

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

NEPAL

Nepal: Trekking to Everest Base Camp



April 12 - 28, 2022



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TRIP HIGHLIGHTS

- ▶ Explore the shrines and vibrant markets of Kathmandu
- ▶ Experience panoramic views on your breathtaking helicopter flight to Lukla, the gateway to the world's highest mountain
- ▶ Traverse mountain passes on narrow suspension bridges, including the Hillary Bridge, in the foothills around Everest
- ▶ Hike to the Tengboche Monastery to meet Tibetan Buddhist monks
- ▶ Celebrate your trekking triumph when you arrive at Everest Base Camp

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1 arrive Kathmandu, welcome dinner
- Day 2 explore Kathmandu, gear check for your trek
- Day 3 fly to Lukla, trek 4-4.5 hours/4.5 miles to Phakding (8,694')
- Day 4 trek 6-7 hours/4.7 miles to Namche (11,286')
- Day 5 acclimatization day in Namche, trek 3 hours/1 mile
- Day 6 trek 5-6 hours/3.7 miles to Tengboche (12,687')
- Day 7 trek 6 hours/5.6 miles to Dingboche (14,862')
- Day 8 acclimatization day in Dingboche, trek 2-3 hours/1.9 miles
- Day 9 trek 4-5 hours/4 miles to Lobuche (16,175')
- Day 10 trek 7 hours/4.7 miles to Everest Base Camp (17,598') and back to Gorak Shep (17,270')
- Day 11 climb Kala Patthar (18,192'), trek 5-6 hours/10 miles to Pheriche (14,042')
- Day 12 trek 4-5 hours/7.5 miles to Tengboche (12,687')
- Day 13 trek 6 hours/10 miles to Monjo (9,350')
- Day 14 trek 5 hours/7.5 miles to Lukla (8,606'), celebrate with your Sherpa friends
- Day 15 fly to Kathmandu, enjoy free time to explore the city
- Day 16 experience the bustle of Kathmandu, farewell dinner
- Day 17 depart Nepal

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QUICK VIEW ITINERARY

ACTIVITY LEVEL

Challenging

TRIP PRICE

Main Trip: \$4,195

Optional Single Accommodations: \$450

Internal Air: \$800

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your adventure
in depth

DAY 1
Tuesday
4/12/22

Arrive in Kathmandu

Welcome to Nepal! Nepal's towering mountains and verdant valleys, ancient cities and villages and the exotic Nepalese people fascinate all who are lucky enough to visit this culturally and geologically rich country.

During your adventure, you'll get to know your Nepalese guide, who will help you trek safely to Everest Base Camp. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

Arrival Information

Arrive in Kathmandu, Nepal (KTM) today by 2:00pm.

Pick-up and Transfer

You will be met at the Kathmandu Airport and transferred to your hotel.

Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to trek to Everest Base Camp!

Accommodations
Hotel Yak & Yeti

Meals Included
dinner

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your adventure
in depth

DAY 2
Wednesday
4/13/22

Kathmandu

Kathmandu is at an elevation of approximately 4,600 feet in the Kathmandu Valley of central Nepal. The city has a multi-ethnic population and is a cultural center.

Explore Kathmandu

This morning, you'll explore Kathmandu as a group. You'll visit Swyambunath, a Buddhist shrine also called the monkey temple, Pashupathi Nath, a Hindu pilgrimage site, and Boudhanath, a Buddhist site. Soak in the hustle and bustle of this busy city.

Lunch on Your Own

Enjoy lunch on your own at one of the many local restaurants during your tour of Kathmandu.

Trek Briefing

Late this afternoon, meet your trekking guide for a briefing on the trip and a gear check. You'll receive your duffel bag for the trek, and the guides will check that you have proper gear.

Dinner

Dinner is on your own this evening.

Accommodations
Hotel Yak & Yeti

Meals Included
breakfast

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your adventure
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DAY 3
Thursday
4/14/22

Kathmandu to Phakding

Lukla is a town in southeastern Nepal and is a great place to start your trek to Everest Base Camp. Although the name Lukla means “place with many goats and sheep,” few are found in the area now.

Helicopter to Lukla

Wake up early this morning and head to the airport for your helicopter flight to Lukla. During this short flight you’ll see panoramic views of the surrounding mountains. Helicopter is the most reliable way to get to and from Lukla.

Meet Your Sherpas

When you arrive in Lukla, you’ll meet your Sherpas for the trek, as well as your yaks which will carry your bags.

Pick up Your Rental Gear

Pick up any rental gear you need for the trek today. Rental gear can be paid for in US dollars or local currency.

Begin Your Trek

Start your trek today. Head to Phakding located near the river Dudhkoshi, which means “white like milk.” (Trekking time 4-4.5 hours, approx 4.5 miles)

Accommodations
Sherpa Guide
Lodge (8,695’)
Meals Included
breakfast, lunch,
dinner

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your adventure
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DAY 4
Friday
4/15/22

Phakding to Namche

Namche is a town in northeastern Nepal. It is located in the Khumbu area on the side of a hill and is a main trading center for the area. This is a good place to acclimatize to the altitude.

Trek to Namche Continue trekking today along the banks of the Dudh Koshi River. Pass by many small mountain villages and cross several suspension bridges, including the Hillary Bridge. You will trek slowly to help your body adjust to the altitude. Reach Namche this afternoon. (Trekking time 6-7 hours, approx 4.7 miles)

Relax at Your Lodge Once you arrive in Namche, take some time to kick your feet up at your lodge.

Accommodations
Khumbu Lodge
(11,286')
Meals Included
breakfast, lunch,
dinner

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DAY 5
Saturday
4/16/22

Namche to Khumjung

Take some time to acclimatize to the altitude today. Spending time here will help your body get ready for the days ahead.

Acclimatize Today

Take a short hike today to help your body adapt to the elevation. Walk to Khumjung, passing the Syangboche airport. On the way, you'll stop at Everest View Hotel for, you guessed it, a spectacular view of Mount Everest, Mount Amadablam, and more (weather permitting of course). (Trekking time 3 hours, approx. 1 mile)

Afternoon on Your Own

Have an afternoon to relax. Check out the nearby monastery or explore the town.

Accommodations
Ama Dablam Lodge
(12,434')
Meals Included
breakfast, lunch,
dinner

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DAY 6
Sunday
4/17/22

Khumjung to Tengboche

Tengboche Monastery is the largest gumpa, or center of learning, in the Khumbu region. The structure was built in 1923, was destroyed by an earthquake in 1934, rebuilt, destroyed in a fire in 1989, and rebuilt again. Tengboche has a panoramic view of the Himalayas.

Today's Trek

Head to Tengboche this morning. You'll start by hiking downhill to the river and crossing to the other side. Once you cross the river, the trail climbs steeply through forests and mani stones. (Trekking time 5-6 hours, approx. 3.7 miles)

Tengboche Monastery

Arrive at the Tengboche Monastery, which boasts the most magnificent view of the Himalayan giants: Kwangde (20,299 feet), Twachee (21,463 feet), Amadablam (22,349 feet), Everest (29,029 feet), and Nuptse (25,850 feet).

Accommodations
Himalayan Lodge
(12,687')
Meals Included
breakfast, lunch,
dinner

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your adventure
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DAY 7
Monday
4/18/22

Tengboche to Dingboche

Dingboche is a Sherpa village with a population of a few hundred permanent residents. One of the defining characteristics of the village is the kilometers of stone walls, created using stones that cover the whole valley. These stones are removed in order to plow the soil, and end up being piled on top of each other, creating walls.

Trek to Dingboche

Leave Tengboche and descend to Debuche through a forest of birches, conifers, and rhododendrons. Cross the Imja Kohla River on a steel bridge, and then the route begins to climb to Pangboche. This afternoon can be quite cold and windy. (Trekking time 6 hours, approx 5.6 miles)

Views from Dingboche

From Dingboche, you will be treated to views of Island Peak, Makalu, and another face of Amadablam.

Accommodations

Everest Lodge
(14,862')

Meals Included

breakfast, lunch,
dinner

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DAY 8
Tuesday
4/19/22

Dingboche

The Imja Khola (Imja River) is a tributary of the Dudh Kosi and drains the slopes of Mount Everest. It collects water from the Imja Glacier through the Dingboche Valley.

Acclimatization Hike

Head out for a short hike near the Nangakarshang Hill to continue acclimatizing. Enjoy beautiful views of Lhotse, Makalu, and Cho Oyu, and admire Cholatse and Taboche peaks before returning to Dingboche. (Trekking time 2-3 hours, approx 1.9 miles)

Accommodations
Everest Lodge
(14,862')
Meals Included
breakfast, lunch,
dinner

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DAY 9
Wednesday
4/20/22

Dingboche to Lobuche

Lobuche is a small settlement near Mount Everest and is one of the last overnight stops with lodging on the trail to Base Camp. At this time of year you'll see hundreds of porters and Sherpas passing through Lobuche, making their way to Everest Base Camp, sometimes with yaks carrying supplies.

Trek to Lobuche

Leave Dingboche and trek through the high alpine regions. Cross the frozen glacial river at Thukla and climb as you enter Lobuche, admiring the magnificent views of Cholatse, Lobuche, Pumori, and Nuptse. You'll pass the climbers' memorial today. (Trekking time 4-5 hours, approx. 4 miles)

Accommodations
Himalayan Eco
Resort (16,175')
Meals Included
breakfast, lunch,
dinner

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DAY 10
Thursday
4/21/22

Lobuche to Gorak Shep

The settlement of Gorak Shep is named for a frozen lakebed covered with sand. The settlement sits at the lake's edge and is not inhabited year-round. Gorak Shep was the original Everest Base Camp.

Trek to Gorak Shep

Leave Lobuche and hike very slowly to Gorakshep. Along the way, you'll see the Khumbu Glacier. Once you arrive in Gorak Shep, you'll see Mount Pumore and Mount Nuptse standing above you.

Reach Everest Base Camp

After taking a short break in Gorak Shep, hike to Everest Base Camp (17,598 feet). Take some photos and head back down to Gorak Shep for the night. Celebrate your accomplishment with your group! (Total trekking time 7 hours, approx 4.7 miles)

Accommodations
Himalayan Lodge
(17,270')
Meals Included
breakfast, lunch,
dinner

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DAY 11
Friday
4/22/22

Gorakshep to Pheriche

Kala Patthar, meaning “black rock” in Nepali, is a small prominence above Gorakshep. Climbing Kala Patthar gives you the most accessible close-up view of Mount Everest.

Optional Climb of Kala Patthar

Leave before dawn for an optional climb Kala Patthar (18,514’) this morning to take some photographs of the panoramic view of Mount Everest and its range.

Descend to Pheriche

Start hiking down to Pheriche after breakfast. You will move faster going downhill and descending to lower elevations will feel great! Enjoy lunch along the way. (Trekking time 5-6 hours, approx. 10 miles)

Accommodations
Himalayan Lodge
(14,042’)
Meals Included
breakfast, lunch,
dinner

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your adventure
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DAY 12
Saturday
4/23/22

Pheriche to Tengboche

Tengboche Monastery was built in the early 20th century by Lama Gulu, and has strong ties to its mother monastery, the Rongbuk Monastery in Tibet. The monastery is in the Sagarmatha National Park, a UNESCO World Heritage Site of “outstanding universal value.”

Continue Your Descent

Keep trekking down from Pheriche to Tengboche today. (Trekking time 4-5 hours, approx. 7.5 miles)

Accommodations
Himalayan Lodge
(12,687')
Meals Included
breakfast, lunch,
dinner

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in depth

DAY 13
Sunday
4/24/22

Tengboche to Monjo

Monjo lies just below the Sagarmatha National Park entrance gate and is a good place to stop on your way back down to Lukla.

Keep Descending

Today is another long descent day (with uphill included!) to Monjo. You'll have a great time celebrating your accomplishment with your fellow AdventureWomen trekkers along the way! Don't forget to enjoy the views as you hike. You'll have a chance to do some shopping in Monjo. (Trekking time 6 hours, approx. 10 miles)

Accommodations
Mt. Kailash Lodge
(9,350')
Meals Included
breakfast, lunch,
dinner

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DAY 14
Monday
4/25/22

Monjo to Lukla

The only way to get supplies to Lukla now is by flying, so this is quite a busy airstrip! The Nepalese Airport announced plans to build a road from Kathmandu to Lukla, but plane is the most likely transport in and out for the time being.

Last Hike

Enjoy your final hike in the Himalayas as you descend to Lukla. Celebrate this evening with your Sherpa friends as they share their culture with you. (Trekking time 5 hours, approx. 7.5 miles)

Celebrate With Guides and Porters

After you finish your trek, take the chance to celebrate your accomplishment with your guides and porters. This is a good time to give the team gratuities and to thank them for helping you on this adventure.

Accommodations
Khumbu Resort
(8,606')
Meals Included
breakfast, lunch,
dinner

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DAY 15
Tuesday
4/26/22

Lukla to Kathmandu

Kathmandu is the center of Nepal's history, art, culture, and economy. The multi-ethnic population gives the city a lively and colorful feel.

Fly to Kathmandu

Leave Lukla today and fly back to Kathmandu by helicopter. You'll be transferred to your hotel when you arrive.

Time to Explore

Enjoy some time to explore Kathmandu today, or just kick your feet up at your hotel. Have dinner at one of the many delicious local restaurants or at the hotel.

Accommodations
Hotel Yak & Yeti

Meals Included
breakfast

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DAY 16
Wednesday
4/27/22

Kathmandu

Exploring Kathmandu is like finding yourself in a treasure trove of art and sculptures, which are made of wood, stone, metal, and terracotta, and found in temples, shrines, stupas, gompas, and palaces. Art can also be found on street corners, in lanes, in private courtyards, and just out in the open.

Free Day in Kathmandu

Today is free to explore. Check out the markets and do some shopping, wander the streets, or just relax with a coffee and watch the hustle and bustle of daily life in this busy city.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations
Hotel Yak & Yeti

Meals Included
breakfast, dinner

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DAY 17
Thursday
4/28/22

Depart Nepal

Enjoy one last morning in Kathmandu.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Departure Information

Depart Kathmandu, Nepal (KTM) any time today.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Hotel Yak & Yeti The restored 19th-century palace houses two restaurants, several grand banquet halls, and the Casino Royale. In the lobby, granite floors, carved wood pillars, and gleaming brass and copper provide a suitably exotic feel, and through a wall of glass you can see the hotel's extensive gardens. All of the guest rooms are comfortable and nicely equipped to give a feeling of being home while away from home. It is THE place to stay in Kathmandu!

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer; electricity (outlet type C, D, or M); Wifi available for a fee

Trekking Lodges

The lodges you will stay in on this trek are small, simple tea houses. At some lodges, you will have en suite bathrooms and showers, at others, you will have shared bathrooms and no showers, and at the highest lodge, you'll have shared squat toilets. Toilet paper is provided for you! All the lodges provide comfortable, clean, and basic accommodations, plentiful food, and boiled water. As you go up in elevation, the amenities at the lodges go down.

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Airport transfers on the scheduled arrival and departure days
- ▶ Domestic helicopter flights (priced separately from the main trip)
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Entrance fees
- ▶ Services of professional trekking guides and porters
- ▶ Duffel bag
- ▶ Boiled drinking water
- ▶ Gratuities for hotel staff, luggage porters, and waitstaff

Not Included:

- ▶ International airfare to and from Nepal
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides and porters

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a