


CLIMBING CLUB: PEAKS AND PASSES OF EVEREST Autumn 2011

Grade: Strenuous 
Land-only duration: 25 days Kathmandu - Kathmandu
Trekking days: 20
Maximum altitude: 5623m



Western flank of Nuptse (Andy Norris)



This trek provides a unique opportunity to visit some of the more remote areas of the Khumbu region which are not so frequented by trekkers, to cross two high mountain passes and climb three peaks all over 5000m. The route follows in the footsteps of all the early explorers whose quest was to summit Everest from the Nepalese side.

From Lukla the trail generally follows the Dudh Kosi River to Namche Bazaar. Then it passes Thyangboche monastery, where climbers have traditionally gone to be blessed at the start of their journey toward the world's highest summit. The monastery also has some of the best mountain views anywhere.

Thyangboche lies on a ridge at an altitude of 3867m from where you can see Ama Dablam 6814m, Nuptse 7864m Lhotse 8501m, Thamserku 6618m and Kantega 6783m – and of course Everest 8848m. The ice walls of these mountains dominate the landscape and avalanches can frequently be heard rumbling in the distance.

Above Thyangboche the path breaks out into a more open landscape climbing first towards Dingboche then on to Lobuche, a small cluster of buildings perched on the lateral moraines of the great Khumbu Glacier, finally wandering between the moraines up to Gorak Shep, Kala Pattar and Everest Base Camp.

A little height is then lost before the route swings west and climbs over the Cho La and your first opportunity to walk on the permanent snows of the trek. Descending the far side of the pass the trail leads into Machhermo where CAN has built a Porter Shelter and Rescue Post. The next acclimatisation camp is at Gokyo beside the beautiful turquoise lake. From here you will have the opportunity to climb Gokyo Ri and Lungsampa Ri.

After another night at Gokyo the final climb of the trek will take you over the little frequented Renzo La and down the Thame Valley, where at the village of Thame you can see the Nepalese home of Sherpa Norgay Tenzing. As one of the main trade routes between Nepal and Tibet the path will also be shared with the many Tibetan traders returning home at the end of the season. Finally the trek will return to Namche Bazaar and on to Lukla.



OUTLINE ITINERARY

Walking and journey times are approximate

Day 1 Arrive Kathmandu

Transfer to hotel. Rest of the day free.

Day 2 Free in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3 Fly to Lukla and trek to Phakding 2600m 3 hours walking

We fly into Lukla airport from Kathmandu, at 2800m. Leaving Lukla, the path winds along the hillside to the east of the Dudh Kosi River, past teahouses and lodges to Phakding.

Day 4 Phakding to Namche Bazaar 3440m 5 hours walking

After breakfast we head north, crossing the river several times before climbing the steep path towards the ancient Sherpa capital of

Namche Bazaar. It is from one of the bends on this path that you may see your first view of Everest.

Day 5 Namche Bazaar acclimatisation day

We have two days of acclimatisation at Namche. Namche Bazaar is well worth exploring, with its Buddhist monastery, Sherpa museum and distant views of Everest. For better acclimatisation it is recommended that you do the half-day walk to the Everest View Hotel.

Day 6 Namche Bazaar acclimatisation day

Today the climbing and the trekking groups part company. This is our second acclimatisation day at Namche Bazaar which is well worth exploring, with its Buddhist monastery and distant views of Everest. A walk to one of the nearby villages such as Thame would be a good acclimatisation programme today.

**Day 7 Namche to Tengboche 3867m
5/6 hours walking**

Our contouring trail leads us to Sangnasar before dropping down to the bridge at Phunki Teng, crossing the Dudh Kosi again and then climbing the last stage to Thyangboche. From here you can see Ama Dablam 6812m, Nuptse 7855m Lhotse 8516m, Tamserku 6623m and Kantega 6779m – and of course Everest 8848m.

**Day 8 Tengboche to Pheriche 4252m
4/5 hours walking**

We descend to the Dudh Kosi river through rhododendron forests, continuing to Pangboche village where the monastery once held an alleged yeti scalp, apparently stolen a few years back! We camp at Pheriche 4252m.

Day 9 Pheriche acclimatisation day

We have an acclimatisation day at Pheriche, and a local walk to gain height during the day is recommended, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it.

**Day 10 Pheriche to Lobuche 4930m
3 hours walking**

Now we are truly in snow leopard and yeti country. Along the way we will pass memorials to sherpas and climbers and follow the lateral moraine of the Khumbu Glacier up towards base camp.

**Day 11 Lobuche to Gorak Shep 5100m, option to Kala Pattar 5623m
3 hours walking plus optional 3-4 hours**

About 3 hours beyond Lobuche we reach Gorak Shep, the site of the 1953 expedition's base camp. If the weather is good in the afternoon we may ascend Kala Pattar at 5,623m. This option is highly recommended for the view of Everest. The climb takes about 2 hours, but the effort may be rewarded by the classic view of

Everest and the Khumbu Icefall, as well as Lhotse & Nuptse, with Pumori immediately above. Return to Gorak Shep.

**Day 12 Everest Base Camp 5364m
7-8 hours**

Those who have acclimatized may walk to the foot of the Khumbu ice fall and the site of the base camps of many Everest expeditions 5364m. Return to Gorak Shep

**Day 13 Gorak Shep to Dzongla 4830m
6 hours walking plus optional 3-4 hours**

There will be another chance, weather permitting, for an early morning ascent of Kala Pattar before descending to the tiny settlement of Dzonglha where we camp for the night and prepare for the Cho La Pass.

**Day 14 Across the Cho La Pass to Dragnag 4700m
6/7 hours walking**

Today we cross the famous Cho La pass 5420m with wonderful panoramic views, before the descent down the summit snowfield and the rocky moraines to Dragnag.

**Day 15 Dragnag to Gokyo 4790m
3/4 hours walking**

Crossing the Ngozumpa Glacier we trek north to Gokyo. Here we have a couple of short days to rest a little before the next part of our trek. At Gokyo we can hike along the lakeside trail, or sit back and enjoy the reflection of the surrounding peaks in the lakes glacial waters.

**Day 16 Gokyo Ri 5483m
4 hours walking**

Rising for an early morning start, we'll climb to the summit of Gokyo Ri 5483m. It is well worth the effort to make the 3 hour ascent to the summit of Gokyo Ri, which rises immediately to the north of the lake. The view from the top is stunning with the west ridge and south-west face of Everest beautifully framed by Changtse and Nuptse, with Makalu rising in the distance and further to the east, in the foreground the moraines of the Ngozumpa Glacier leading to Cho Oyu.

**Day 17 Gokyo and walk to Lungsampa Ri 5634m
5/6 hours walking**

At 8153m Cho Oyu dominates the Gokyo valley to the north. Our optional walk to, and possible climb of, Lungsampa Ri provides an uninterrupted view of the south face of Cho Oyu and to the east the wild glacial landscape across to Everest.

Day 18 From Gokyo, across Renzo La to Lungdeng 4300m 6 /7 hours walking

Today we cross the Renzo La 5350m, the pass connects Gokyo to Thame valley. Renzo La doesn't sound more difficult than Cho La in terms of elevation but it's one among the most challenging passes in the Himalayas. The pinnacle of the pass is very sharp and the views are stunning.

Day 19 Lungdeng to Thame 3800m**3/4 hours walking**

Thame is one of the oldest settlements in the area, and the home of Tenzing Norgay. The valley to the north the Nangpa-La is the ancient trade route for the Tibetan traders into Nepal. According to Nepalese law all these traders must leave the Khumbu by the end of November so we will see many of them returning to their native Tibet along this valley.

Day 20 Thame to Monjo 2840m**4 /5 hours walking**

The remainder of the trek is a leisurely, largely downhill stroll, we walk through Namche Bazaar and then along the wooded paths to Monjo where we camp for the night, and where we should meet up with the other group

Day 21 Monjo to Lukla 2800m**4 /5 hours walking**

After our final stroll along the wooded paths we arrive at Lukla. You may have time to visit the IPPG office to watch the BBC documentary film on porters' rights. The overnight stay will be in a local lodge.

Day 22 Fly Lukla to Kathmandu

Weather permitting we will fly to Kathmandu, where there should be time to do a little shopping in Kathmandu during the afternoon, or to relax by the hotel pool.

Days 23 & 24 Free in Kathmandu

Time to enjoy a well-earned rest after your trek. We have allowed a buffer after the trek as flights between Kathmandu and Lukla are sometimes subject to cancellation due to weather conditions.

There is time today to shop for crafts or explore the city. Kathmandu is a great place to buy presents! Perhaps you would like to take the scenic Everest mountain flight (book through our Nepal office).

There is also the possibility of spending a couple of days on one of our Himalayan extensions – perhaps visiting the wider Kathmandu valley, or going to Pokhara or Chitwan National Park, or alternatively a white water rafting might be more your style.

Day 25 Depart Nepal

Transfer to Kathmandu airport.

Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The Price Includes:

- All transfers between Kathmandu airport & hotel accommodation
- Internal return flights between Kathmandu and Lukla
- 6 nights hotel accommodation on a B&B basis in Kathmandu
- National Park permit and TIM
- During trek: normal breakfast, lunch and dinner, lodge accommodation, service of a guide and a porter, airport hotel transfers etc.
- Services of a local leader (sirdar), sherpa guides & porters (15kg per trekker). Services of cook for camping nights
- Mixture of predominantly lodge accommodation and camping where lodges not available after the Renzo La

Not Included:

- International flights
- Lunches and dinners in Kathmandu
- Nepalese visa (currently £35 for 30 days)
- Travel insurance
- Items of a personal nature eg drinks, laundry, phone, souvenirs
- Tips
- During trek: drinking water, extra drinks, bar/telephone bills, extra baggage for porter (more than 15kg), sleeping bag etc.

Options:

- Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation.
- Extension packages can also be organized in Nepal, Tibet or Bhutan. Please refer to our Himalayan extensions dossier for more details. Extensions should be arranged to booking international flights.

Last updated 24/12/2010 AF