



ADVENTURE
INTERNATIONAL



Hidden Valleys of the Khumbu &
Everest Base Camp Trek

Adventures for a Lifetime

Hidden Valleys of the Khumbu & Everest Base Camp

From Lukla you make your way through Namche Bazaar staying at luxury lodges. Beyond this point we leave the trekker's highway to trek and camp as we explore the stunningly beautiful Khangtaiga, Mingbo and the Imja Valleys where yaks graze freely and other trekkers rarely roam. To make our way to Everest Base Camp we avoid the busy Dingboche valley and instead cross over the Khongma La pass. The trek to the meadows towards Khongma La made even more beautiful with many small alpine ponds and a lake below Mt Pokalde. After the pass crossing the Khumbu Glacier is an unforgettable experience as you make your way to Gorakshep, the gateway to Everest Base Camp. Then as you descend down the valley you once again leave the main trail at the village of Pangboche to skirt around the base of Mt Tawoche on a trail that enjoys a panoramic view of the southern horizon that is dominated by Mt Amadabalam, Mt Khangtaiga, Mt Thamserku and Kwangde Himal to camp at Phortse. Finally you make your way to the Gokyo Valley trail that leads you back to Namche and then to Lukla.

In more detail...

Day 1 ~ Kathmandu

Upon arrival into Kathmandu you are personally met and transferred to your hotel. There is a briefing and welcome dinner. *Overnight Dwarika's Hotel (D) **other options available***

Day 2 ~ Lukla

The 30 minutes flight by a Twin Otter aircraft due east of Kathmandu over the middle hills and then over the Dudh Koshi to land on an airstrip that hangs on the foot of early lunch, take a walk up Bom Danda (approx. 3,000 m) to its village, an ideal way to acclimatize and prepare for the days ahead. On a clear day the hike will reward you with a bird's eye view of Lukla and the airstrip and mountains in the north. *Overnight Everest Summit Lodge - Lukla (B,L,D)*

Day 3 ~ Monjo

An early start after breakfast is suggested to avoid the rush of trekkers and porters arriving from Kathmandu. Passing lovely Sherpa settlements along gentle undulating trails and enjoying the marvelous scenery of the Dudh Kosi valley, you arrive at the village of Phakding (2,652 m). After a break for lunch, you continue on for approximately 3 more hours to Monjo. The sounds of plodding porters with transistor radios stuck to their ears, the cacophonous mix of a myriad of languages, strange sounding birds, porters with loads, resting and weather beaten, windblown trekkers winding their way back to Lukla, prayer flags a-flutter the brightly painted tea houses and of course the

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dramatic scenery are memories to treasure of this first day on the trail. A warm welcome awaits your arrival at Monjo's Summit Lodge along with a hot cup of tea and home-made cookies.

Overnight Everest Summit Lodge - Monjo (B,L,D)

Day 4~ Tashinga

As you walk to the northern end of Monjo you arrive at the Sagarmatha National Park entrance at Jorsale. The entrance office has a good display of local geography with a model of the area within the National Park, its mountains and other useful info. The trail then descends to the Dudh Koshi river to cross it three times before you ascend steadily all the way to Namche Bazar. With many stores, internet cafes and friendly bakeries Namche bustles with life. Every Saturday there is a weekly market at the east end of the village where villagers from the south sell imported food, fresh fruits and vegetables and large quantities of water buffalo meat. All carried on the backs of porters, 100kg up steep slopes for a living. After lunch at this center of Khumbu you climb to the north eastern edge of the village from where the trail mostly traverses on a very scenic trail. On a clear day as you head north Mt Thamserku and Khangtaiga rises to your right, Mt Ama Dabalam, Mt Lhotse and Mt Everest dominates the northern horizon while Mt Tawoche soars in the west. Look out for herds of Thar (goat antelope) and Impheyan pheasants that like to quietly graze on the steep slopes above or below the trail. You pass the small villages of Kenzuma and Sanasa before leaving the main trail to Tengboche to arrive at the Everest Summit Lodge of Tashinga 11,300 ft in a little while. Kenzuma at one time had an excellent population of the musk deer however recently they have fallen prey to snow leopards that are becoming more active every year in this area.

Overnight Everest Summit Lodge - Tashinga (B,L,D)

Day 5 ~ Tashinga

The lodge at Tashinga enjoys a spectacular view of the surrounding area. It is not very far from the very successful Hillary Trust Reforestation Nursery, well away from the main trail and tucked amidst fields and a pine forest. For acclimatization you will walk up to Mong hill 13,000 ft which is behind the lodge on the trail to Gokyo. It is a steep ascent to the top where there are several teahouses and you are rewarded with a bird's eye view of the Gokyo Valley rising in the north, the village of Phortse, Tengboche Monastery, Mt Ama Dabalam and the twin peaks of Thamserku and Khangtaiga.

Overnight Everest Summit Lodge - Tashinga (B,L,D)

Day 6 ~ Omega

From the quiet fields of Tashinga you descend to the teahouses of Langsasa to cross the Dudh Koshi river and arrive at the teashops of Phunki Tenga. Newly repaired water driven prayer wheels grace the trail next to the army post. It is a 2 hour ascent through a rhododendron forest that can be

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all flowering if you trek through in April. At the top of the hill Tengboche monastery with its grand entrance greets all visitors with a breathtaking view of Mt Everest, Mt Lhotse and Ama Dabalam. Tengboche which at one time was an advance base camp for early Everest Expeditions has several basic lodges and a very good bakery. At the north end of the monastery grounds you leave the main trail to Deboche and trek on an off the beaten trail through lovely birch forests covered in Lichen that look like Old Man's Beard. This undisturbed trail can be a good place to spot the Musk Deer and the rare Blood Pheasant. Your camp at Omega, a yak summer pasture is beyond the small hydro power station at the beginning of Mt Khangtaiga Valley. This is the first day of the camping portion that explores the Hidden Valleys of the Khumbu. We will spend two nights at this camp.

Overnight Camp (B,L,D)

Day 7 ~ Khangtaiga Valley

Camping at Omega gives you an amazing opportunity to explore a valley rarely anyone visits. Being on the other side of the main trail it has no lodges and so no visitors. You can either follow the stream south all the way to the edge of the Mt Khangtaiga Glacier or scramble up the steep hillside to the east to a rocky summit. The hike can be a half day excursion to a full day trek with a packed lunch. This day offers you an opportunity to get very close to Mt Khangtaiga and its valley system giving you that perspective offered by no other trek in this region. *Overnight Camp (B,L,D)*

Day 8 ~ Amadablam Valley

No other peak captures the attention of trekkers in the Khumbu than the 'Mother's Jewelry Box Mountain' – Mt Amadablam. This morning we follow the Imja River to the pastures of Lapharma before heading east uphill to the base camp of Mt Amadablam. This meadow right below the massif with a small stream flowing through it gets very busy in Spring. South of this spot is the abandoned airstrip of Mingbo which many years ago saw a single engine aircraft ferry supplies for an expedition to the summit. Leaving the base camp and climbing higher takes you closer towards Mingbo La 19,200 ft. A pass that links the Khumbu with the Hinku Valley. On a clear day this trek into the hidden Mingbo Valley rewards the explorer with the never easy to see north face of Mt Khangtaiga, the south east face of Mt Amadablam, the sheer face of the Mingbo La pass and the summits of the Gokyo Valley. *Overnight Camp (B,L,D)*

Day 9 ~ Chukung

You descend to the Imja River near Pangboche to cross it twice and ascend to the south end of the summer huts of Dingboche. Once a place only for grazing yaks from Khumjung this side valley town has more than a dozen lodges and is the gateway into the Imja Valley. Leaving the village of Dingboche we gently ascend to the meadows of Chukung 15,600 ft that lie sandwiched between the Nuptse and the Lhotse Glaciers. Lying right below Chukung Ri hill 18,200 ft Chukung offers amazing walks to Island Peak Base Camp, the Imja and the Amphu Laptse Lakes and the surrounding hills. *Overnight Camp (B,L,D)*

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Day 10 ~ Imja Valley

Due to Island Peak which is a very popular peak the Imja Valley does see a fair bit of tourist traffic. However, it is still a lot less than those going up to Everest Base Camp. Today you will have the opportunity to see the Lhotse Glaciers and the very picturesque Imja and Amphu Laptse Lakes. Return to camp Chukung 15,600 ft. *Overnight Camp (B,L,D)*

Day 11 ~ Khumbu Glacier

Only a handful of trekkers cross this very scenic pass that links the Upper Khumbu Valley with the Imja. This trail gives you the opportunity to witness an unspoilt part of this area while rewarding the trekker with breathtaking views of the Himalaya from Makalu in the east to Gaurishanker in the west and a bird's eye view of the valleys below it. However the giant Lhotse wall doesn't allow a view of Mt Everest. The trail climbs through meadows with grazing yaks and then beside ponds and finally a big lake just below the pass itself. A short steep ascent takes you to the narrow pass followed by a steep descent to the Khumbu Glacier. We camp on the east side of the glacier beside a glacier moraine. *Overnight Camp (B,L,D)*

Day 12 ~ Everest Base Camp / Gorakshep

Your day begins with a trek right through the Khumbu Glacier. Your exit from the glacier near Lobuche and then climb through the Changri Glacier before descending to Gorakshep 17,000 ft. After a quick lunch at camp you will go up to Everest Base Camp, which is a 4-5 hours hike on the Khumbu glacier. *Overnight Camp (B,L,D)*

Day 13 ~ Kalapathar / Pheriche

On a clear morning the 2 hour hike to the top of the hill north of Gorakshep – Kalapathar ‘the black rock’ offers an unobstructed view of Mt Everest, Mt Nuptse, Mt Pumori and the surrounding summits. After greeting the sun from the top descend to Gorakshep for breakfast and slowly make your way back down the valley. This evening you will go down a different route than the one you went up. Your camp will be in the village of Pheriche, which lies in the middle of an open and windy valley. The view of summits to the south and the north on a clear day makes this village a very popular place to stay. *Overnight Camp (B,L,D)*

Day 14 ~ Phortse

Enjoy the breath taking views to the south you will make your way to the village of Pangboche before you take the higher trail heading west to the village of Phortse. This trail that ascends and traverses along a hillside that offers stunning views is less busy than the trail to Tengboche and offers you a better chance to see herds of Thar. Phortse enjoys a very close view of Mt Khangtaiga and the valley below. *Overnight Camp (B,L,D)*

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Day 15 ~ Namche

From Phortse you will first descend to the Dudh Kosi river that flows out from the longest glacier in the Nepal Himalaya – the Ngyozumpa. The silver birch forest here is an excellent habitat for Musk Deer and the Blood Pheasant. After the river crossing the trail ascends steeply to Mong hill and then descends to the biggest village in the Khumbu – Kumjung. Most of the lodges of Namche are owned by the residents of Khumjung. Khumjung is also home of the Hillary Trust School and a local bakery. From Khumjung you will ascend to the ridge to then descend to the airstrip of Syangboche 12,800 ft from where Namche lies 1,500 ft below. Overnight in a local lodge with our own catering.

Overnight Yeti Mountain Home - Namche (B,L,D)

Day 16 ~ Lukla

We retrace our steps along the Dudh Kosi, crossing to the western bank at Benkar. It is a beautiful and easy walk descending through blue pine and rhododendron forest, with views of Kusum Kangaru behind us. We walk to Ghat for lunch, and then start the gradual climb out of the river valley arriving in Lukla in the late afternoon, giving you plenty of time to relax, explore, enjoy a hot shower, sort out equipment, and prepare for tomorrow's departure. In the evening, a farewell dinner may be followed by a few celebratory drinks. *Overnight Everest Summit Lodge - Lukla (B,L,D)*

Day 17 ~ Kathmandu

Today you transfer to Lukla airstrip to catch a flight back to Kathmandu. Upon arrival you are transferred to your hotel and relaxation. Tonight there is a farewell dinner!

Overnight Dwarika's Hotel (B,D)

Day 18 ~ Kathmandu

There is a full day guided tour of Bhaktapur, Boudhanath Stupa, and Kathmandu Durbar Square. Today is also a spare day in case there is unpredicted weather in Lukla.

Overnight Dwarika's Hotel (B&B)

Day 19 ~ Depart

You are transferred to Tribhuvan Kathmandu International Airport for departures. (B)

END OF SERVICES

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*~ This is a sample itinerary that can be adjusted to suit your needs.
For more info about pricing, set departures, custom trips, etc ---
Please call +1 888 664 3865 or email us info@adventure-international.com ~*

