


# Everest High Passes Information and itinerary



The Everest High Passes trek is more of an expedition than a trek.

More nights are spent above 4000m than below it. Acclimatisation is key to get across the numerous High Passes.

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The trek to Island Peak's base camp provides some stunning scenery.



# Introduction

This isn't so much a trek as more of an expedition.

This extensive 20 day trek covers the main High Passes in the Khumbu including visiting EBC and Kala Patthar.

### Key highlights:

- 19 nights on trek
- 12 nights above 4000m
- Everest Base Camp & Kala Patthar
- Gokyo Lakes & Gokyo Ri
- Over 5000m are the Chukung Ri, Island Peak Base Camp, Kongma La and the Cho La
- Excellent acclimatisation programme
- Escape/rest routes, if needed
- 3 nights in Kathmandu

This is one of the longest treks in the Khumbu; it circumnavigates the entire trekking region experiencing slightly different cultures even within this relatively small area. It crosses three significant High Passes allowing you to trek in four very different valleys.

Whilst physically demanding at times, this trek has an excellent initial acclimatisation programme, with rest days. It also has an alternative low route should you not be ready to go over the first 5000m Pass.

On arrival in Kathmandu, you have about 36 hrs to settle in before you fly up to Lukla (an exhilarating experience in itself!).

Once into the region, the first week or so is spent slowly acclimatising as you follow the main EBC route through to Dingbouche. Whilst the majority of trekkers head north towards EBC, you head east up the Chukung valley towards Island Peak. Still acclimatising, there are various options here depending on how you are feeling.

We stop at Chukung and you can either visit Island Peak's Base Camp or rest. By now, you should be fully acclimatised so it's up and over the 5000m+ Kongma La to Lobouche. There is an alternative low route avoiding the Pass should anyone not feel

ready. That should set you up nicely for the next few days as you progress up the Khumbu valley towards EBC.

At 5100m, Gorak Shep is the highest village that you will sleep in and your final stop before the 3hr trek to Base Camp itself. In the spring, the Camp will be teaming with the sleeping tents of the climbers waiting to climb Everest as well as the larger Expedition base tents such as the medical facilities. You can't see the summit from Base Camp but you can from Kala Patthar.

As most people descend back down the valley, you have the delight of branching off and trekking over the Cho La. This will lead you down to the famous Gokyo Lakes. This valley is absolutely stunning. The colourful lakes are forever on the verge of freezing over; creaking, changing colour all of the time. Before you get to Gokyo itself, you will cross the Ngozumpa glacier. There is another rest day here and another opportunity to see the summit of Everest (from Gokyo Ri, 5300m) but this time as the sun sets. The orange glow on the summit is a photographers dream.

The final ridge is west out of Gokyo and takes you in the direction of the Renjo Pass. The next valley is home to the village of Thame. The very steep descent down into this valley will allow you to see the Tibetan traders using the route to and from Namche to sell their merchandise. It is a very different world from the valley that you have just come from; it's like going back in time.

Soak up the atmosphere for you will soon re-join the main EBC route at Namche Bazaar and within 36hrs you will be back at Lukla for your flight to Kathmandu.

You will have an experienced english speaking qualified Nepalese Guide with you throughout.

Once back in Kathmandu, it is time for a well earned rest, perhaps a massage before your return international flight.

## Details

Duration:  
25 days UK - UK

Min/Max pers: 2/12

Max altitude:  
5535m/18,159ft

Accommodation on trek:  
tea houses (no camping)

Dates: See website

Cost (2012): £1180

Our trips formally begin and end in Kathmandu

## When to go

In general terms:

Mar – May  
Sep – Nov

Although it is possible to trek throughout the year. Ask for details.

Travel and Trek is a truly independent company specializing in adventure trekking and touring. We pride ourselves on the personal touch and whether you are travelling solo or in a big group, we can adjust itineraries to suit you.

## Important information

### Costs

Costs are based on 2 people sharing and are per person (singles see below)

### Fully Bonded

Your money is safe. We are protected by Insurance Passenger Protection (IPP), which protects YOU against OUR insolvency.



### Trek Dossier

On booking, you will receive a comprehensive Trek Dossier, which includes:

- Clothing and equipment list
- Medical notes (including vaccination requirements)
- Notes on trekking at high altitude
- Notes on safe drinking water
- Money saving tips for buying kit in Nepal
- What to do on arrival in Nepal
- Visa application form (including what to do)
- Food, money, guidance on Kathmandu and more...

### Airport arrivals

We pick you up on arrival and transfer you back on departure.

### Passports

Passports should be valid for a minimum period of 6 months on the date on entry into Nepal (source: Nepal Embassy, UK)

### Tourist Visa

A tourist visa is required for UK Nationals. This can be done on entry into Nepal or prior to departure. Full details provided on booking including the visa application form if required.

### Itineraries

Day 1 of your itinerary is deemed to be your departure day from the UK.

### Hotel Accommodation

Our hotels are of 3\* standard with very friendly staff to attend to your every need. Our costs are based on a B&B basis, twin share. All rooms are en suite. If you wish to use a higher grade hotel, then please ask us for details.

### Accommodation on Trek

Unless you are climbing a trekking peak such as Island Peak, your accommodation will be in tea houses on a B&B, twin share basis.

### Singles

Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be

the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement (see costs).

### Extended Stays

You are free to extend your stay in Nepal with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.

### Our Guides

Our Nepalese Guides work solely for us and are paid 12 months of the year; not just when they trek. They are all qualified, licenced, English speaking Guides with a wealth of experience and knowledgeable. Some were born in the Everest hills.

### Fitness

In general terms, you don't have to be super fit to trek in the Everest region. This trek however is far more demanding. The numerous high altitude passes that this trek crosses means that many of the trekking days are long with a significant amount of climbing.

A good level of fitness is therefore required, based on the ability to walk at your own comfortable pace for 6 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 6kg. The days that trek over the high passes will be longer. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.

### Clothing and equipment

This information is part of the Trek Dossier and is provided on booking.

### Medical/Vaccinations

You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. Whilst we do provide information on vaccinations, you should also seek professional advice on what vaccinations you require for Nepal and other locations should you have an extended trip. For planning purposes you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.

Continued overleaf...

### Expert Help

If you have any queries in the planning stage of your trip, call our experts on 01476 562763 or 07725 943108

### Altitude Sickness

Due to the very high altitudes experienced on this trek, you are strongly advised to read our 'Guide to Trekking at High Altitude', which can be downloaded from the website.

Details are also contained within our dossier, sent to clients on booking.

### Local Payments

Travel and Trek does not charge any local payments.

### Travel Insurance

It is absolutely vital that you have adequate travel insurance. See separate page.

### How To Book

- Complete the booking form (downloadable from the website) and return it with a deposit of £150 pp.
- Booking forms can be completed electronically and returned as an attachment to an e-mail.
- Details of payment options are on the booking form.
- Balance payments are due 10 weeks prior to departure.



## Trip inclusions and exclusions



### Inclusions

- Return international airport transfers
- Hotel accommodation in Kathmandu, total 3 nights on a twin share, B&B basis
- Lodged accommodation throughout the trek, including breakfasts
- Return airport transfers for domestic flight to Lukla (LUA)
- Return domestic flights KTM - LUA - KTM
- Everest National Park entry, TIMS certificate (compulsory for all trekking in Nepal)
- Services of an English speaking Nepali Guide throughout the trek
- Porterage
- Comprehensive Trip Notes and other associated documentation

### Exclusions

- International flights
- Domestic airport departure taxes (approx £4 return)
- Nepal Tourist visa
- Personal spending
- Staff gratuities, advice will be given if required
- Personal travel insurance
- Food, except breakfasts

# Itinerary

## 1 Depart UK

Our trips formally begin and end in Kathmandu but we can assist you with advice on the best flight routings for your circumstances if you require it.

## 2 Arrive Kathmandu

You will be collected by our Representative and transferred to the hotel (25 mins), which is perfectly placed in the heart of the city. You are then free to settle in and explore your vibrant surroundings. Our friendly staff are on hand to provide any advice or assistance.

## 3 Free Day

Meet your trekking Guide for a brief and timings for tomorrow

Final preparations for the trek

Pre-arranged cultural tour of Kathmandu (optional), with exclusive transport and Guide or choose to roam as you please.

## 4 Domestic flight to Lukla - Trek to Monjo 2835m

An early start for your domestic flight to Lukla. Enjoy a late breakfast in Lukla whilst watching the flights come and go from this unique mountain airstrip.

Begin trekking, Lukla (2840m) - Monjo (2835m)

Today is an easy 5 - 6hrs of trekking through the village of Phakding en route to Monjo where you will stay the night.

## 5 Monjo - Namche Bazaar (3500m)

Once through the entrance National Park (outskirts of Monjo), it is a steady hours trek before you cross the high suspension bridge to begin the 90 min steep ascent up to Namche.

This is the first of the 'big' hills so take it steady. You will catch your first glimpse of Mt Everest in the distance from a rest point (weather permitting).

Namche Bazaar is by far the biggest village in the region with shops and even internet cafes. Expect to arrive at lunchtime. 4 hrs.

## 6 Namche Bazaar (3500m)

Acclimatisation Day

Your Guide will take you out on a trek to a variety of places in the local region primarily to gain some additional altitude and assist your body in its acclimatisation process (trek high, sleep low) and to see more of the stunning surroundings.

The Everest View Hotel is a favourite and sits at approx 3900m.

## 7 Namche Bazaar - Tengbouche (3900m)

A beautiful days walk out of Namche, initially contouring for about 60 - 90 mins until you reach Kenjoma. Some groups stop here for coffee (you can see Tengbouche across the valley) or you can push on for another hour, steeply downhill and across the river to a favoured lunch stop at Phunki Tenga (3250m).

The next 90 mins or so is steeply up until you majestically pop out in Tengbouche itself. Famed for its hilltop Monastery, this village has one of the best views of Everest. It is possible that you may go on for another 20 mins or so to use alternative tea houses in Debouche. 6 hrs

## 8 Tengbouche - Dingbouche (4400m)

A deceptive day awaits. It is downhill out of Tengbouche, through Debouche with a steady trek across the girder bridge (45 mins) and then it is a long steady climb up to Pangbouche and beyond up to Shamare (4010m). You will have sufficient stops along this route.

During the second half of the day, there is a wonderful flat-ish section with some stunning views of Ama Dablam before you descend, nip across the river and then a short steep ascent that eventually leads you into Dingbouche. 6 hrs.

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Dingbouche - Acclimatisation Day

Dingbouche is another important stop. Whilst the main Nepalese Rescue Association (NRA) is located at Pferische (just across the ridge), it has a presence here. The NRA is a medical station manned (during the trekking season) by volunteer qualified Doctors. Through experience, if you are going to suffer from altitude sickness, symptoms will begin to surface here, which is why we use another acclimatisation day. Take the opportunity to go to the free presentation on altitude sickness, given daily by the NRA.

Your Guide will encourage you to take an acclimatisation walk, once again to gain some altitude to assist your body to acclimatise.

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Dingbouche - Chukkung (4900m)

Chukkung is less than 3 hrs from here; you can actually see the village up the valley. It is an a very easy trek. Once again this step is used to acclimatise.

In the afternoon, it is possible to climb up to the Chukung Ri (5550m); see how you are feeling. Alternatively, you could extend out to the Island Peak Base Camp; 3hrs out and 2 hrs back.

Or, you can just rest.

11

Chukkung - Rest Day

This is your final acclimatisation day, after which you should be well and truly ready to cross 5000m Passes.

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Chukkung - Lobouche (4900m) via the Kongma La Pass (5535m)

This is the first of the big Passes. Should you not feel up to it, then there is the lower alternative route via Dingbouche; the Guide will brief you fully on the alternatives when the time comes.

Over the Pass. It takes about 4 hrs to reach this Pass, the highest on the trip. You will pass the Base Camp(s) of Pokalde, a 5800m peak just south of the Pass itself. On the decent, you will cross the glacier and into Lobouche. If you have time and feel up to it, a visit to the climber's memorial ground is worth it. It is just south of Lobouche and a very moving place.

Back via Dingbouche. In relative terms, a much easier route, contouring around the mountain that the Kongma sits on and goes through Dughla, a nice alpine style lunch stop. From here, it is a short but stiff climb up what is the front end of the Khumbu glacier, through the Climber's Memorial and onto Lobouche.

Why don't treks stay at Base Camp?

The simple answer is that most trekking groups are not equipped for it. Most treks are lodge based using their facilities to supply beds, food and water, etc.. The closest lodge is at Gorak Shep, approx 2 ½ hrs away from Base Camp. Base Camp itself is located on a glacier and requires the full support of tents, food, water, cooking equipment and very good personal equipment such as 5 season sleeping bags (minus 20 deg C is a normal overnight temperature there). Lodge based treks don't have any of that support and therefore cannot stay there.

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Lobouche - Gorak Shep (5100m)

Gorak Shep is just 3 hrs from Lobouche and is the highest tea house on this trip (5100m). An easy day compared to yesterday despite crossing an undulating moraine for an hour or so BUT you should take the opportunity late afternoon/early evening to climb up to one of the highest points on this trek - Kala Patthar (5500m).

It's a tough 90 min ascent but you will get an excellent view of the summit of Everest and the sun will be on it too.

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Gorak Shep - Everest Base Camp (5300m) - Gorak Shep

It is an early morning start for the 3 hr trek to Base Camp. The route is very undulating, initially to the side of the glacier and then onto it for the final hour. The route varies from year to year as the glacier moves.

The Base Camp itself is potentially enormous; it has to house some 250 - 300 people during the main climbing season. In recent years, the furthest that trekkers are allowed appears to be about 30 mins short of the where the tents are.

Despite this, there is an excellent close up view of the Khumbu ice field. Climbers have to negotiate this dangerous section every time they go up for acclimatisation or to summit.

Savour the atmosphere and the location; the whole day is approx 6 - 7 hrs,

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Gorak Shep - Dzongla (4800m)

A delightful day back down the Khumbu valley, looking towards the views. After the recent ascents, it will feel like you're flying down! You have tremendous views all the way down to Pferische.

You will pass the Cho La Lake, not seen by the classic EBC trekkers.

This lodge is just a few hours away from the Cho La Pass.

16

Dzongla - Tangnak (4700m) via the Cho La Pass (5310m)

An early start for what is a potentially difficult day. The route is difficult in places not assisted by the potential for high winds. The area around the Pass is glaciated so a pair of trekking poles is a good idea on this section.

Fantastic views, well worth the day's trek.

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Tangnak - Gokyo (4790m)

A great day. A fantastic trek across the Ngozumpa Glacier on a path that forever shifts from season to season. The lakes are in full view and it's a mere hour to Gokyo once across the other side.

The Gokyo valley has a different feel to it; far less people of course. It is easy to relax here.

Whether it is today or tomorrow, an excursion up to the Gokyo Ri (5360m) is an absolute must. The views of the Himalaya in general are superb. If you have been to the top of Kala Patthar, then opt for a sunset view of Everest rather than sunrise. Much better.

18

Gokyo

Rest day.

There are plenty of options for those who wish to enjoy the local scenery and don't forget Gokyo Ri if you didn't go yesterday. Otherwise, just relax in the sunrooms that just bake in the sun!

19

Gokyo - Lunde (4300m) via Renjo La Pass (5340m)

It's about 5 hrs or so today to climb up and over a Pass that takes you out of the Gokyo Valley and down into the valley that hosts Thame. Take a good look at the Himalaya vista from the Pass as it will be the final spectacular view of the multiple 7000 and 8000m peaks you will get on this trek.

Be warned that the descent is steeper than the ascent and trekking poles are an advantage on this section.

Lungden will be your home for this evening.

20

Lunde - Thame (3805m)

It is just a 3hrs trek to Thame but one that will take you back in time. You will be joined by the Tibetan traders bringing in their market produce and selling it either in Namche or on the trail itself. The buildings too will be different (very traditional) from what you have seen.

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Thame - Namche

Easy trek back to bustling Namche.

There is lots to do en route today including a side trip to Lawudo Gumpa. Lots of history here.

22

Namche Bazaar - Phakding

The first few hours will be easy out of Namche back down the long hill to the high suspension bridge. The group will stop at some point prior to moving on to have lunch at Phakding.

From here it is deceptive; primarily ascending until you get back to Lukla. This final section is approx 3 hrs and you will be elated to reach your final destination having completed one fantastic circumnavigation of the Khumbu region; well done.

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Phakding - Lukla

From here it is deceptive; primarily ascending until you get back to Lukla. This final section is approx 3 hrs and you will be elated to reach your final destination having completed one fantastic circumnavigation of the Khumbu region; well done.

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Lukla - Kathmandu

An early start to have breakfast and be ready for your flight back down to Kathmandu.

You should reach your hotel by midday; plenty of time to enjoy the facilities that Thamel has to offer. You can continue with any sightseeing, have a post trek massage (very inexpensive in Nepal), shop 'till you drop or simply relax in one of the many cafes soaking up the atmosphere.

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Departure

Depending on your airline, you will be transferred back to the international airport for your return flight home.

# Travel Insurance

It is absolutely essential that you have adequate travel insurance. Be truthful to your insurance company about precisely what activities you are undertaking and to what altitude (max). Failure to do that may invalidate your policy.

To fly a patient back to the UK under any form of medical supervision (ie on a stretcher) is estimated to cost well in excess of £10,000.

In terms of activities for insurance purposes, you are trekking not climbing. Unless your trek specifically states that it does, your trek does not involve any form of specialist safety or climbing equipment.

This Foreign & Commonwealth Office link is a useful reference and recommended read:  
<http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/travel-insurance/>

## So What Happens If I Have An Accident?

If you have an accident that requires professional medical help, the first priority is to get you to the nearest medical station (provided that you can be moved). Your Guide and his staff will do this as quickly as possible. You will be carried if necessary. There are a number of medical stations scattered in the region; they are manned by volunteer professional doctors and the provisions (drugs, etc..) are generally funded by donations. Expect to pay a fee if you need to see a doctor (approx US\$50) and more if you are provided with any drugs.

If they can provide sufficient assistance to get you trekking again, they will.

Any serious injury that requires further medical assistance outside the scope of the mountain medical stations will probably need the involvement of your travel insurance company. Someone will be required to call your travel insurance company and inform them of the situation if you are unable to do so yourself; the insurance company should do the rest. Many tea houses and all medical stations will have satphones to enable that call to be made (for which you would be expected to pay).

### Note

If you require a helicopter and do not have insurance or cannot pay with a credit card on the spot the helicopters will not take off from Kathmandu.

## A Little Preparation May Save Your Life

Some insurance companies provide a very handy credit card sized card with all of their contact details on it. If your company does not, then try using this very handy website [www.ucardit.co.uk](http://www.ucardit.co.uk). Travel and Trek clients get a 10% discount.

For about £5 (including P&P), you get a virtually indestructible credit card sized card with all of your important information on it. You can either use one of three pre-designed Travel and Trek cards or design your own. An example is shown below. You can literally put whatever you want on it from flight details, mobile numbers, addresses, insurance details, etc...

To try it, go to the Home page, click 'Travel'. Then scroll down, bottom left, click on the 'Travel and Trek' banner and either use a branded template or design your own. These are example cards from the website (not full size).

