

Mt Everest

The Kangshung Face

with

The Trekking Company

Australia



21 day trip 16 day camping cost Ex-Kathmandu AUD \$6195.00
Arrival in Kathmandu 4th. May 2008 – Depart Kathmandu 24 May 2008

23 day trip 16 day camping cost Ex-Sydney \$7795.00 including airfares
Depart Sydney 3rd. May 2008 – Arrive Sydney 25th May 2008
Price includes Airfares but excludes airport taxes and charges

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The Trekking Company

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I first trekked to the Base Camp of the Kangshung Face (East Face) of Mt. Everest around 1997. It is a spectacular route that takes you through an amazing variety of landscape and vegetation. You trek through Tibetan villages, rocky paths, across high passes, lush green rhododendron forests and yak grazing grounds. Makalu 8,462m / 27755ft the 5th. highest mountain in the world is a stunning sight that you see on the first few days of the trek.

The top of Everest stands a steep 3350m /10988ft above the Base Camp. Because of its remoteness this route to the Everest region is the least trekked. George Mallory and Guy Bullock were the first westerners to explore the region in 1921. They finally chose the alternate route via the Rongbuk Glacier for their own expedition to Mt. Everest. – It is understandably why.

On this trip, we trek to the base camp of the Kangshung Face of Mt. Everest then drive to Rongbuk and take a day walk close to the Base Camp of the North Face of Mt. Everest.

We will limit the group size to 15 members. There is a lot of interest for this trek, so if it interests you – please contact me early.

The trek will be fully supported by a guide, Nepali Sherpa campstaff and porters and yaks for portorage. For the drive to the trek head in Tibet we will use 4 wheel drive vehicles for ourselves and trucks for supplies.

For the return journey – those who wish to may like to return by way of Lhasa, this adds another 3 days to the trip, which includes 3 nights in Lhasa. Please contact me for details and costs.

4-May	1	Reception on arrival in Kathmandu.
5-May	2	Kathmandu evening drive to Dhulikhel
6-May	3	Drive to Nyalam 3800m
7-May	4	Nyalam: Rest day and day walks
8-May	5	New Tingri 4050m
9-May	6	Drive to Kharta 3690m
10-May	7	Kharta Rest day
11-May	8	Trek to Lhundrubling 3990
12-May	9	Cross Shao La 4970m trek to Kaamo Tsangp
13-May	10	Trek to Khangsung Valley 4300m
14-May	11	Trek to Pethang Ringmo 4960m
15-May	12	Pethang Ringmo to Hoppo 4880m
16-May	13	Trek to Khangsung Base Camp 5090m
17-May	14	Trek to Base of Langma La 4800m
18-May	15	Cross Langma La 5390m trek to Lundrubling 3990m
19-May	16	Trek to Kharta 3690m
20-May	17	Drive to Rongbuk 5000m.
21-May	18	Rest day at Rongbuk: Walk to Everest Base Camp 5150m
22-May	19	Drive to Nyalam 3800m
23-May	20	Drive to Kathmandu
24-May	21	Transfer to the airport for onward journey.

Itinerary for those joining in Kathmandu:

Day 1: Kathmandu 1355m / 4,445ft

Meet at Hotel Tibet in Kathmandu. Evening briefing.

Day 2: Dhulikhel 1440m / 4423ft

Free day to Explore Kathmandu for most of the day in the evening drive to Dhulikhel. Dhulikhel is about an hour's drive from Kathmandu. It is a picturesque village with wonderful mountain views and gets us closed to Kodari the Nepalese border with Tibet.

Day 3: Nyalam: 3780m / 12398ft

We leave Dhulikhel early in the morning and drive for about 100km through the beautiful Nepalese countryside to Kodari at the Nepal - Tibet border. There are always chances of short delay being caused by landslides along the way! After completing the border formalities at border posts, we drive up a series of incredibly steep switchbacks with lush green forested hills across the valley and with views of cascading waterfalls to finally arrive in Nyalam close to the Tibetan Plateau. We set up camp – a few kilometres from the town.

Day 4: Nyalam 3780m / 12398ft

Today we spend a rest day in Nyalam in order to acclimatise before heading up higher. An optional day walk will be organised.

Day 5: New Tingri 4050m. Drive along the Tibetan Plateau to New Tingri

Day 6: Kharta 3690m / 12103ft

It is a spectacular 10 hour drive to Kharta. We cross the Lalung La Pass 5042 from where you have a spectacular panoramic view that stretches all the way from Gauri Shankar 7134m to Shishapangam 8046m. And as we continue our drive across the Tibetan Plateau we get our first views of Mt. Everest and Cho Oyu as we come close to Tingri. When we start heading south and towards Mt. Everest, we have drive across the Pang La Pass 5150m from where we get a panoramic view that stretches from Cho Oyu to Mt. Everest and Makalu. All over 8000m high mountains!

It is an amazing drive down from this pass to the village of Phadruchi.

Here the jeep track divides - the track to the west heads to the Rongbuk Valley - the one to the east leads to the [Phung Chu] Arun Valley and the village of Kharta - the administrative headquarters of the region.

Day 7: Kharta 3690m / 12103ft

We have a rest day in Kharta. It is a beautiful spot to take day walks and use this opportunity to acclimatise to the altitude.

Day 8: Lhundrubling 3990 / 13087ft

We begin our trek by following the jeep trail along the banks of the fast flowing Kharta River. At the end of the road we cross a bridge and follow the trail that gradually winds through terraced fields and small settlements. After about three kilometres there is a

junction where the trail splits into to. We take the upper trail that takes us to Shao La Valley. The lower trail is to Langma La. From here you get a great view of the Kharta district and the valley below. We continue our walk up to the village of Lhundrubling where we camp for the night.

Day 9: Kaamo Tsangpo Valley 4000m / 13120ft

To day we have a demanding day. We cross the Shao La 4970m /16301ft pass. I recommend every one to go slow and at a steady pace. I find a walking stick most useful on a day like today - as it is not only useful for helping you uphill but also to take the weight off the knees when climbing down from the pass. From the pass you get a view of Mt. Everest 8848m, Makalu 8475m and Lhotse 8501m. After crossing the pass you drop down through yak pastures towards the Kaamo Tsangpo Valley. After trekking through forests of rhododendron you arrive at your campsite at Kaamo Tsangpo Valley. It is an area that gets a fair amount of rain during the monsoon and is unlike most other parts of Tibet which is very dry.

Day 10: Khangshung Valley 4300m /14104ft

Our walk today takes us up about 300 to 400m through conifer forest above the Kama Tsangpo Valley. You get a good view of Nepal and Arun Gorge from the ridgeline. We cross alpine ridges and valleys where we are likely to meet nomadic Tibetans grazing their yaks and making cheese (traditional Tibetan cheese). Along the way we pass a number of small lakes and streams before ascending a ridge from where we get the first views of the Kangshung Face of Mt. Everest. We set up camp at a suitable location in this region of the Kangshung Valley.

Day 11: Pethang Ringmo 4960m / 16269ft

Today our walk should get us to the campsite at Pethang Ringmo at time for lunch. The site is in a beautiful meadow below the impressive peak of Chomo Lonzo 7790m. Later in the day you may like to take a walk to the sacred lake above the camp. At the far end of the lake is a sacred cave - which is said to have been a spot where Padmasambhava meditated during his journey through Tibet. Padmasambhava - was said to have brought Tantric Buddhism into Tibet.

Day 12: Hoppo 4800m / 15744ft

The trail from Pathang Ringmo to our next camp at Hoppo heads across the meadows before ascending across loose scree slope. This is an exhausting part of the trek, so it is quite a relief when we are back on the proper trails again. Soon we get a good view of the Kangshung Face of Everest and across the valley the impressive glaciers of Chomo Lonzo. Our camp in the yak pastures at Hoppo is at 4800m.

From Pathang Ringmo the trail heads across the meadow before ascending across a loose scree slope that can cause difficulties for the laden yaks. The climb up and across the scree slopes is tiring and it is good to get back onto the more established shepherd trails. Rounding the hillside the Kangshung Face of Everest comes again into view, while across the valley the impressive glaciers at Chomo Lonzo can also be appreciated. Our camp at Hoppo is situated amid yak pastures.

Day 13: Hoppo 4800m / 15744ft

Our trek to the Base Camp of Kangshung Face of Everest 5050m / 16564ft takes a

couple of hours. The trail ascends gradually to the grassy ridges of the Kangshung Glacier. We explore the region and take in the magnificent sight of the steep Kangshung Face - before returning to our camp at Hoppo.

Day 14: Base of Langma La - Shurimo 4800m / 15744ft

For our return journey to Kharta we make a circuit and head down the valley towards the Langma la. Once again we walk across yak pastures and take in the sights of the stunning Makalu and its glaciers.

Day 15: Lhundrubling 3990m / 13087ft

The trek to pass at Langma La 5330m 17482ft takes about two hours from the base. It is well graded trail and along the way we have views of Mt. Everest, Lhotse and Makalu. From the pass it is a steep descent to the valley. Along the way we get views of Kangchenjunga, which means we get to see 4 of the world's five highest mountains on this trek. The only one missing is K2! We camp close to the large village of Lhundrubling.

Day 16: Kharta 3690m / 12103ft

The trek back to Kharta is along a large open valley. You cannot help but feel the sense of accomplishment after having trekked in such a remote and beautiful part of the Himalaya. Our overnight camp is at Kharta.

Day 17: Rongbuk 5000m / 16400ft

We begin by driving back to the village of Phadruchi, from where we continue to the Rongbuk Valley. The drive will take about 6 hours. We overnight in Rongbuk. The monastery at Rongbuk is possibly the highest in the world and possibly the most spectacular view of Mt. Everest too!

Day 18: Rongbuk 5000m / 16400ft

Today we can either choose to take the rather bumpy ride on the pony cart to the base camp or walk the 8km or so to the base camp of Mt. Everest 5150m / 16892ft. You get a view of the North Face of Mt. Everest from anywhere on this route. It is a stunning sight. We overnight in Rongbuk.

Day 19: Nyalam 3800m / 12465ft

We have a long and exciting drive today across two passes and across the Tibetan plateau to Nyalam. We first head for Tingri - cross the Lalung La 5124m / 16807ft and the Shung La 5200m / 17056ft with views of Shishapangma, Cho Oyu and Gauri Shankar and then drive down to the town of Nyalam. We set up camp outside the town.

Day 20: Kathmandu 1440m / 4423ft

It takes a couple of hours to drive down to Zangmu where the immigration process takes place at this Chinese border post - we then drive down to the Friendship Bridge which spans the Bhote Koshi River. Here we farewell our Tibetan guide, drivers etc and walk across the bridge to the Nepalese side (Kodari). The immigration process and the transferring our gear to our waiting vehicle takes about an hour. The drive from here to Kathmandu takes about 5 hours and gets us to our hotel around 4pm in the afternoon.

Day 21: Transfer to the airport for the flight home after what must be one of the most exciting treks that I have been on: End of Services

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Please do not hesitate to contact me if you have any questions. No technical climbing is involved though you do have to scramble over rocks at times when on a little used path.
Full trek gear list will be emailed to you once the booking has been received.

What is Included in the Trip Package Price

The Trekking Company will provide:

- Transfer: Airport/Hotel/Airport
- Tour costs and entrance fees where these are specified in the itinerary
- Accommodation bed and breakfast on twin sharing basis in Hotels and fullboard in Camps
- Permit for Trekking and any environmental charges and fees
- Camping equipment for the trek such as sleeping tent, mattresses, toilet tent, kitchen tent, dining & kitchen utensils.*
- Charges for trekking huts where these are used
- Daily wages of support staff
- Services of Sherpa Staff Guide, Cook and camp staff
- Services of pack animals and/or Porters for the Camping equipment

* Note: Down jackets and sleeping bags can be hired from the Trekking Company however please give ample notice before leaving Australia

Some of the things you will need to pay for

- Visas for Nepal & Tibet - Nepal visa can be got on arrival - to get your visa for Tibet we need your passport details sent to us.
- Drinks - mineral water, soft drinks and alcoholic drinks.
- Lunch and dinner in the various towns you stay in.
- Laundry, postage, extra portage if required. etc.
- Single Supplement \$650.00
- Fees for the entry or use of still and video cameras (There are some charges in monasteries)
- Personal tips. Budget \$100.00
- Excess baggage.
- Medical - if necessary (This should be covered by your travel insurance but you will have to pay up front if you incur minor medical expenses)*

* Note: Travel insurance is a 'must', if you do not have an insurance company you use the Trekking Company deals with a company which has provided good service to our clients in the past.

To ensure a place on this trip please make a booking as soon as possible with a non refundable deposit of AUD\$500.00. The full payment is due by the 04 February 2008

Cancellation charges applies as follows:

No refund of deposit

Cancellation after 4th. March 2008 cancellation charge: \$1500.00

Cancellation after 4th. April 2008: cancellation charge: \$2000.00

No refund after 3rd. May 2008

Kindly make a bank deposit for payment. Bank details are as follows:

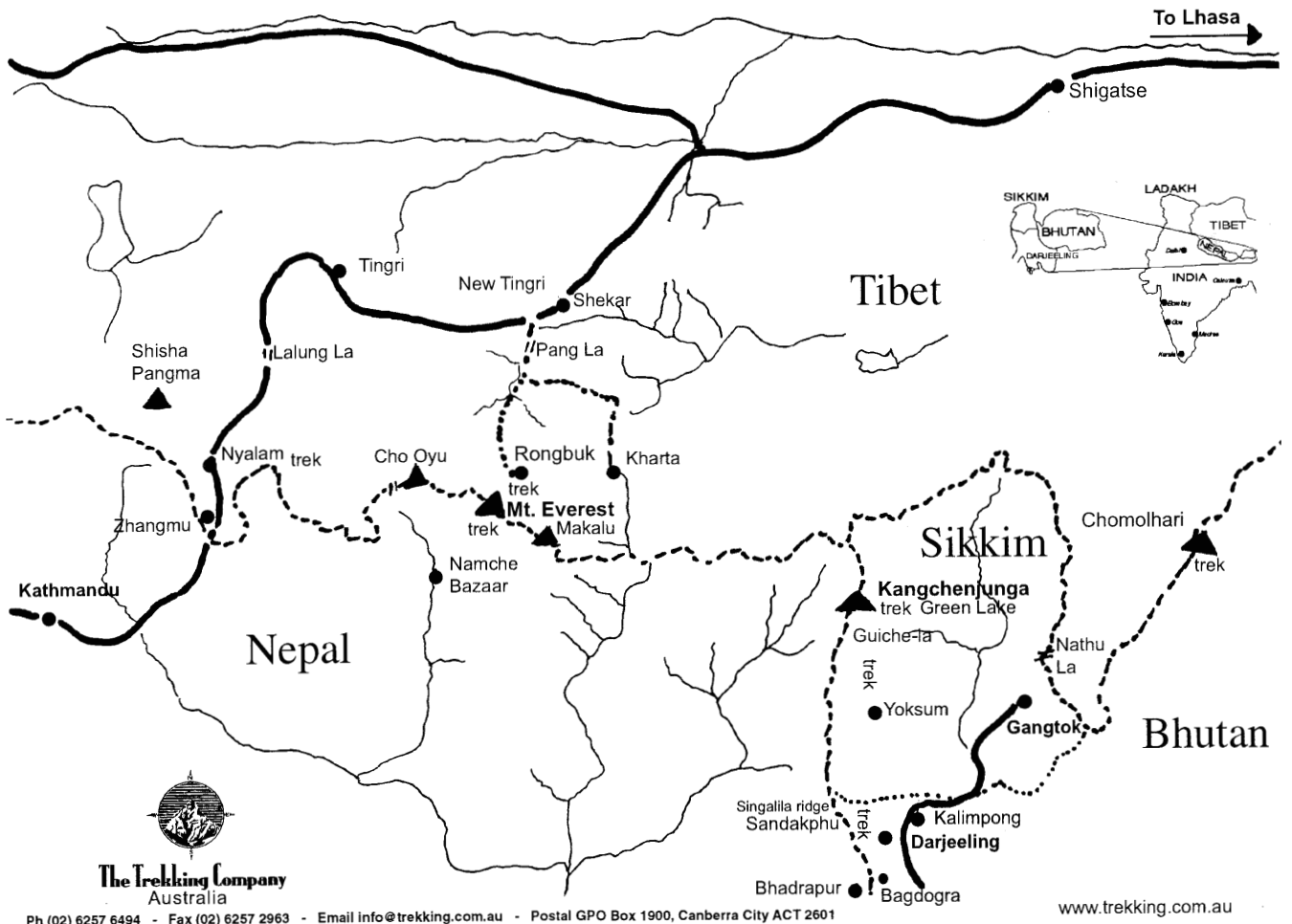
Bank: National Australia Bank

Bank Address: Corner of London Circuit & Ainslie Ave. Canberra. Australia

Account No: 082902-04 904 3642

Swift code: NATA AU 33025

Payment by Credit Card will incur an additional 3.5% Bank Charge.



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To make a booking kindly fill in the following details and mail it to us.

Trek Tour: _____ Tour reference _____ Date Joining Tour _____ at _____

Booking for: _____ Person / Persons

Name as in passport

Title _____ First Name _____ Middle name _____ Surname _____

Name as in passport

Title _____ First Name _____ Middle name _____ Surname _____

Mailing address:
State _____

Postcode _____

Work Phone _____ Home Phone _____ Mobile Phone _____ email address _____

Once we confirm your booking we shall send you a request for a non refundable deposit of \$500.00 per person. At the same time we shall also request you send us passport details etc.