets until you are confirmed on the trip and have reviewed your proposed air schedule with our office.** Once your tickets have been reviewed and purchased, please send us a copy of your airline schedule so we can arrange the appropriate 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.

# 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": [www.wildernesstravel.com/trip/ultimate-everest-base-camp-ama-dablam-trek/](http://www.wildernesstravel.com/trip/ultimate-everest-base-camp-ama-dablam-trek/)

## LAOS: LUANG PRABANG EXTENSION

Savor the delights of Laos, with its gilded temples, French-Indochinese architecture, and traditional Buddhist culture. Our extension visits the enchanting town of Luang Prabang, the heart and soul of the old Lao kingdom, a place to enjoy tranquil rural rhythms and a dramatic setting on the Mekong. *3 days. From \$995.*



## 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 \$1895.*



## 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 \$2195.*



## 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 \$1725.*



# Accommodations

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## HOTEL YAK AND YETI

*Kathmandu, Nepal*

*Days 1 to 2 (2 nights)*

*Days 21 to 22 (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 20 (18 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.

# Trip Leader

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Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific trips they will be leading, please visit our webpage and click on “Trip Leaders”: [www.wildernesstravel.com/trip/nepal/everest-base-camp-gokyo-trek](http://www.wildernesstravel.com/trip/nepal/everest-base-camp-gokyo-trek)

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## PASANG TEMBA SHERPA

Pasang Temba Sherpa hails from Khunde (12,600'), a beautiful Sherpa town in the Everest region of Nepal. Born to a well-known high-altitude expedition Sherpa, Pasang Temba was educated at the Sir Edmund Hillary School in Khumjung (which his father had helped to build). He began his career as a kitchen boy with the American Everest Expedition led by Dick Bass in 1985, then graduated to working as a guide. Now a senior trek leader, he has been on extensive treks to every part of the Everest, Annapurna, and Langtang regions, along with Tibet and Sikkim in India. With good English as well as Sherpa, Tibetan, Hindi and Nepali, Pasang has acted as guide and interpreter for many Western travel writers as well as Peter Hillary and a BBC-TV film crew. An affable man with great high-altitude skills, he now lives in Khunde with his parents, wife, and three children. When not on treks, Pasang helps his wife with raising their yaks and also loves to read, a pastime inspired by his visits to Austria, Australia, India, and Tibet.

# Trip Details

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## 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 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 Leaders 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. 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 professionally trained and offer a good variety of hygienically prepared meals. Our



# Trip Details (cont'd)

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

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

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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](mailto: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.

### TOUCAN CLUB

We're proud to have one of the highest rates of repeat travelers in the business! The Wilderness Travel Toucan Club was established to reward our travelers for their loyalty. For details, please visit the Toucan Club page of our website at [www.wildernesstravel.com/resources/toucan-club](http://www.wildernesstravel.com/resources/toucan-club).

### VISIT OUR WEBSITE

At [www.wildernesstravel.com](http://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.



## WILDERNESS TRAVEL HAS BEEN AWARDED:

**World's Best Tour Operators:** *Travel + Leisure*, 2022, 11-time winner

**Best Travel Specialists in the World:** *Conde Nast Traveller*, 2022, 3 years in a row

**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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