

Mt. Everest

Treks

The Trekking Company

www.trekking.com.au



Kangchenjunga: From Sandakphu you have a panorama of 4 of the 5 highest mountains in the world including Mt. Everest



Panorama of Mt. Everest and the Khumbu Glacier from Kala Pathar

Darjeeling to Everest Base Camp with Peter Lambert - trip E1007

27th. Oct. to 18th. Nov. inclusive

23 day trip: 17 day trek. Maximum 15 members. Fully supported trek with guide and portage.

Cost: AUD \$6695.00 including airfares from Sydney

This trip is a combination of two spectacular treks. The first along the Singalila ridge that separates Nepal and Darjeeling in India and the other to the base camp of Mt. Everest in Nepal.

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This special trek to the Base Camp of Mt. Everest has been designed to provide one with the experience of trekking amongst the world's highest mountains. We begin our journey by travelling to a remote village bordering Nepal and Darjeeling district, where we trek along the Singalila ridge for a panoramic view of four of the world's five highest mountains - including Mt. Everest. From there we travel to Darjeeling, a town that is popular with anyone who has travelled there. It has a mix of cultures and remnants of the days of the Raj. It was from here that many early expeditions to Mt. Everest began. We visit the Planter's Club and the Himalayan Mountaineering Institute to take in some of the history of the early expeditions to Mt. Everest. Our next stop is Kathmandu from where we fly to Lukla to begin our trek to the base camp of Mt. Everest. This region is so different from the Darjeeling. Each region is equally attractive in its own way. Our trek takes us through Sherpa villages, and we have an opportunity to meet and enjoy the hospitality of these famous people. Our walk takes us to Kala Pathar, from where we have a stunning view of Mt. Everest, Nuptse and the Khumbu glacier, and to the base camp of Mt. Everest. After the trek, we return to Kathmandu and fly home.

I have requested Peter Lambert to accompany this group. As a mountaineer he has reached the summit of two over 8000m peaks (Shishapangma in Tibet & Broad Peak in Pakistan). He has been a team leader who has been involved in successful climbs of Mt. Everest from the Nepal side and from the Tibetan side. Besides that he is excellent company.

We will be limiting the numbers joining the trek to a maximum of 15 people. So book early.

This trip will suit anyone who is fit and can walk an average 7 hours a day carrying a small light pack. No mountaineering experience is required.

This is an action packed trip that is designed for people who wish to maximise the time they have in the Himalaya for a trek. The preparatory trip to Sandakphu also helps one acclimatise for the trek to the Base Camp of Mt. Everest. Should you wish - you can choose to stay in Darjeeling for acclimatisation instead of trekking to Sandakphu. Some of you may wish to spend a few more days in Darjeeling or Kathmandu, please let us know and we shall adjust your itinerary accordingly and advise you of costs.

1	27-Oct	Travel to Bangkok. Overnight in Bangkok.
2	28-Oct	Fly to Bagdogra by way of Kolkata drive to Dhodrey 2389m. Camp
3	29-Oct	Trek to Kala Pokri: 2895m.
4	30-Oct	Trek to Sandakphu 3636m.
5	31-Oct	Trek to Rimbic: Drive to Darjeeling - long day
6	1-Nov	Darjeeling: walking tours in Darjeeling
7	2-Nov	Drive to Bhadrapur fly to Kathmandu
8	3-Nov	Fly to Lukla trek to Phakding 2652m - 3 hours
9	4-Nov	Trek to Namche Bazaar 3440m
10	5-Nov	Day walks at Namche Bazaar 3440m for acclimatisation
11	6-Nov	Namche Bazaar / Thyangboche Monastery 3870m 5-6hrs.
12	7-Nov	Thyangboche / Dingboche 4530m 6-7hrs.
13	8-Nov	Rest day in Dingboche
14	9-Nov	Dingboche / Lobuche 4930m. 5-6hrs.
15	10-Nov	Lobuche / Kala Pathar Gorakshep 5288m 5-6hrs.
16	11-Nov	Gorakshep / Base Camp / Lobuche
17	12-Nov	Lobuche / Pangboche 3948m. 6-7 hrs.
18	13-Nov	Pangboche / Khumjung 3790m 6-7 hrs.
19	14-Nov	Khumjung / Monjo 6-7hrs.
20	15-Nov	Trek to Lukla
21	16-Nov	Fly to Kathmandu Half day Free day for sightseeing
22	17-Nov	Fly home
23	18-Nov	Arrive home

Day 01 & 2 Travel to Bagdogra:- Drive to Dhodrey.

To get to the foothills of the Himalaya to begin our first trek, we fly to Bagdogra by way of Kolkata. On arrival at Bagdogra your Sherpa Guide will receive you and you drive for four hours to your trek camp at Dhodrey. The drive is picturesque. It takes you through tea plantations and little villages till you reach the forest camp at Dhodrey. Your trek support staff will be there to receive you. Dinner will be served on arrival. Over dinner your Sherpa Guide will brief you on the trek.

Day 03 Trek Dhodrey to Kala Pokri:

After breakfast trek through forests to Tonglu 3070m, the ridge that separates Nepal and Darjeeling district. Continue your trek on to a small village called Kala Pokri. Kala Pokri is a small lake – that is considered holy by the local people. 6 hour walk. Overnight Camp.

Day 04 Kala Pokri to Sandakphu 3636m:

This is virtually a continuous walk up hill to Sandakphu. From Sandakphu you have a panorama that stretches all the way from Mt. Everest to Kangchenjunga and includes views of 4 of the 5 highest mountains. From here you can look into Sikkim, Nepal, Bhutan and the plains of India and into passes to Tibet. It is a fantastic sight. Leave Kala Pokri early to try and be in time to watch the sunset over the mountains from Sandakphu. A stiff 6 hour walk. Do not rush, walk slowly as you need to acclimatise to the new heights you will be reaching.

Day 05 Sandakphu to Rimbic: - drive to Darjeeling

After enjoying the morning sunrise on Mt. Everest and Kangchenjunga and a hearty breakfast, begin your down hill walk to the small village of Rimbic. This is a walk that takes you down over 1200m, so a good walking stick will be most useful. It is a picturesque walk that takes you first through a forest of silver fir, then through a forest of bamboo and finally through small villages to Rimbic. – We will be pushing you on this day – in order to maximize the time you have for your trekking holiday. On arrival at Rimbic, there will be dinner waiting. Soon after dinner you head for Darjeeling. It is a three hour drive. Expect to arrive at hotel in Darjeeling – exhausted but feeling good about a good preparatory trek.

Darjeeling straddles a ridge at 2100m and is surrounded on all sides by tea plantations. Darjeeling was a Hill Station established by the British in 1835 as an R&R centre for the troops and as a summer resort for the Raj to escape the heat of the Indian plains. You see the remnants of the Raj, with its English style clubs and schools amidst colourful Buddhist monasteries and Hindu Temples. It's a friendly town to stroll around with a busy bazaar and superb views to Kangchenjunga, the world's third highest mountain, and its surrounding peaks.

You will be invited on a walking tour to visit the Tenzing Sherpa memorial, the famous Himalayan Mountaineering Institute, the Snow Leopard breeding centre (where if you are lucky you may see some cubs) and Tibetan Centre with its wonderful arts and crafts. You can spend many an interesting hour just exploring or looking for bargains in the bazaar and markets.

Day 06: In Darjeeling:

Darjeeling is a fascinating town and there is a lot to do and see here on walking tours. There will be organized walks to the Himalayan Mountaineering Institute, The Tibetan Centre, The Dali Monastery and a visit to the Planters Club, where many of the early expeditions to Mt. Everest in the 1920s set off from. There is a lot of mountaineering history to soak in here.

Day 07: Travel to Kathmandu

Leave Darjeeling after an early breakfast for a four hour drive to Bhadrapur (in Nepal) for the flight to Kathmandu. There will a short break at Pani Tanki / Kakar bhita for immigration formalities. Visa for Nepal can be got at the border. Carry a couple of extra passport photos for this and a sum of US\$35.00.

The flight to Kathmandu takes 45 minutes and you are likely to view Mt. Everest and the region where you will be heading for your next trek. On arrival in Kathmandu, you will be received at the airport and transferred to your hotel. There will a trek briefing soon after arrival at the hotel. This will leave the rest of the afternoon free for you to explore the tourist spots in Kathmandu.

Day 08: Fly from Kathmandu to Lukla – begin trek.

Early morning you transfer to airport for the flight to Lukla. This flight is a lifetime experience in itself. The 450m long airfield is on a slope and the difference in elevation between the two ends of the runway is about 60 meters! Planes land up the slope to slow them down and take off down the slope to gain airspeed more rapidly, there is a mountain peak at one end and a cliff at the other. There are spectacular views of the mountains on the flight, but you have to be seated on the left side of the plane. At Lukla you meet with your sirdar and the rest of the crew. After lunch you trek for a few hours along the Dudh Kosi river to the village of Phakding at 2650 m. This stage is short and mostly down allowing you to become acclimatised to the altitude.

Day 09 : Phakding to Namche Bazaar 3440m

The trail continues north up the Dudh Kosi valley to Jorsale, where the trail officially enters the Sagarmatha National Park. There is an entrance station just beyond the village where trekking permits are checked and National Park fees collected. You continue along the trail, cross the Bhote Kosi River and climb steeply to Namche Bazaar 3500 m. Look for glimpses of Mt. Everest early on the trail.

Day 10 : Namche Bazaar : Rest day and optional trek walks for acclimatisation.

Day 11 : Namche Bazaar to Thyangboche 3870m

From Namche you climb the ridge and descend to the Dudh Kosi (Milk River) which you cross to arrive in Phunki Tenga 3250m with its distinctive prayer wheels turned by a water wheel. The ascent to Thyangboche takes you through evergreen forests full of rhododendrons up a series of switchbacks to the plateau of Thyangboche 3870m. The monastery is well worth visiting, founded in 1923, it burnt down in 1980 but has been beautifully restored. From here, the view of Everest and Ama Dablam at sunset is especially beautiful.

Day 12 : Thyangboche to Dingboche 4530m

Leaving Thyangboche you descend to the Gompa of Deboche, cross the Imja Khola and make a short ascent to the village of Pangboche, the highest year round settlement in the valley. You can inspect the Pangboche Gompa (monastery) which is the oldest in the Khumbu and once used to boast the skull and hand of a Yeti, (stolen in 1991). You then follow the trail along the Imja Khola past terraced hills and then past the tree line through Orsho. As you walk on through rolling pastures for yaks, the south cliffs of Lhotse loom before you. Soon you cross the Lobuche Khola which flows from the Khumbu Glacier and you have an easy climb to Dingboche with its walled potato fields.

Day 13 : Dingboche Rest Day

An acclimatisation day. You can rest or take an interesting excursion to the base of Ama Dablam.

Day 14 : Dingboche to Lobuche 4930m

A short walk in the morning takes you to Pheriche. There is a trekkers' aid post here with a western physician usually in attendance during the trekking season. You should visit the clinic if you have even the slightest problem with altitude. From Pheriche you ascend the broad, gently sloping valley to Phulong Karpa beyond which you climb steeply onto the terminal moraine of the Khumbu Glacier. You descend to the few houses of Dughla 4620m and then continue climbing on the left of the terminal spit of the Khumbu Glacier. You pass the stone monuments commemorating the many Sherpas who have died assisting the assaults on Everest and enter the high morainal valley on the left of the glacier. You follow the trail until you reach the meadows and houses of Lobuche 4930m .

Day 15 : Lobuche to Gorak Shep 5288m

You make an early morning start and ascend the trail along boulder fields and glacial debris to the edge of the Khumbu Glacier then continue up to Gorak Shep (5160 m.), nestled below the coned summit of Mt. Pumori (7161 m.) and the sheer west face of Nuptse. Afternoon is the perfect time to walk up to Kala Pathar 5545m for a view of Mt. Everest and the Khumbu Glacier. From here the view is magnificent enough to make you forget the difficulty of the climb. Everest, Nuptse, Ama Dablam, Kantega, Tamserku, Tawatse and Pumo Ri all present themselves in a 360 degree panorama. Overnight at Gorak Shep.

Day 16 : Gorak Shep to Lobuche via Base Camp. 5545m

First thing in the morning you trek through the glacial moraine to the Base Camp of Mt. Everest. Here you will get to see the various expeditions camped to set off for their climb of Mt. Everest. You retrace your steps to Gorak Shep and then on back to Lobuche. It is a long and challenging walk. Overnight at Lobuche.

Day 17 : Lobuche to Pangboche 3948m

From Lobuche you retrace your path to Pheriche then descend to Imje Khola, which you follow to Pangboche. The monastery at Pangboche was famous for once having the remains of a "Yeti". Unfortunately this was stolen some years back.

Day 18 : Pangboche to Khumjung 3790m

From Pangboche you keep to the northern bank of the Imja Khola until level with the Thyangboche monastery where you start the steep ascent to the villages of Khumjung and Kunde. It was here that Sir Edmund Hillary helped set up the first hospital and major school in the Khumbu area.

Day 19 : Khumjung to Monjo

Climb the ridge to the south of Kunde and descend to Namche Bazaar, from here you retrace your steps to Monjo

Day 20 : Monjo to Lukla

A short days walk to Lukla where you say goodbye to your local porters and Sirdar

Day 21 : Lukla to Kathmandu

Fly to Kathmandu. Transfer to your hotel, and then free time in Kathmandu. In Kathmandu there are three very important temples you may wish to visit. Pashupatinath, Nepal's most important Hindu Temple is beside the holy Bagmati River close to the northern end of the airport. Approximately 2 Km to the north of Pashupatinath is the Bodhnath stupa. This the largest and oldest stupa in Nepal and is over 2000 years old. It has a high spire capped by a pinnacle of copper gilt and painted on the four sides of the spire are the all seeing eyes of Buddha. On the other side of Kathmandu, the western side is Swayambhunath, sited on a prominent hill this Buddhist stupa is often known as the "Monkey Temple" because of the large number of monkeys living in the grounds. The stupa is also about 2000 years old and like Bodhnath features a gilt copper pinnacle and the all seeing eyes of Buddha. Great view of Kathmandu. Unfortunately all these temples are now charging an entrance fee, usually around US\$1 or 2.

Day 22 : Fly home:

In the morning transfer to the airport for your flight home. Inflight

Days 23 : Arrive back in Sydney late evening.

THE ITINERARY AND ROUTE MAY BE SUBJECT TO CHANGE DUE TO WEATHER AND OTHER UNFORESEEN CIRCUMSTANCES.

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 15th. August '2007

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The most convenient method of payment is to make a direct deposit payment into our bank account.

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

What is included in the Trip Package Price:

Cost:

23 day trip 17 day trek ex-Sydney AUD\$ 6695.00

Price based on twin share accommodation. Single supplement applies.

Single supplement \$650.00 extra.

The Trekking Company will provide:

- International airline ticket where this is a part of the package.
- Transfer: Airport / Hotel / Airport
- Tour costs and entrance fees where these are specified in the itinerary
- Accommodation bed and breakfast on twin share basis in Hotels in Darjeeling & Kathmandu.
- All meals on trek.
- Permit for Trekking and environmental charges and fees.
- Camping equipment for the trek such as sleeping tent, mattresses, toilet tent, kitchen tent, dining and kitchen utensils.*
- Daily wages of support staff
- Service of pack animals and portorage for the camping equipment.
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- * Down jackets and sleeping bags can be hired from The Trekking Company at AUD\$75.00 per item for the duration of the trek.

Some of the things you will need to pay for:

- Visas for India and Nepal. You need to apply for your Indian visa before departure. Visa for Nepal can be had on arrival.
 - Drinks – mineral water, soft drinks and alcoholic drinks.
 - Lunch and dinner in the various towns you stay in – expect where mentioned above.
 - Laundry,postage,extra portage if required etc.
 - Departure taxes atoverseas airports. Budget \$50.00 for this.
- Personal tips. Please budget approximately AUD\$100.00 per person. This amount to be divided amongst the staff.
- Excess baggage.
 - Travel Insurance
 - Medical expenses

A detailed note on equipment flights etc. will be provided after the booking has been received.

To apply for a place on this trek kindly send us the following information on the following page.

The Trekking Company

GPO Box 1900 Canberra ACT 2601
Australia

The Trekking Company 11 Lonsdale St. Braddon ACT 2612 Australia
Travel Agents Licence 18800225 ABN 73008648959
Ph: (61 -2) 62576494 Fax: (61-2) 62572963 Mobile: 0416116494 email: mohan@trekking.com.au

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: _____ Postcode _____ State _____

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.