

Everest 3 High Passes Trek



The Everest Base Camp Trek via three challenging passes is one ultimate experience. The route of the trail here is more challenging and longer compared to other base camp treks. This is because the trail will take you through three difficult high passes that are not even mentioned on the standard Everest trail. The name of the three passes is the Renjo La Pass, the Cho La Pass and Kongma La Pass. Each of these passes share an altitude that ranges above 5000 m.

You will also get to ascend other three view points, which are – Kala Patthar, Gokyo Ri and the Chhukung Ri. From These view points you can get to view amazing new vistas of the Mt. Everest Lhotse, Makalu and Cho oyu mountains and should be considered particularly by experienced trekkers and those who are keen photographer.

The Challenging Trek to Everest Base Camp via Three Passes(Renjo La pass/ Chola pass/ Kongma la pass)

The journey will begin from Kathmandu to Lukla by short flight. From there, you will have to go through Namche Bazaar before they are able to break the Everest Base Camp trail and head off towards the west towards Thame and Nangpa Valley, which are close to Tibetan border. The toughest journey will be via the first of the three passes. This is the Renjo La pass. However, there are rewarding views awaiting you at the end of the journey through the pass and they are the stunning views of mountains belonging to both the East and the West.

This will be followed by a leisurely descent to the Gokyo Lakes, before you climb to the famous Gokyo Ri viewpoint. Your journey will continue over the Ngozumpa Glacier until you reach the next high pass. This is the Cho La pass and will involve walking up the steep scree. Your journey will be frequented by icy weather and by small glacier, before zigzagging down to the other side.

The journey will soon get connected to the main Everest trail, which will continue up the Base Camp and Kala Patthar. Next you will have to descend down to the Lobuche village, before they can head over to the Kongma La pass in the East to the Chhukung. The trail takes you to the next destination, which is the Chhukung Ri – the third viewpoint of the journey. The viewpoint is situated above a village and allows you to enjoy spectacular views of the Ama Dablam, Nuptse, Lhotse, Makalu and Cho Oyu.

You will be completing the journey with a return trip to Lukla. This means they will have to undertake a journey down the main

Everest trail, which will take you through many Sherpa villages and its beautiful monastery. You can visit the many monasteries and have a look around to understand their rich culture and tradition. The hospitality of the people will make the trip feel very pleasant.

Outstanding Key Highlights from the Trip

- The rich biodiversity of the Sagarmatha National Park
- The spectacular view of the Everest from the Kala Patthar
- The glacial walk over the Ngozumba & Khumbu Glacier

Duration: 21 days

Price: \$2135

Rating: 5 Star

Group Size: 02-15 Person

Grade: Difficult

Destination: Nepal

Activity: Trekking

Region: Everest Region

Date & Prices:

Start Date	End Date	Price
10th Oct, 2017, Tuesday	30th Oct, 2017, Monday	\$2135
01st Nov, 2017, Wednesday	21st Nov, 2017, Tuesday	\$2135
01st Apr, 2018, Sunday	21st Apr, 2018, Saturday	\$2135
25th Apr, 2018, Wednesday	15th May, 2018, Tuesday	\$2135

Equipment Lists:

01. Sleeping bag (down), rated to -10 degree centigrade (If you don't have them it can rent in Kathmandu for your trek period).
02. Sleeping bag liner (optional)
03. Hiking boots should be light weight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.
04. Sneakers or sandals for camp and town.
05. Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.

06. Thermal underwear, polypropylene or other synthetic (No cotton)
07. Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants
08. Several t-shirts, both long and short sleeved
09. Shirts long sleeved.
10. Rain jacket/poncho(Gore-Tex) or equivalent is ideal
11. Down jacket
12. Fleece Jackets
13. Warm hat
14. Hat for sun protection
15. Gloves or mittens
16. Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)
17. If you wear prescription glasses or contacts, bring spares
18. Two (2) good quality 1 liter water bottles
19. Trekking poles. (optional, and can be purchased in Kathmandu)
20. Flashlight or headlamp with extra batteries
21. Reading/writing materials
22. Pictures of where you live, your family, and what you do. (to share with people along the way)
23. Camera and spare batteries
24. Special snack items in zip lock bags
25. Ear plugs (for travel)
26. Particle masks (for dust)
27. Toilet kit with towel, washcloth, bandanna, scrub brush, short clothes line, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.
28. Women: bring extra sanitary supplies and zip lock bags to pack out used materials
29. Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items.

Other Informations:

Nepal Entry Visa Procedures

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa up on arrival at Tribhuvan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration,

<http://www.online.nepalimmigration.gov.np/tourist-visa>

Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized

photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

Nepal Trekking Season's

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year.

It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

A Typical Day of the Trekking

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight.

We reach the teahouse/camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

Geography of Nepal

Nepal covers the land area of 147,181 sqkm, stretching 800 km from east to west and 90 to 230 km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region.

Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 meter. Nepal is divided into seven states and seventy-seven districts. Where high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000 m to above 8,848 m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848 m), Kanchenjunga (8586 m), Lhotse (8516 m), Cho You (8201 m), Dhaulagiri (8167 m), Makalu (8463 m), Manaslu (8163 m) and Annapurna I (8091 m).

Currency in Nepal

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3:00 pm Sundays through Thursdays and from 10.00 am to 1:00 pm on Fridays. Saturdays are closed.

Credit Cards : All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

Effects of Global Warming & Climate Change

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice.

With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields.

The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters.

Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

Clothing in Nepal

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for traveling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

Health Issues Regarding Altitude Sickness

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously.

The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 meters, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

01. Drink adequate fluids. At 4,300 meters for example, the body requires 3 to 4 liters of liquid a day. At low altitudes try to drink at least 1 liter a day.

02. Accept the fact that you cannot go very high if your time is short.

03. Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of

the body. The cure is to climb no higher until the symptoms have disappeared.

04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying Best Nepal Trekking facilitators immediately.

05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

People and Religions of Nepal

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here.

Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

History of Nepal

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Karin's ruled Nepal from 9th century BC to 1st century AD Later Lichchhavis took over Karin from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty.

Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana back seated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy.

A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahindra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system,' by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities.

People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination.

With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra shah handed over the political power to Nepali people and democracy was once again restored in Nepal. Then maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

Shopping in Nepal

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged

along their goods.

But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and DurbarMarg are the most popular Shopping centers.

What Foods You Will Expect In Nepal

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/non vegetable curries.

Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

Travel Insurance For Traveling in Nepal

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

Hotels in Nepal

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

Itinerary:

Day 01: Arrival in Kathmandu and transfer to the Hotel(1340M)

We will meet you at the airport and then transfer to the Hotel which is close to the multitude of shopping centers and restaurants.

Day 02: Fly to Lukla and trek to Phakding (2650m) 3-4 hrs walking

Early morning drive to domestic airport. After checking baggages you will take the short mountain flight to Lukla with the breath taking view of mountains on the northern side. Once you arrive at Lukla, get ready for the hike through the town passing, descending to the beautiful Sherpa village of ChauriKharka. This is very busy trail, passing yak trains, trekkers, locals and porters. Once you reach this area, the land of the Sherpas and everything in it are fresh and new. This area represents the Tibetan buddhism as you will pass through beautiful Stupa, Mane walls and Monasteries along the trail. We cross 2 suspension bridges before ThadoKoshi and the first view of Kusum Kangaru Mountain appears here. The trail gradually climbs up now along the Ghat village where we can see very beautifully painted Mani walls, Stupas. We continue the walk with small ups and down until it comes Phakding village where we stay overnight.

Day 03: Phakding to Namche Bazaar (3450m) 5-7 hrs walking

From Phakding, start early walking following the nice gentle path through natural forests of pines and cedars crossing several small streams along the right bank of the DudhKoshi River. Far up the valley, the snowy peak of Mt. Thamserku (6608m) can be seen. You cross the suspension bridge over the DudhKoshi River after Benkar village then climb up little, passing beautiful Sherpa villages of Chhumoa and Monjo. There comes the entrance of the Sagarmatha national park. When you cross a long suspension bridge and take the road along the left bank, Jorsale lies ahead. Soon as you pass Jorsale, there comes another suspension bridge we will cross and then walk along the bank of Dudh Koshi river bank. After crossing the high bridge over the DudhKoshi River, the trail zigzags uphill, you emerge to a ridge, offers an excellent view of the Mt. Everest (8848m) and Lhotse (8516m). The climb eases somewhat and Namche Bazaar appears ahead as you travel along the path surrounded by pine forests. Namche bazaar is surrounded by Mountains in 3 sides and open facing to Bhotekoshi on the south. It is biggest town in the Khumbu valley is a central hub. Overnight stay in Lodge at Namche Bazaar.

Day 04: Acclimatization day at Namche Bazaar

Today we visit to the view point at National park headquarter in the morning to see the view of Mt. Everest(8848m), Lhotse(8516m), Nuptse(7856m), Amadablam(6856m) and many other snowy mountains as well visiting the National park museum. Also you can make a day hike up to Everest View Hotel(3860m)

Day 05: Namche Bazaar to Thame (3820m) 3-4 hrs walking.

Walking out of Namche, we will view some of the most complex and picturesque Mani stones in all of the Khumbu Region. Beautiful walking route through the blue pine forest, passing through Thamo, an old Sherpa village and headquarters of the Khumbu electricity project. This valley is off route for most trekking groups and you are likely to find the paths relatively quiet. The Monastery of Thame and Sherpa village of Thame is seen from Thamo. The trail gradually climbs up and descends again to the valley where we cross the bridge over Bhotekoshi River. Continue short climb up to reach Thame the village of famous mountaineers.

Day 06: Thame to Lungden (4350m) 4-5 hrs walking.

Our trek today weaves through remote Sherpa villages and high mountain meadows filled with yak pastures and Himalayan wildlife. This route is popular with traders bringing Chinese goods from Tibet to Nepal and makes for an interesting cultural exchange but recently it is stopped by the Chinese. We will continue to gain altitude as we trek through the beautiful, pristine and isolated Nangpa Valley. At Marulung village we cross the bridge over Bhotekoshi River and short steady climb gets to Lungden. Overnight in Guesthouse at Lungden.

Day 07: Rest day at Lungden for acclimatization.

Today you will make a short day hike to a peak above Lungden for acclimatization.

Day 08: Lungden to Gokyo(4750m) via Renjo pass (5380m) 7-8 hrs walking.

It is an early start today as we make our way toward Renjo pass! The first part is steady climb and later the trail gently climbs until we get to Renjo Lake. The trail climbs up continue to the pass. Views from the pass are breath taking. We will have plenty of time to spend at the top to take advantage of the endless photo opportunities. This is one of our more challenging days, but arriving in picturesque Gokyo valley with its electric turquoise lake will soon let us forget about our demanding day.

Day 09: Hike to Gokyo Ri (5340m) or Gokyo fifth lake(5050m) 4-5 hrs walking

Early morning wake up and walk across the boulders near the lakes few minutes. Then climb steep hill section about 2 and half hours to the top of Gokyo Peak. When you get higher up at top of the Gokyo peak, you will see the north-west face of the Mt. Everest(8848m), Mt. Lhotse(8516m), Mt. Cho-oyu(8201m) and Mt. Makalu(8463m) four of 8000m peaks and many of other snow capped mountains including Mt. Gyachungkang(7992m), Pumori, Cholatse, Tawache, Nireka peak. Other option hiking to the fifth lake into the Gokyo valley. Overnight at Gokyo village.

Day 10: Trek from Gokyo to Thagnak (4700m) 2-3 hrs walking

You will cross the ever-shifting and exciting Ngozumpa Glacier, which is biggest Himalayan glacier, a collection of ice, rock and sand more like the surface of a distant planet than that of earth. Overnight stay in Lodge at Thagnak.

Day 11: Thagnag to Jhongla (4860m) via Cho La pass (5368m) 5-7 hrs walking

Today you start walking early morning climbing up following the upstream valley. Then the trail leads to the eastern valley, passing moraines and boulders. The trail near the top of the Cho-la pass is quite steep and rocky. Then you walk over the ice fields which descend to the eastern valley enjoying the views of Mt. Lhotse, Mt. Nuptse, Mt. Baruntse, Mt. Amadablam and many other peaks. Then you pass through rocky section and walk down to the grassy meadows until we reach Jhongla. Overnight stay in Lodge at Jhongla.

Day 12: Jhongla to Lobuche(4950m) 3-4 hrs walking

Walk down to the valley through scenic alpine zone and viewing a Jhongla glacier lake on the valley below. Take the left track following the valley to Everest base camp that you will meet the busy Everest trail. Overnight stay in Lodge at Lobuche.

Day 13: Lobuche to Gorakshep (5180M) and hiking to Everest Base Camp (5380m) 7-8 hrs walking

Walk through level path of the valley enjoying the ray of the morning sun. After a short steep climb, you see down upon Khumbu glacier and Changri glacier on the left. Then follow a rocky Changri glacier trail over few hills and straight ahead is looking Kalapatthar, below is Gorakshep. Afternoon visit Everest Base camp. Pass the sandy field and frozen lake, emerge on the right bank of the Khumbu glacier. Then follow footpaths and cairns to the centre of the glacier where you can see the basecamp, your ultimate destination.

Day 14: Day hike to Kalapatthar(5545m) and trek to Lobuche (4950m) 5-6 hrs walking.

Today start climbing to view point of Kalapatthar early in the morning as the weather gets clear in the morning. The climb in the beginning is steep but soon as finishing this climb, the trail is gradually climbs up. Everest finally shows itself. The rocky ridge to the right side with prayer flags is the true summit of Kalapatthar(5545m). The view from the top is splendid enough to forget all your difficulties. Long awaited Mt. Everest(the world's highest peak) including Lhotse, Nuptse, Amadablam, Pumori, Kangtega, Thamserku, Cholatse, Tawache and many other peaks at 360 degree panorama. Easy walk back to Gorakshap, eat breakfast and finishing packing, then continue trek down to Lobuche. Overnight stay in Lodge at Lobuche.

Day 15: Lobuche to Chhukung(4730m) over Kongma La pass(5535m) 7-8 hrs walking.

Today, it is a long walking day over the Kongma La pass. After lobuche the trail cross the Khumbu glacier and the you climb steep rocky section until reaching to the top. The views from Kongma la pass is brilliant as you will get wide range of mountain views of Khumbu valley. Descend from the rocky parts, walk to the meadows and grassy slope trails that will lead you to Chhukung. Overnight in Lodge at Chhukung.

Day 16: Day hiking to Chhukung Ri(5560m)4-5 hrs walking

Steady walk from Chhukung village to the Chhukung Ri as you will get the incredible view of Nuptse and Lhotse wall. Also you will get amazing view of Makalu and north face of Amadablam. Overnight in Lodge at Chhukung.

Day 17: Chhukung to Tengboche(3867m) 5-6 hrs walking

Today the walking gets easier as the trail that you will passing through Dingboche and the small Sherpa villages of Somare and Pangboche. Afternoon visit in to the Tengboche Monastery. You can participate on Meditation. This is very quite and nice place to spent a night. Overnight in Lodge at Tengboche.

Day 18: Tengboche to Namche Bazaar(3450m) 4-5 hrs walking.

The trail drops down the valley to Phunki Tenga. After crossing the bridge over the Dudhkoshi River, the trail climbs back all the way to Sanasa. Now it gets more flat from here until reaching to Namche bazaar. Overnight in Lodge at Namche bazaar.

Day 19: Namche Bazaar to Lukla(2810m) 6-7 hrs walking.

Today the trail descends all the way down to Dudhkoshi River and after there we walk through Monjo, Benkar to Phakding. Lunch at Phakding and resume the walk back to Lukla. Overnight in Lodge at Lukla.

Day 20: Lukla to Kathmandu (1340m)

Early morning, you will take short flight back to Kathmandu. Soon as arriving in Kathmandu, transfer to the Hotel. Overnight in Hotel at Kathmandu.

Day 21: Departure back to home

Today is the last day of your trip in Himalaya, as we will transfer you to the international airport. We trust that you will cherish this inspiring experience and the deep, newly formed friendships in the years to come.

Cost Include:

- Airport transfers to/from by private vehicles.
- Accommodation 2 nights at Kathmandu (3 star hotel/twin sharing basis) with breakfast and including all govt. taxes. (Hotel Tibet or similar)
- Transportation Kathmandu/Lukla/Kathmandu by regularly scheduled or chartered flight, airport taxes and surcharges.
- Accommodations in best available local lodges, 3 times meals and all kind of hot drinks (Tea/Coffee/Hot chocolate) during the trek.
- Sagarmatha national park entrance fee.
- TIMS (Trekker's information management system) card arrangements.
- Service of Guide and porter during the trek and also their wages, foods, insurance and lodging.
- Sleeping bag and Duffel bags for the use of trek for porter.
- Airfare cost for Guide.
- Agency service charges and government applicable fees.

Cost exclude:

- Meals (Lunch, dinner) during staying in Kathmandu.
- Nepal visa fee US\$ 40 per person.
- Air travels to and from Nepal, visa fees.
- Extra cost to due to flight cancellation or road condition.
- All personal expenses, travel insurance, rescue charge in emergency.
- Purchases of bottled water while on the trek, gifts and alcohols.
- Tips for trekking staffs.

Other Features:

- Max. Altitude: 5545m (Kalapatthar)
- Trek starting point: Lukla
- Trek ending point: Lukla
- Accommodation: 3 star hotels and Lodge
- Meals: All meals during the trek
- Transportation: Private vehicles and Flights