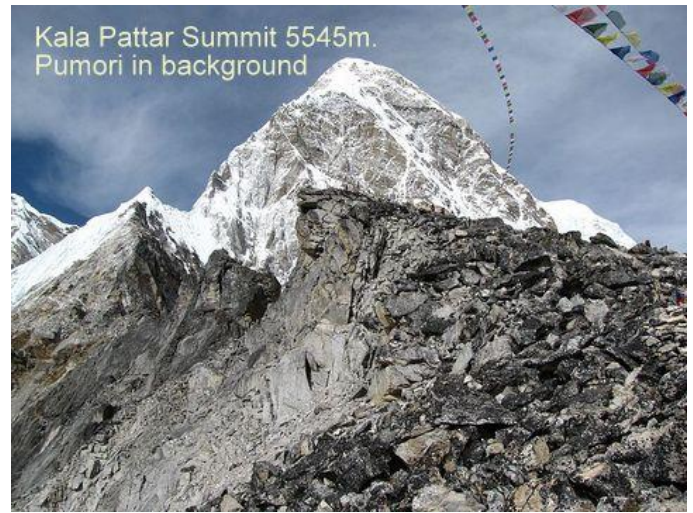


Imja Tse Peak Climb to Kala Patthar Summit and Everest Base Camp (EBC).

The majority of our summits lie in the heart of the Sherpa Peoples world. We follow the classic Everest approach through the Solu Khumbu. Namche Bazaar is the capital of the Sherpa people. Namche veers off the trail to Everest Base Camp but we will go there anyway (you don't want to come this far and miss Namche Bazaar). We will enter the magnificent Gokyo valleys which is a land of high altitude lakes and magnificent glaciers. We will also make one more detour, to Chhukuma La at 6183m. and the Gokyo Valley area. Again, would you want to come to "the top of the world and miss something"?



From here we proceed towards Everest Base Camp (EBC). We will climb towards the Khumbu glacier en route to EBC (17,575ft.) and you will be awestruck at the panorama from Kala Patthar at 18,192ft. Our route then descends to Dingboche and goes through Chukung valley and 'Island' (Imja Tse) Base camp. We will attempt the summit (20,305ft.) after one nights rest at the 'high-camp' on the South West Ridge. Magnificent vistas of the Khumbu can be seen from here. On the descent to EBC you will have great photo ops of Chukung Valleys' Landscape Island Peak. It is an easy side trip everyone chooses to make (even if this is not their first time up here!) There are so many vistas of the Himalayan range here I can't name them all. Mt. Everest, Mt. Makalu, Mt. Lhotse (over 8,000m) and many others. The journey comes to end at Lukla airstrip then we fly back to Kathmandu! So, let's begin

Day 1: Arrive Kathmandu. After you arrive at Kathmandu airport please check our company board outside the main gate. Our airport representative will meet you and take you to your hotel by car. We will help you check-in and settle your gear (maybe a short rest?) and then it's time for a short briefing about the trip; we can do this at the hotel or our office. Overnight at the hotel in Kathmandu.

Day 2: Sightseeing, Swayambhunath, Kathmandu and Patan. After breakfast a tour guide will take you for a full day of sightseeing to famous cultural spots such as Swayambhunath (The Monkey Temple), Kathmandu's Durbar Square and Patan (a UNESCO World Heritage Site). It's also a good day to get our trekking papers organized and do any last minute shopping. You decide how you feel and let us know your wishes. Overnight at the hotel in Kathmandu.

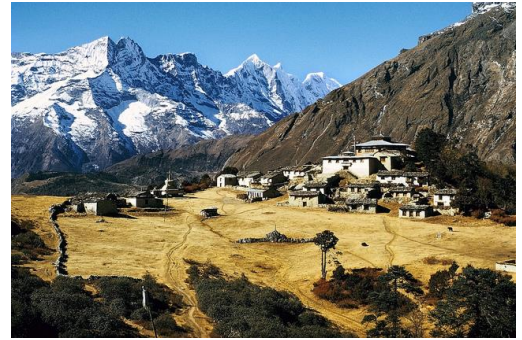
Day 03: Flight: Kathmandu (KTM) to Lukla (2,840m). Short Trek to Phakding (2,610m). Early morning transfer to the airport for your flight to Lukla. The flight into Lukla is a once in a lifetime (maybe) experience in itself. The airfield is on a slope and the difference between the two ends of the runway is about 60 meters. Hang on, it's fun! Now you will be greeted by your Lead Guide ('Sirdar' in Hindi सरदार) and the rest of the team. You will need to identify your luggage, which is to be made into 'loads', and then while you have lunch your team will load these onto pack animals or get it ready for your team of porters. After lunch we will trek for a few hours along the Dudh Kosi River to the village of Phakding 2,610m. Camp or Lodge overnight in Phakding.

Day 04: Trek Phakding to Namche (3,440m), 5/6hr. The trail today 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 are collected. After entering we will continue along the trail, crossing the Bhote Kosi River to begin the steep climb up to Namche Bazaar 3,440m., the administrative centre 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! Overnight the Camp or Lodge here in Namche. This is probably the last stop to have a 'Raksi' nightcap. Raksi is similar to sake, very local, and not suggested at higher elevations.

Day 05: Rest day at Namche for acclimatization. You can explore the surrounding of Namche today and let your lungs adjust to the altitude. Namche is a famous picturesque Sherpa village and we will rest in the afternoon by enjoying

a walking around the village and visiting the Sherpa museum. Overnight Camp or Lodge again in Namche. No Raksi tonight, thank me tomorrow!

Day 06: Trek Namche to Tengboche (3,860m) 5hrs. Today we will begin an ascent to more than 12,000ft. We trek with beautiful views under the soaring peaks of Thamserku and then steadily descend to the Imja Khola and lunch at Phunki. Here in Phunki we can see a series of water driven prayer wheels. Then, after lunch we will begin a 2 hr. trek (ascent) that will take us to Tengboche Monastery (3,860m). surely is one of the most beautiful places in the world. Overnight Camp or Lodge here in Tengboche.



Day 07: Trek Tengboche to Pheriche (4,312m) 5 hrs. We move forward up the Imja Khola valley to Pangboche (3,900m) and stop for lunch. After lunch we will visit the Monastery and look at 'The Yeti Scalp' then we keep on trekking again and move to the summer village of Pheriche (4,260m). There is superb scenery at all times from here; sunrise, sunset, winter, or summer it's always beautiful. Overnight Camp or Lodge here in Pheriche.

Day 08: Trek Pheriche to Lobuche (4,920m) 4-5 hrs. Breakfast and then, up up up. Today we will follow a small ridge and contour around the base of Khumbu Glacier and lunch at Dhugla (4,600m). After lunch, we will make a steep ascent to the terminal moraine of the glacier from where the views are like "Wow this is what I came for!". We continue on again for a short while along the moraine and camp at the foot of the Lobuche Ice Fall (4,930m). Overnight at a Camp or Lodge here.

Day 09: Trek Lobuche to Ghorakshep (5,140m) 4 hrs. The actual distance is not so far for this day but we wake up in the early morning for sunrise, then breakfast, and then move forward to Ghorakshep where we take a rest. Remember the available oxygen is quite thin today. We will stay here a bit, chat and discuss our return down. Now is a good time to let us know if wanted to stop somewhere special on our descent (or revisit a special spot).

Day 10: Hike up to Kala Patthar and EBC, then make our descent to Lobuche. This day we climb Kala Patthar (have a good breakfast; it's an 8 hr. day). From here 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 moving glacial ice is the only sound one hears at these altitudes. The mountains of Pumori (7,145m), Lingtren (6,697m) and Khumbu Tse (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*. Continue to the Everest Base Camp. We return to Lobuche for overnight stay.

Day 11: Lobuche to Chukung (4730m.) 7hrs. Trek east from Dingboche into the Chukung Valley. Chukung (4730 m) lies directly under an incredible rock wall that links Nuptse with Lhotse. From here you will also have magnificent views of Ama Dablam (6856 m.), probably the most photographed mountain in Nepal. We will overnight here in Chukung

Day 12: Choking to Island Peak Base Camp (Imja Tse, 4 hrs.) Today we will trek along the Imja Khola to Pareshaya Gyab, a pleasant site by a small lake with fine views of the Lhotse Glacier and Nuptse-Lhotse wall. You will reach the Base Camp of Imja Tse today. Once camp has been set up you will be free to get your climbing gear in order and get organised for your ascent of the peak tomorrow, weather permitting. Overnight at ITBC tonight.

Day 13: Summit Island Peak (6160m) Weather permitting; you will begin your climb today. The day's climb will continue through high-camp on a 'col' at 5,700 meters. You will start early for the summit. The going gets difficult once you reach the bottom of the steep icefall below the summit. Great care and caution must be exercised while scaling the wall to emerge on the ridge leading to the summit. After the summit you will make your descent to the Base Camp. I will remain at the bottom with a Pina-Colada and wait for you (just joking...I'm making sure you are reading along!). We will

overnight here again at ITBC tonight.

Day 14: Extra Day / Summit / Return to Chukung (4730m). We keep this day extra just in case weather or any condition will change the summit plan early on. Return back to Chukung tonight.

Day 15: Trek to Namche (3,440m) 4 hrs. The trail descends steeply all day to Namche Bazaar. We will take slowly and cautiously. Camp or Lodge overnight in Namche Bazaar tonight.

Day 16: Trek Namche to Phakding (2,610m) 3/4 hrs. Down along the gorge of the Dudh Kosi today to the small village of Phakding. Remember if there is anything you missed on the way up. We can revisit those places again. Tonight in Phakding.

Day 17: Phakding to Lukla (2,840m) 3 hrs. Trek, trek, trek on to the 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! Overnight Camp or Lodge at Lukla.

Day 18: Flight: Lukla (2,840m) to Kathmandu. Rest and relax and prepare for your return. Overnight in Kathmandu.

Day 19: Leisure day is in Kathmandu. It's also a spare day in case of bad weather in Lukla. Tonight we will have the celebratory farewell dinner and cultural show. Many toasts and good stories will be shared.

Day 20: Transfer to (KTM) Tribhuvan International Airport. After breakfast we will transfer you to Tribhuvan (KTM) National Airport if this is the end of your stay.

Note: Above itinerary includes FB (Full Board) which is Accommodations, Breakfasts, Lunches and Dinners. ALL DRINKS are excluded while trekking. Many beverages are available along the way.

Special note:

Above itinerary can be designed according to your preferences. Please let us know whether you would like to make it a shorter or longer trek. Also, if you would like to stay more than 20 days, we offer city guided tours of Kathmandu, white water rafting, jungle safaris or Everest mountain flights.

Brief Package Highlights:

In this package, we have included 4 nights hotel in Kathmandu at 3 star hotels on BB plan, meals and accommodations during trekking, farewell dinner in Kathmandu, domestic flights (round-trip) from KTM to Lukla, all ground transportation by private car, an experienced guide and porter and all of the government taxes and necessary permits.

Included in the cost:

- Airport transfers (round-trip)
- 4 nights' accommodation in Kathmandu on BB plan.
- Meals (Breakfast, lunch and dinner) during trekking.
- Farewell dinner in Kathmandu.
- Fresh fruits during trekking.
- Double occupancy rate.
- Everest Trekking map.
- Round trip flight: Kathmandu / Lukla (tax incl.)
- Experienced Government licensed holder guide.
- Travel & Rescue arrangements.
- Porter / Sherpa who will carry your bags during the trekking.
- Food, accommodation, insurance, salary, equipment, transportation, local taxes for guide and porter.

- Group medical supplies (i.e. first aid provisions).
- All necessary paper work and national park permits.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charges.

Services excluded in the cost:

Meals and drinks while in Kathmandu.

Your personal travel insurance.

Nepal entry visa fee.

Tips for trekking staff and drivers (tipping is expected but it is not mandatory).

Personal shopping and laundry.

Personal extra trekking equipment (i.e. custom poles).

For your information, you must stay two nights in Kathmandu before and after the trek. That is why we have included them. They are 3 star hotels. You may upgrade your accommodations for a surcharge.

For the current pricing, please use the contact form.