



16 Days

Nepal

Everest Base Camp

First made famous when Sir Edmund Hillary and Tensing Norgay made their successful summit in 1953, the iconic Everest Base Camp trek has since become one of the world's classic treks. Trekking on the 'rooftop of the world' will make for an unforgettable experience with awesome views of the world's highest and most beautiful mountains. Immerse yourself in the Sherpa way of life with a visit to the Sherpa museum, as well as a visit to the incredible Thyanboche monastery. With some time to relax and sightsee in Nepal's bustling capital city, Kathmandu, this will be an experience of a lifetime that will stretch the horizons of even the most seasoned adventurer.



Recommended expedition itinerary

Day
1

Arrive Kathmandu (1356m)

On arrival at the Kathmandu Tribhuvan International Airport, we will be met and welcomed by a guide from the STC. A short drive brings us in to Kathmandu – the capital city of Nepal. With its maze of narrow streets, wooden temples and beautifully decorated palaces, it truly has the air of a medieval city. In the evening we enjoy a welcome dinner at a traditional Nepalese Restaurant.

Day
2

Fly to Lukla (2840m) & trek to Phakding (2652m) – 3 hours walking

This morning we will be collected from our hotel and transferred to Kathmandu airport for a domestic flight to Lukla. Upon arrival, we are met by our trekking guide and porters. From Lukla we descend on a wide trail northwest to the village of Choblung in the Dudh Kosi Valley. The valley radiates energy through beautiful pine and rhododendron forests. The walking is easy and we follow the river's course, passing through the village of Ghat. Our final destination for today's walk is the small village of Phakding where we overnigh.

Day
3

Trek to Namche Bazaar (3440m) – 6 hours walking

Walking through a beautiful pine forest, the track leads along the Dudh Koshi River over many suspension bridges, one of which is the famous 'Hillary Suspension Bridge'. We will catch the wonderful prospect of the glistening Mt. Thamserku (6618m), before arriving at the settlements of Benkar, Chumoa and Monjo and then onto the check point and entrance to Sagarmatha National Park. We then pass through the last village of Jorsale before reaching Namche Bazaar.

Day
4

Namche Bazaar (3440m) – acclimatisation day

Namche Bazaar is a highly important village for the Sherpa people. In the morning we visit the Sherpa Museum and Visitor Centre. This contains an interesting display on Sherpa life and culture, lots of information on the forests, wildlife and plants of the area and an exhibit on the history of climbing in the Khumbu. The afternoon is free to walk up to the valley beyond Namche towards the village of Thamo. Alternatively, we can relax in the village.

Day
5

Trek from Namche to Tengboche (3870m) – 6 hours walking

We ascend out of the village and follow a high, fairly level path above the Dudh Kosi enjoying spectacular mountain views of Everest, Nuptse and Lhotse as we go. We pass the various 'shops' set up by Tibetans selling trinkets and then descend through forests of blue pine to cross the Dudh Kosi again at Phunki (3250m). On arrival at the Thyangboche Monastery (3867m), we will enjoy yet more incredible views of Everest and the surrounding peaks. We stop here for the night.

Day
6

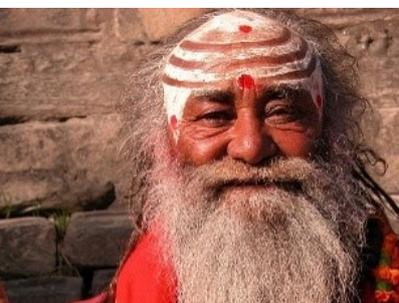
Trek from Tengboche to Dingboche (4410m) – 5 hours walking

We start our trek today by descending through Rhododendron forests to the Imja Khola. We then pass over the bridge on the Imja Khola and by a long Mani stone wall, before entering the village of Pangboche. Our route continues through summer pastures to Dingboche.

Day
7

Dingboche (4410m) – acclimatisation day

There will be some breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as we explore this beautiful valley to Chukung (4730 m). From here, we can enjoy the panoramic view of Ama Dablam, Makalu, Tawoche, Lhotse, Nuptse, Island peak and others. The walking on this leg will take about five hours.





Day
8

Trek from Dingboche to Lobuche (4930m) – 6 hours walking

We are now well above the tree line and our walking today brings us to Dusa from where we descend to a stream at 4580m. Immediately above we reach the teahouse of Dughla and continue to a ridge, which has several memorials to Sherpas killed on expeditions to Everest. We will continue along the moraine of the Khumbu Glacier, with views of Kala Pattar and Pumori before reaching Lobuche (4930m).

Day
9

Trek from Lobuche to Gorakshep (5180m) & a day trip to Everest Base Camp (5364m) – 8 hours walking

A very long, hard day today as we leave very early, following the Khumbu Glacier northwards to Gorakshep (5,180m) (about 3 hours walking). After a rest and a snack, we trek across the sandy flat at Gorakshep and climb onto the lateral moraine of the Khumbu glacier. The trail winds up and down to the area known as Everest Base Camp, from where we get fantastic close up views of the Khumbu Ice Fall. Nuptse towers above us and Pumori rears up behind us. We then retrace our steps to Gorakshep for our overnight stop.

Day
10

Kala Pattar (5545m) & descent to Pheriche (4280m) – 8 hours walking

Today is considered to be the climax of our trip. We start early in the morning to catch the dramatic views from Kala Patthar. The first light of day shining on Mount Everest will take your breath away.

As we make our ascent, the familiar peaks of Lingtren, Khumbutse and Changtse tower to the east as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. After several hours of ascent, we reach Kala Patthar from where we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. We return to Gorakshep for breakfast and retrace our steps to Lobuche for lunch and then continue on down the valley to the lower altitude of Pheriche for our overnight stay.

Day
11

Pheriche to Tengboche (3860m) – 5 hours walking

After the previous days tiring ascent to Kala Patthar, today is an easier walk down to the lower altitudes of Orsho and Shomare and Pangboche, from where we retrace our footsteps down to the Imja Khola and up through the forest to Debuiche, or we could visit the nuns at the Debuiche monastery, before finally reaching Tengboche.

Day
12

Trek from Tengboche to Monjo (2840m) – 7 hours walking

Crossing on yet another suspension bridge, we climb up the opposite side of the valley to reach the contouring path leading back through the Namche Bazaar. A steep descent down Namche Hill leads to the suspension bridge crossing the Dudh Kosi River and the small village of Monjo.

Day
13

Trek from Monjo to Lukla (2840m) – 5-6 hours walking

Retracing our steps along the east bank of the Dudh Kosi we make our final ascent down to Lukla, arriving sometime in the middle of the afternoon, affording ample time to relax and enjoy the feeling of a job well done. Lukla itself is a thriving community that is an eclectic mix of Sherpas, trekkers and soldiers and makes for a fascinating place to explore at the end of the trek.

Day
14-16

Fly from Lukla to Kathmandu

In the early morning we will take off from the Lukla airstrip for a spectacular mountain flight back to Kathmandu (weather permitting). Upon arrival at the Kathmandu domestic airport terminal, we transfer to our hotel. The rest of the day is free to explore this wonderful city; you can either shop for souvenirs, try out the various restaurants in Thamel or simply relax. There is a sightseeing tour of Durbar Square, where many of Kathmandu's most historic and important temples are located. We also visit the Swayambhunath Temple (also known as the Monkey Temple) and the world's most glorious Buddhist Chaityas built 2000 years ago situated on a hillock about 77 m above the Kathmandu valley. We have the chance to drive to Patan - a beautiful city in its own right which rivalled Kathmandu in terms of the splendor of its temples and squares and is now better preserved, less polluted and less crowded. Lastly we bid farewell to the mountains as our journey to Nepal comes to an end and we return home.

Further information

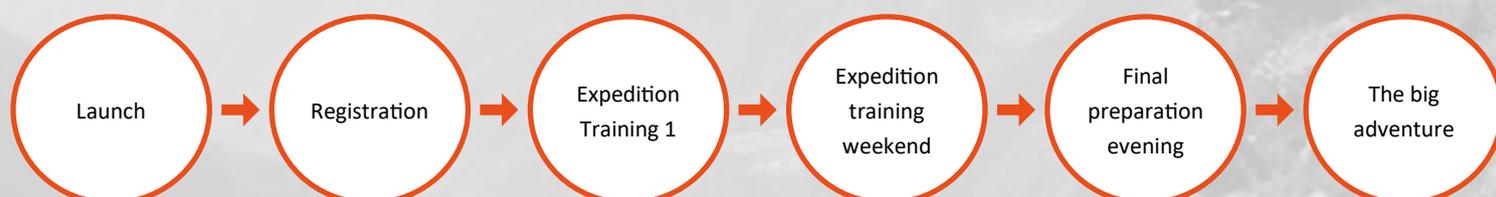
Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

Your expedition timeline



Physical expedition rating:

● ● ● ● ● 5/5

Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Culture shock rating:

● ● ● ● ○ 4/5

Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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