



LODGE TREK EVEREST

TOUR PROGRAM

Day 1: Meeting and fly to Kathmandu. You will meet at the airport with your guide and fly to Kathmandu. Representative will come and take us to our hotel in Kathmandu. Welcome dinner and briefing.

Day 2: Free day in Kathmandu. Today we will explore the capital, Kathmandu. Optional visit to the important Buddhist monasteries or visit the old city in the morning program. In the afternoon we will visit Thamel to check the last incompletes.

Day 3: Flight to Lukla and begin trekking. Early transfer to Kathmandu airport and mountain flight to Lukla (2886m) which is a very exciting airport with spectacular views of the highest mountains of the world. We will meet with our mountain staff to organize our luggage and camp stuff. We will continue to the village Phakding after an easy and steady descending trail near Dudh Kosi. Stay in Phakding. (2640m) (3-4 hrs)

Day 4: Phakding to Namche Bazaar. After breakfast we will start trekking by following Dudh Kosi on a flat trail. After lunch on a steep but gradual ascend we will climb up to Namche Bazaar by the first views of Everest and Lhotse Mountains. Namche is a Sherpa village which is the centre for all trekkers and mountaineers all around the world. It is also known as the centre of trading where Tibetans bring all the mountain supplies. Besides the local Sherpa houses, there are cafes, shops and lodges. Stay in Namche. (3440m) (5-6hrs)

Day 5: Rest day in Namche. For acclimatization, we will start the day with an optional walk to Everest View Hotel (3833m) for the one of the best views of Everest and the Himalayan mountain range. Afternoon rest and camp at same camp site.

Day 6: Namche Bazaar to Thame. Today we will walk on a pleasant trail to an old village in Juniper tree forest which is on the trading trail between Tibet and Nepal. The traders are crossing the Nangpa La pass (over 5000m) to trade the supplies. We will follow the same route near Bhote Kosi until Thame. Stay in Thame. (3800m) (4-5hrs)

Day 7: Thame to Kumjung. Head back to Namche Bazaar after visiting Thame Monastery with the view of World's 5th highest mountain Cho Oyu (8153m). Before we arrive to Namche we will turn up to Kumjung where one of the biggest schools is in, with a fantastic view of Ama Dablam. Stay in Kumjung. (3800m) (5-6hrs)

Day 8: Kumjung to Tengboche. We will walk down to Dudh Kosi where we have chance to see some rare and unique animals. After traversing Dudh Kosi, a steep ascending trail will take us to Tengboche village which is the one of the most important centres of spiritual life of Khumbu region. We also have chance to hear the bells of the monastery while camping on the skirts of Ama Dablam. Stay in Tengboche. (3867m) (4-5hrs)

Day 9: Tengboche to Dingboche. Another nice day that we have chance to see wild animals with a spectacular view of Ama Dablam. On the way we will stop to absorb the life of Buddhists in a monastery. After lunch keep hiking on a straight trail to Dingboche. Stay in Dingboche. (4400m) (5-6hrs)

Day 10: Rest day in Dingboche via. Our day starts with an optional climb up to a view point where we will see all the enormous mountains of Himalayan range with gorgeous Ama Dablam. It will take 3-4 hours back to Dingboche. Free afternoon and have chance to meet with a Sherpa who climbed Annapurna 2 times and watch a documentary about local life in Khumbu region. Stay in Dingboche. (4260m)

Day 11: Dingboche to Lobuche. A nice but steep hike up to Lobuche with the different views of Himalayas and meeting with Khumbu Glacier. On the half way we will stop at a memorial for the mountaineers who died in Himalayas. Stay in Lobuche. (4930m) (5-6hrs)

Day 12: Lobuche to Gorak Shep via Kala Patthar. We will continue to walk on Khumbu Glacier until Gorak Shep and keep walking up to Kala Patthar (5545m) below Pumari (7145m). This is the highest point in our trek and a perfect place to see the views of the glaciers, Himalayas and Everest (8846). Walk down to Gorak Shep. Stay in Gorak Shep. (5180m) (6-7hrs)

Day 13: Gorak Shep to Lobuche via Everest Base Camp. Our day will start with an optional hike to E.B.C. (5364) depending on the weather conditions. Turn back to Lobuche. (Potentially long day). Stay in Lobuche. (8-9hrs)

Day 14: Lobuche to Devoche. All the way down to a nice village before Tengboche. Stay in Devoche. (3800m) (6-7hrs)

Day 15: Devoche to Namche Bazaar. We will traverse back Imja Khola and follow Dudh Kosi again back to Namche Bazaar. Stay in Namche. (7-8hrs)

Day 16: Namche to Lukla. We will leisurely hike down to Lukla via Phakding. Stay in Lukla. (2886m) (8-9hrs)

Day 17: Fly to Kathmandu. We will fly to Kathmandu and transfer to the hotel.

Day 18: Extra day in Kathmandu. Visiting the monasteries in the morning and free afternoon.

Day 19: Fly back to Istanbul



Cost for this trek as follows:

6-9 pax trek cost US\$ 1580 per person on double occupancy

10+ pax trek cost US\$ 1500 per person on double occupancy

Hotel in Kathmandu: Shangrila hotel Deluxe room with breakfast.

US\$ 150 per double room; \$ 140 for single room.

Tibet hotel (alternate): Double room with breakfast US\$ 75 per night.

Single room with breakfast US\$ 65 per night.