Sherpa Culture Everest Trek

Trip Facts

Duration: 14 days

Trekking Destination: Everest Khumjung Region, Nepal

Maximum Altitude: Maximum Altitude

Group Size: 1 People Or Above

Mode Of Trekking Tour: Tea House/Lodge

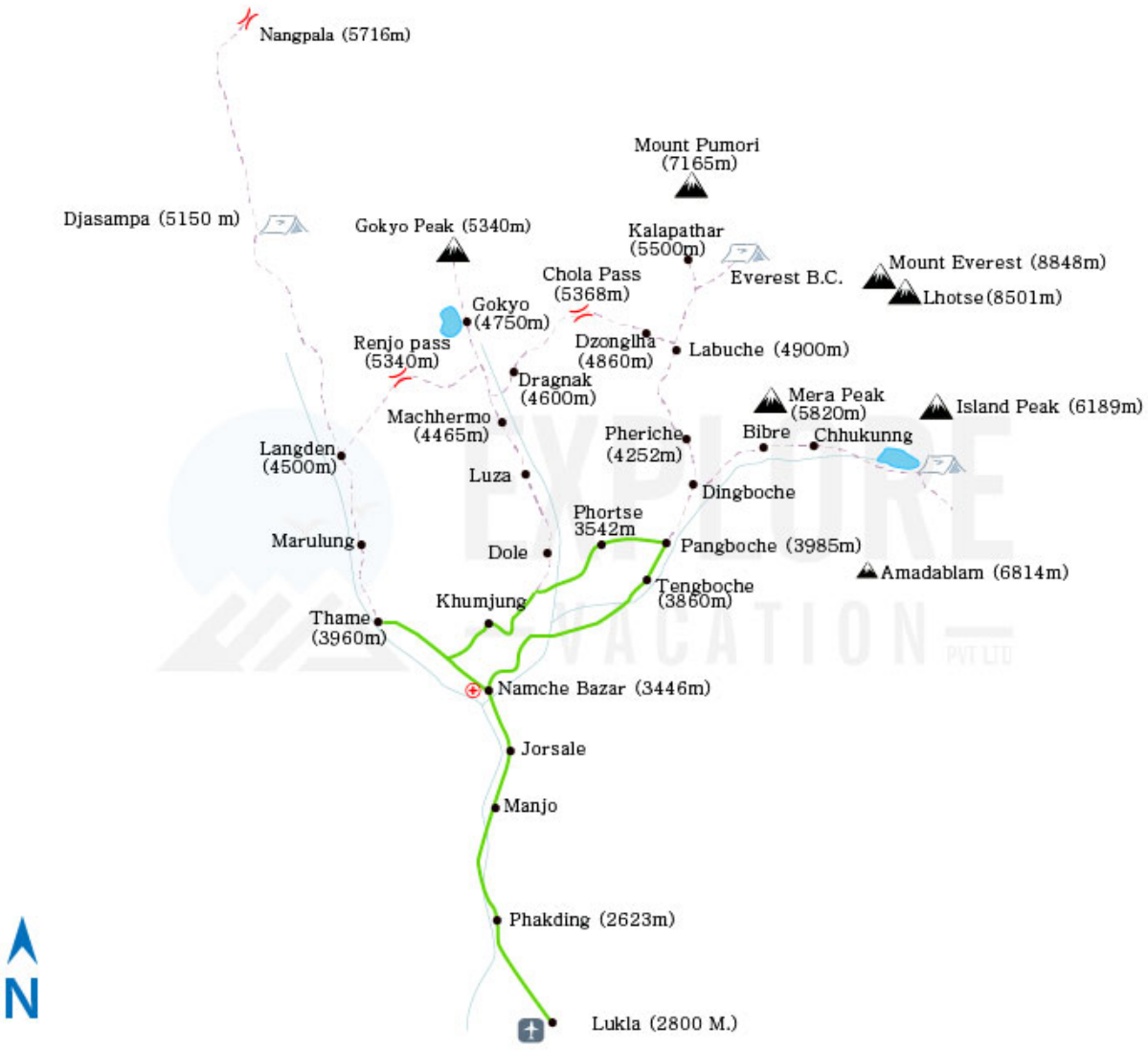
Trekking Hour: Approx 5-7 Hours

Best Season: March/April/May/Sept/Oct/Nov

Highlighted Places: KTM-Lukla-Namche-Khumjung-Tengboche

The Everest Trek with Sherpa Culture has been particularly designed for those adventurers who wish for a cultural and spiritual trip into the Everest Region. Along with trekking in the region surrounded by the Himalaya peaks, culture enthusiasts also get to visit ancient monasteries, gumbas and witness cultural life and traditions of the highland Sherpa people. This trek would be a great package to those who wish for cultural insights into the Sherpa version of Buddhism. During the trek one passes through the lush alpine forest, its wildlife, raging glacial rivers, waterfalls, stony trails, the mountains, and the Buddhist monasteries. The trekkers if they arrive at the season of Mani Rimdu Festival; will also witness the Buddhist dance spectacle presented each year in the Khumbu region by the monks of Tengboche Monastery.

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Day to Day Itinerary

Day 1:Arrival in Kathmandu (1,300m/4,264 ft)

The Himalayan flight to Kathmandu is in itself a thrilling experience, with its city views and the Snow Mountains floating around as though just close enough to touch. Once you arrive at the airport our representative will be there with a playcard bearing your name or the name of this travel agency .You will then be transferred to your Hotel for check-in and refreshment. Later in the evening we will have a small briefing on your trip ahead. Overnight at hotel

Day 2:Kathmandu: Sightseeing and Trek Preparation Day

Second day is basically a sightseeing and Trek Preparation day. After breakfast, we embark on a guided tour to major historical, cultural and spiritual attractions of the valley which includes World Heritage Sites like the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambunath) and Buddhists shrine (Bouddha Nath) etc. the afternoon, we have a short trip discussion and introduction with our mountain guide and other team members who will accompany you. Rest of the day is at your leisure to rest and prepare for your trip ahead. Overnight at Hotel

Day 3:Kathmandu - Lukla - Phakding (2,652m/8,700ft)

After breakfast we take a flight to Lukla .the most adventurous and breathtaking 40 minute on the air, with view of breathtaking green and white landscape. An amazing landing on a steep mountain runway brings us to the start of our trek at the village of Lukla, 2850 m. After meeting the crew and other team members, we head up the Dudh Koshi Valley on a well-marked trail to Phakding. Today is just a short hike to assist in acclimatization but if one is can take a side trip to a nearby monastery. Overnight at Lodge

Day 4:Phakding - Namche bazer (3440 m/11,280 ft)

We have an exhilarating day ahead, as we hike through beautiful verdant pine forests, along the Dudh Koshi River crossing and re-crossing many suspension bridges, one of which is the famous Hillary Suspension Bridge. We catch the first spectacular view of the glistening Mt. Thamserku (6618 m) as we trek through the settlements of Benkar, Chumoa, Monjo, before coming to the check post and entrance of the Sagarmatha National Park. From the park our trail then climbs through forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get the first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. We stop a while at Chautara to admire the views and bounties of nature. From here it is a short 1.5 hours hike to reach Namche Bazaar, gateway to Mt. Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Overnight at Lodge

Day 5:Rest day at Namche Bazaar

Today is the 'acclimatization day' for this trek to adjust to the new environment and altitude. Health experts recommend us to stay active and moving during this day, instead of being idle. Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and

souvenir shops hence it is an ideal place to spend a day before heading off towards Tengboche. At Namche we can visit Khunde Hospital set-up by Sir Edmund Hillary, or take an one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the town. Overnight at Lodge

Day 6:Trek to Thame (3736m/12255 ft)

After a hearty breakfast we continue our trail which meanders east past the monastery, with great views en-route of the Kongde Ri, 6187 m, Khumbi Yul La, 5765 m and Kusum Kanguru, 6373 m. Along the way we pass many prayer flags and mani stones, all indicative of the Tibetan Buddhist culture of this area. After descending to the Bhote Kosi the trail climbs steeply to Thame. From here there are good views of the peaks of Teng Kangpoche and Kwangde. To the north is the Nangpa La, the pass leading to Tibet. Thame Gompa is situated above the village and is the site for the spring celebrations of the Mani Rimdu festival. Overnight at Lodge

Day 7:Trek to Khumjung (3786m):

Today we retrace our route down the Bhote Kosi Valley towards Namche and branch off to follow a quiet trail to Khumjung. It is a picturesque village which also has its own Gompa (monastery) at the top end of town and hosts 'the yeti scalp'. We also visit the Hillary School situated at the same site. Our hike also takes us up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel which is a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley is surrounded by the snowy peaks of Kongde and Thamserku and the scared peak Khumbila. Overnight at Lodge

Day 8:Trek to Phortse (3542m/11,617 ft)

Today we make a stunning hike to Phortse, crossing the lower slopes of Khumbila from where we can enjoy the mesmerizing views of Phortse, Cholatse, Taboche, Ama Dablam, Thamserku and Kangtanga among others. Phortse village is located in the Khumbu area south of Mt. Everest, off the main trekking routes which is relatively unaffected by the advent of trekkers,its quiet rhythm of life continues as it has for time immemorial. Overnight at Tea House

Day 9:Trek to Pangboche (3985m/ 13,070 ft)

After a hearty breakfast today we start with a hard but short climb and then move steadily along a ridge to reach Pangboche. Here, you will pay a visit to the Pangboche Gompa, to see the foot impression of the legendary Lama Sangwa Dorje. The monastery is believed to have been founded around the 1667s, which makes it the oldest Sherpa Gompa in the Khumbu. Pangboche with houses nestled above the terraced fields, in the shape of a crescent moon is a typical Sherpa village .We can interact with the locals here to gain insights on their way of life. Overnight at Tea House

Day 10:Trek to Tengboche (3864m/12,673 ft)

Today is a refreshing day as we hike downhill to join the Everest Base Camp main trail. While on our way down to Tengboche, we can see many beautiful sights of rhododendron bushes, beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in the Khumbu. A spectacular panorama of Everest, Lhotse and Ama Dablam rising in the horizon is a additional bonus. Overnight at Tea

House

Day 11:Trek to Namche (3440m/11,280 ft)

After a hearty breakfast we head down through hillsides blanketed by rhododendron and juniper trees today to reach Namche. After crossing the prayer flag festooned bridge over the Dudh Koshi River, our trail then follows the Dudh Koshi gorge, before eventually arriving at Sansa, the major trail junction of this region. From here, our trail winds through the steep and wooded slope of Kyangjuma to Namche. Overnight at Tea House

Day 12:Trek Namche Bazaar to Lukla (2,800m)

Todays trial is mostly downhill following the Dudh Kosi back down to Lukla. Although we are travelling the same route down, the impression of the views you get may be totally different. The last evening in the mountains is the ideal opportunity for a farewell party with your crew, where you can sample some 'Chang' (local beer - a favorite drink on the mountains), do a jig to some Sherpa music and reflect back on a memorable trekking experience. Overnight at Tea House

Day 13:Fly to Kathmandu

After a fascinating and incredible journey we take early morning flight back to Katmandu. Your afternoon can be spent resting or taking in the sights of the Kathmandu valley. Talk with our Trip leaders for the latest happening events of the valley, who knows a street festival might just be happening right around the corner! Additionally if you want to take an optional sightseeing tour, we can arrange one of you let us know. A farewell dinner will be hosted to congratulate on the completion of your trek! Overnight in Hotel

Day 14:Trek End, Departure

Today is the end of an incredible Himalayan holiday as we bid adieu to Nepal. Our representative will drive you to the airport in time for your flight back home. We ensure that that you leave Nepal, cherishing the incredible sojourn and an experience of a lifetime. If you have time and interest, you can extend your stay and take optional treks to other areas of Nepal, Tibet, Bhutan, Darjeeling or Sikkim or other activities in Nepal like white water or wildlife safari, do let us know.

Trip Cost Includes

- Arrival/Departure transfer in Kathmandu.
- Accommodation in Kathmandu twin sharing room with breakfast.
- Kathmandu sightseeing entrance fee and tour Guide.
- Accommodation mountain lodge/Teahouse on trek with all meals(breakfast. lunch & dinner).
- Conservation fee / Everest Area National Park fee.
- All required supporting crews with experienced leader (guide). porters to carry luggage.
- Meals. salary. personal equipment. transport and Insurance for supporting teams.
- Kathmandu – Lukla – Kathmandu air tickets and Domestic airport tax.
- First Aid Kit.
- All applicable taxes and service charges.

Trip Cost Excludes

- Nepal entry visa fee.
- Meals in Kathmandu other than breakfast.
- Your travel insurance.
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Personal expenses (phone calls. laundry. bar bills. battery recharge. extra porters. bottle drinks etc)
- Tip for Guide and porters.
- Any additional cost due to unforeseen circumstances.

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