

# Teahouse Trek Everest



a 16 day inn to inn trek in Nepal

The trek to Everest is justifiably famous, not only for its proximity to the world's highest mountain ( 8848m ) but also for its friendly Sherpa people, picturesque villages, great variety of cultures and traditions, colorful festivals and monasteries. We bed down at night in luxury at upscale tea houses along the trail, sip a glass of sweetened tea or Chang (millet beer) and enjoy a taste of hospitality unique to the Sherpas.

## Day by Day Itinerary

**Day 1** - Arrive in Kathmandu, transfer to our hotel. Any free time is at your discretion, your group will gather at breakfast.

**Day 2** - After breakfast depart to explore town with your guide team. Visit renowned sites such as Kathmandu Durbar Square, Swayambhunath, Bouddhanth and Pashupatinath. In the evening enjoy a special welcome program, a dinner with live Nepali cultural show at traditional restaurant. (B,L,D)

**Day 3** - Early morning transfer to airport for flight to Lukla. The flight into Lukla is a lifetime experience, in itself. The airfield is on a slope and the difference between the two ends of the runway is about 60 meters! Meet with your sirdar and the rest of the crew. You will need to identify your luggage, which is to be made into loads, and then while you have lunch your crew will load these onto pack animals or get it ready for your team of porters. After lunch, trek for a few hours along the Dudh Kosi River to the village of Phakding 2800 m. (B,L,D)

**Day 4** - Namche (3,440m) (5-6 hrs)

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. Continue along the trail, crossing the Bhote Kosi River to begin the steep climb up to Namche Bazaar 3500 m., the administrative center of the Sagarmatha National Park and the hub of Sherpa society. Remember to look out for glimpses of Mt. Everest from the trail on the way to Everest! (B,L,D)

# Teahouse Trek Everest



a 16 day inn to inn trek in Nepal

**Day 5** - You will explore the surrounding of Namche this day, Namche Bazar Rest and acclimatization. Namche is the famous picturesque Sherpa village and we have rest in the afternoon to enjoy walking round the village and visiting the Sherpa museum. (B,L,D)

**Day 6** - Tengboche Monastery (3,860m) 5hrs walk.

We walk with beautiful view under the soaring peaks of Thamserku and steadily descend to the Imja Khola and lunch at Phunki along a very pleasant trail. Here in Phunki, we see series of water driven prayer wheels. After lunch 2 hrs ascent will take us to Tengboche Monastery (3,860m) surely is one of the most beautiful places in the world. (B,L,D)

**Day 7** - Pheriche (4,260m) 5 hrs walk.

We move forward up to Imja Khola valley Pangboche (3,900m) and lunch. After lunch we visit the Monastery and look at the Yeti scalp. We again move to the summer village of Pheriche (4,260m). Superb scenery at all time. (B,L,D)

**Day 8** - Trek Pheriche to Lobuche (4,920m) (4-5 hrs) Lobuche (4,920m) 4 hrs walk.

We move up a small ridge and contour around the base of Khumbu Glacier and lunch at Dhugla (4,600m). After lunch, we take a steep ascent to the terminal moraine of the glacier from where the views are stunning. We continue again along the moraine and camp at the foot off the Lobuche Ice Fall (4,930m). (B,L,D)

**Day 9** - Trek Lobuche to Gorakshep (5,140m) (4 hrs)

The actual distance is not so far for this day but we wake up in the early morning and move forward to Gorek Sherpa where we take a rest. (B,L,D)

**Day 10** - Hike up to Kalapatthar (5,545m), Everest Base Camp (5200m)

This day, we climb Kala Patthar and visit the Everest Base Camp. From Gorakshep, we have a steep ascent up to the top of the Kala Patthar top. The actual distance is not so far but we take it very slowly to make up for the altitude. This top (5,545m) is a hard pull but the view from the top surpasses anything you can imagine. All around us flows, huge glaciers and the creaking of the mobile glacier ice only disturbs the silence of these altitudes. The mountains of Pumori (7,145m), Lingtren (6,697m) and Khumbutse (6,623m) separate us from Tibet and just over the Lho La pass we see the huge rock of Changtse (7,750m) in Tibet itself. But Sagarmatha, or Mt. Everest the queen of them all towers over everyone. This is the roof of the world. The Everest Base Camp is a short trek down. We return to Lobuche for overnight stay. (B,L,D)

# Teahouse Trek Everest



a 16 day inn to inn trek in Nepal

**Day 11** - Pheriche (4270m) (4 hrs)

Follow the main Khumbu Valley down to Pheriche, site of the Himalayan Rescue Association's Trekkers' Aid Post. (B,L,D)

**Day 12** - Tengboche (3,860m) (5 hrs)

Easy walk along the Imja Khola with a visit to the gompa at Pangboche, then a short climb up to the Tengboche Monastery. (B,L,D)

**Day 13** - Namche (3,440m) (4 hrs)

The trail descends steeply towards Pungki Thanka and another steep climb to Namche Bazaar. (B,L,D)

**Day 14** - Lukla (2,840m) (6 hrs)

Down along the gorge of the Dudh Kosi and trek further up to the small mountain airstrip at Lukla to catch your return flight to Kathmandu. Weather permitting your trekking crew might prepare a farewell treat for you. You would be expected to join in the singing and the dancing! (B,L,D)

**Day 15** - Fly back from Lukla to Kathmandu. After arrival enjoy free time in the city to relax, shop or explore. Rendezvous for a final group dinner. (B,D)

**Day 16** - After breakfast we shuttle folks back to Kathmandu Airport (B)

# Teahouse Trek Everest



a 16 day inn to inn trek in Nepal

## Hotels:

In Kathmandu we enjoy 5 star accommodations

## What's Included:

- 15 nights Accommodation in the area's better hotels (double occupancy)
- Most meals from Dinner on Day 1 until Breakfast on Day 16
- Water, sodas or beer included at dinner
- Baggage portorage
- Domestic flights
- Service of bilingual Team Pedalers Guide(s)
- Sightseeing and cultural activities
- Airport pick up & drop off

## Meeting & Flights:

Your guides will meet any flight during the day on your arrival day.

Fly into Kathmandu (KTM) before 10 pm on Day 1

Fly out of Kathmandu (KTM) after 10 am on Day 16

NOTE: Due to the late night arrival from and early morning departure of flights to North America, most guests will need to overnight in Bangkok going both directions.

## Visas & Travel Documents:

Passports and visas are required for all guests. Your passport should have at least 6 months validity past your intended travel dates. Visas can be obtained in advance from the nearest Nepalese Embassy or Consulate. Visas can also be obtained upon arrival at Kathmandu Airport. The 30 day visa needed for this trip currently costs US\$40 (as off 15 Jan 2018).