



Steady Plus

TO EVEREST BASE CAMP



This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.



Everest from Kala Pattar Photo Uta Purcell

- **A classic trek with magnificent close up views of Everest**
- **Good acclimatisation**
- **Short days on the ascent assist with the altitude**
- **Magnificent panoramic views from Kala Pattar**
- **Lodge accommodation with friendly Sherpa hosts**

Nepal

Nepal is a small country, wedged between India and Tibet (now occupied by China), and dominated by the Eastern Himalayas. Many of today's trekking routes are ancient trade routes between India and Tibet. These and the porter skills of the mountain people are the main factors in allowing westerners access to the highest regions. Further south lie the foothills. Here a sub-tropical climate gives a colourful spectrum of rainforest, rice fields and tropical fruit trees. The lowlands of the Terai are hot and humid, with enough jungle to provide a home to tigers, elephants and rhinoceros which can be seen in the famous Chitwan National Park. This diverse geography has shaped an equally diverse kaleidoscope of cultures. The spiritual heritage

influenced by Tibetan Buddhism in the mountain regions and Hinduism elsewhere gives substance to peoples' lives throughout Nepal, making them reverent, kind, hospitable and hard-working people.

Trek details

This is a classic trek in the Everest region, starting with a spectacular flight from Kathmandu to Lukla from where we take the main trail into the heart of Sherpa country. On the way we pass through a number of villages, so there is a chance to see a little of the Sherpa way of life. The highlights of the trek include Kala Pattar (5554m) for stunning views of the Khumbu Icefall, the SW face of Everest, Pumori, Nuptse, Lhotse and many more, and reaching Everest Basecamp. You should bear in mind that achieving both of these goals requires good weather, excellent acclimatisation and a lot of stamina.

Lodge treks

In the popular areas where there are many lodges to choose from, we like to support the local people by sleeping in lodges rather than carrying in an independent camp. You will have more encounters with locals on a lodge trek, and will often be accommodated within the family home. Solar showers are available at some lodges for around NR300.

The cost of breakfast, lunch and dinner in the lodges is included. You will need to buy your own drinks and snacks, and can treat your own water or buy boiled or bottled water.

Vegetarians will have a good choice, indeed it is normally best to avoid meat on the trail unless you are sure it has been freshly killed.

We try to avoid buying drinks in glass bottles or mineral water in plastic bottles on trek – both of which produce unwanted waste.

Kathmandu

In Kathmandu, we stay in a centrally located hotel (B&B) giving you the chance to choose between many good restaurants. You can buy a meal in Kathmandu for around NR600, excluding alcohol.

Luggage

Your luggage will be carried by porters. All you have to carry is what you need for the day: waterproofs, fleece, hat, camera, water bottle etc. A trek bag is ideal for your main luggage, plus a small lockable bag for leaving travel clothes etc at the Kathmandu hotel.

Climate

Post monsoon weather in October/November/December is typically stable and dry with clear air, particularly in the Khumbu. It is warm enough during the day for light clothing but can be cold at night – down to -10° C or lower at higher altitudes. In March/April/May it is warmer during the day, particularly at low altitudes. Rhododendrons bloom from February in the valleys through to early June higher up. Intermittent pre-monsoon showers and low altitude haze are possible, but the lack of other trekkers and the spring flowers at this time of year compensate for this. Cold nights and clear skies can still be expected at high altitude.

Altitude

Above 3000m, the air is thinner, the pressure is lower and there is less oxygen available in the atmosphere. Acclimatisation is the process by which the body adapts to these conditions. The key to acclimatisation is a good itinerary with a gradual initial height gain, walking at a slow and steady pace, and increasing fluid intake – drinking at least 4 litres a day is advisable above 3000m. Many people have some minor side effects from altitude, such as headache, nausea or general lassitude. The optional use of 'Diamox' has proved useful for some people, as this drug can reduce these symptoms. You will be given more information on 'Diamox' with your Final Information, between 8 and 10 weeks before departure.

Transport

Flights between Kathmandu and Lukla take approx. 30 minutes. Bad weather can sometimes affect flight schedules.

Language

The national language is Nepali, which has similarities to Hindi. Some locals will speak enough English for simple conversations, but many will not. A few words of Nepali will help to increase mutual understanding.

Health

If you take care while in Nepal there should be no reason why you do not stay healthy. Frequent hand washing and care with drinking water is the key.

Equipment and clothing

A kit list will be sent with your booking confirmation. Sleeping bags can often be supplemented by quilts at most lodges. Down jackets and sleeping bags can be hired in Kathmandu and Namche Bazaar.

International Porter Protection Group

High Places has been endorsed by I.P.P.G. This means that we have agreed to treat our porters fairly, and to provide medical attention for them if needed. Max load for trek bag is 15kg.

Extension

Extend your trip with a visit to Chitwan National Park to see the elephants and one horned rhinos of the Terai or relax for a few days at 'The Last Resort', a three hour drive from Kathmandu. See www.thelastresort.com.np. Ask for more details.



Sherpa boy
Photo Phil Coates

DAY BY DAY ITINERARY

*This itinerary is flexible and should be seen as a guide only. Local conditions, weather or fitness could lead to changes in our daily plans. Walking times and distances are approximate.
(B=Breakfast included)*

This trip is 19 days ex KATHMANDU. The first and last days refer to the days of arrival in and departure from KATHMANDU, and may not be the days you leave or return home.

- DAY 1 Arrive Kathmandu and transfer to our hotel.
- DAY 2 Kathmandu and sightseeing. Kathmandu (1527m) is a busy city full of contrasts and extremes. Temples, religious shrines and a way of life centuries old all mingle with the hustle and bustle of 20th century architecture, traffic and western influence. Half day city tour. (B)
- DAY 3 Flight to Lukla (2850m). After meeting our porters and sorting out loads, we set off for the village of Phakding (2656m) 4-5 hours. (B).
- DAY 4 Monjo (2815m)
Today is a short day to help acclimatisation. We follow a quiet trail to a monastery perched high above the valley then contour on a good trail to arrive at Monjo in time for lunch. An afternoon acclimatisation walk, returning to sleep at Monjo instead of climbing on to Namche is the best way to prepare for the days ahead. (B,L,D)
- DAY 5 Namche Bazaar (3440m)
We climb steadily on a winding path on the banks of the Dudh Kosi River, through villages and forests dwarfed by gigantic rock walls until a final pull brings us into Namche Bazaar. Namche is in a unique position surrounded by mountain ranges with colourful houses scattered in an amphitheatre of rock. Safe filtered water is available. (3-4 hours). (B,L,D)
- DAY 6 Namche Bazaar (3440m)
If you can haul yourself out of bed, a sunrise view of the summit of Everest (8,848m) peeping out from behind the rock curtain of Lhotse (8,501m) is a memorable sight. After an acclimatisation walk to Khumjung or towards Thame (4-6 hours) there will be time to visit the Sherpa Cultural Centre and Sagarmatha National Park Headquarters or walk around the bazaar. (B,L,D)
- DAY 7 Phortse (3800m)
We climb slowly from Namche to reach a good path contouring pleasantly high above the Dudh Kosi River, with stunning views of Ama Dablam (6812m), Everest and Lhotse. A steep uphill section to Mong (3973m) precedes an equally steep descent to the small settlement of Phortse Tenga - look out for musk deer, thar and impeyan pheasant in the forest. The climb up to the village of Phortse is slow but steady and finally we reach our lodge in this traditional settlement whose way of life has little changed for centuries. (5-6 hours). (B,L,D)



Namche Bazaar. Photo Uta Purcell

- DAY 8 Pangboche (3985m)
A dramatic walk on a narrow traversing path to the quiet village of Pangboche which hosts one of the most ancient Tibetan monasteries in Nepal. We'll arrive in time for lunch. In the afternoon you can take it easy and enjoy some free time in the village or if you are feeling energetic, cross the Imja Khola on a bridge and climb a hill dominated by Ama Dablam. (B,L,D)
- DAY 9 Dingboche (4360m)
A gradual climb leads us to the remote Sherpa village of Dingboche at the entrance to the Khumbu valley. A slow and steady pace as we gain altitude will reap benefits. After lunch on arrival you can rest or go out for an acclimatisation walk in the afternoon. (B,L,D)
- DAY 10 Dingboche (4360m)
Staying an extra night here will help acclimatisation, and there are several options. You can take a rest day or follow a good track up the Imja Khola towards the village of Chukung (4750m) and Island Peak. Alternatively, climb the steep track to Nangkartshang Peak (5100m) for amazing views of an array of peaks including Makalu and Ama Dablam. (B,L,D)
- DAY 11 Lobuche (4940m).
We set off on a good track which climbs at first, then contours beneath the steep east face of Taboche (6367m) before reaching Dughla. From here an initial tough climb levels off after the crest at approx 4840m where we can take a rest and reflect on the many memorials to climbers which have been built on this plateau. Now the trail climbs gently to reach the lodges at Lobuche, alongside the Khumbu Glacier. (5-6 hours). (B,L,D)
- DAY 12 Gorak Shep (5170m)
An early start for Gorak Shep. We follow the main trail over moraine beside the Khumbu Glacier and arrive at the tiny settlement in 2-3 hours for a welcome hot drink and lunch before setting off for one of our goals – possibly Everest Base camp (5400m), situated on the lateral moraine of the Khumbu Glacier. 3-6 hours return. (B,L,D)
- DAY 13 Lobuche (4940m) or Pheriche (4243m). Today's activities will depend on energy, weather, and what was achieved yesterday. The weather is usually clearer in the early mornings so an ascent of Kala Pattar (5550m) at first light may be the best plan. It takes about 2-3 hours to reach the top and from there we can see Everest's magnificent southwest face and the Khumbu Icefall. We aim to descend as far as Pheriche today for a better sleep at lower altitude. 8-10 hours total. (B,L,D)



Climbing Kala Pattar from Gorak Shep
Photo Uta Purcell

DAYS 14-15 Descend to Namche (3440) or Jorsale (2850)

From Pheriche we drop down to Pangboche (4000m) then pleasant walking leads past the rock and ice spire of Ama Dablam to Deboche where it's worth looking out for eagles, musk deer, thar and impeyan pheasants.

A half hour climb leads from Deboche up through the woods to Tyangboche, the most famous famous Buddhist monastery in Nepal, situated at the foot of Ama Dablam (6812m), amidst an incredible panorama of peaks and steep valleys. This monastery was destroyed in a fire in 1989 and has been rebuilt in its old, traditional splendour with the help of the Himalayan Trust. It has also been developed as a centre for Sherpa culture with a museum and cultural centre. There will be time to look around the monastery before dropping down through woods of moss-bedecked birch and rhododendron to the river and climbing again to Sanasa. From here we pass along beautiful hillsides high above the Dudh Kosi River to reach Namche Bazaar. If you missed the museum or National Park headquarters on the way up, there will be time to fit these in. The final day's walk to Lukla will be easier if we descend on in the afternoon below Namche to Jorsale. Both days 7-8 hours. (B,L,D)



Trekker and yak resting with Thamserku behind.
Photo Philip Leith

DAY 16 Lukla (2850m)

We continue down the Dudh Kosi River past the village of Monjo. The sting in the tail is a fair amount of climbing today. However by now we are fit and acclimatised, and it's so much easier than on the way up! (6-8 hours) (B,L,D))

DAY 17 Flight from Lukla to Kathmandu and transfer to our hotel. (B)

DAY 18 A final day in Kathmandu – perhaps visit Swayambunath – ‘The Monkey Temple’. or do some final shopping. (B)

DAY 19 Depart Kathmandu or continue with your own arrangements. (B)

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