

Full Itinerary

FOOTHILLS OF EVEREST TREK



TALK TO OUR WELL
TRAVELLED TEAM OF
EXPERTS

Toll Free US and
Canada: 1 (855)
342-4127

Office open: Monday - Thursday
9:00am - 8:00pm, Friday 9:00am -
5:30pm (London time). Call
answered 24/7



JOURNEY SNAPSHOT

ACTIVITY LEVEL:

Physically demanding

DESTINATION:

Foothills of Everest Adventure

DURATION:

12 days / 11 nights

FLIGHT INFORMATION:

Please arrange your own flights to arrive into
Katmandu Tribhuvan International Airport
[KTM] on Day 1 and depart from there on Day
12

PICKUP LOCATION:

Katmandu Tribhuvan International Airport
[KTM]

OVERVIEW

Choose your own departure date for your group

Trek through the foothills of Mount Everest whilst experiencing culture, nature & incredible landscapes like nowhere else on Earth

Everest is more than a mountain and the journey around its foothills is more than just a trek. Every bend in the trail provides another photo opportunity – beautiful forests, Sherpa villages, glacial moraines, and foothills. For active adventurers not afraid to break a sweat, our full trekking support staff will bring you close to local cultures before opening a window to the top of the world.

ITINERARY SUMMARY

DAY 1 - Welcome to Nepal

DAY 2 - Acclimatisation Day in Kathmandu

DAY 3 - Fly to Lukla (2,850 m) & Trek to Phakding (2,610m)

DAY 4 - Phakding to Namche (3440m)

DAY 5 - Namche (3,440m)

DAY 6 - Namche to Thame (3,800m)

DAY 7 - Thame to Namche (3,440m)

DAY 8 - Namche to Phakding (2,610m)

DAY 9 - Phakding - Manjo to Lukla (2,850m)

DAY 10 - Fly to Ramechap then by road to Kathmandu (1,300m)

DAY 11 - Kathmandu City Tour

DAY 12 - Farewell to Nepal

FULL ITINERARY

DAY 1 - WELCOME TO NEPAL

It is an absolute thrill flying into Kathmandu on a clear day. The views of snow-capped mountain peaks sprawling down below you begin a whole chain of memorable experiences that will stay with you for a long, long time.

Your Big Journey Company representative will meet you at the airport and escort you to your hotel. After check in, there will be a welcome meeting with your Big Journey Company Tour Director and the rest of the trekking group. Here you will be briefed further on this adventure and discuss the plan for the next few days.

Later in the afternoon we'll walk a short distance from the hotel to visit Boudhnath Stupa. Boudhnath, less than eight kilometres from central Kathmandu, is a sacred place home to a large number of Tibetan exiles. It is noted for its sixth-century Buddhist stupa, one of the largest in the world. The stupa is surrounded by monasteries, which attract pilgrims and devotees from all over the Indian subcontinent.

Included meals: Dinner

Accommodation: Hyatt Regency, Kathmandu

DAY 2 - ACCLIMATISATION DAY IN KATHMANDU

Today will be a day spent sightseeing in Kathmandu and acclimatising to the high altitude before exercise.

Also known as Kantipur, the capital Kathmandu is the hub of Nepal's art and culture. We will walk through the centre of old Kathmandu to experience the city's eclectic mix of cultures.

The UNESCO World Heritage Monument Swayambhunath Stupa is just one of the highlights today. Said to be around 2,000 years old, this Buddhist Stupa sits atop a hillock which is 2 km west of Kathmandu overlooking the valley.

Next we'll head to Kathmandu Durbar Square with its highly-detailed wooden temples and courtyards of the Hanuman Dhoka Royal Palace. We'll see the magnificent Taleju Temple towering more than 40 meters high; Kumari Ghar, the residence of the Living Goddess (we may even be lucky enough to view the Living Goddess from her window that overlooks the courtyard), Kumari; the temple of Ashok Vinayak dedicated to Lord Ganesh, and Kal Bhairav, the God of Wrath.

Our last stop today is a visit to the famous city of Patan. Patan, located 5 km southeast of Kathmandu, is popularly known as 'the city of artisans' and accommodates a magnificent square housing the palace buildings of the then royals, artistic courtyards and graceful pagoda temples – a display of Newari architecture that had reached its pinnacle during the reign of the Malla kings. It is filled with wood and stone carvings, metal statues, and ornate architecture, including dozens of Buddhist and Hindu temples, and over 1,200 monuments.

Enjoy dinner at the hotel this evening

Included meals: Breakfast, Lunch & Dinner

Accommodation: Hyatt Regency, Kathmandu

DAY 3 - FLY TO LUKLA (2,850 M) & TREK TO PHAKDING (2,610M)

After an early breakfast we drive to Kathmandu Airport where we will board our flight to Lukla. Please note that the luggage allowance on the plane is 10kg per person and the cabin bag is 5kg!

After lunch, we embark on a three-hour walk to Phakding. This starts with a gentle descent beside the left bank of the Dudh Koshi River, with distant views of the peaks of Nupla and Kusumkang.

Later, we will enjoy an hour's walk to Rimijung Gompa, the monastery of Sano Gomila. This is home to a small idol made from the branches of a white tree that once grew here and housed in a metal casket. Reaching the village of Sano Gomila, you will enjoy views of Thamserku and Kusumkang, before returning to our Mountain Home for the night.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Mountain Lodges of Nepal, Phakding

DAY 4 - PHAKDING TO NAMCHE (3440M)

We have a full day of walking ahead of today through some splendid and breathtaking scenery.

Phakding to Monjo (approximately 5 km: 3 hrs walking)

After breakfast, we trek to the village of Monjo. The route follows a level path along the right bank of the river. The peak of Thamserku, 6,623 metres high, looms skyward on the opposite bank. After crossing a stream and climbing the terraced hill from the Dudh Koshi route, our group will arrive at Banker.

Continuing through a forest, we arrive at Chumow, where we can visit the vegetable farm. Walking along a path with numerous ups and downs, we cross a stream and enter the small village of Monjo.

Monjo to Namche (approximately 6 km: 4 to 5 hrs walking)

After lunch, we will start the walk to Namche. Descending stone steps out of the village, the path comes to a suspension bridge, and, after a short climb we will reach Jorshale, the entrance to the National Park. Here the group will rejoin and our guide will pay the entrance fee as we enter.

Walking beside the river, we reach a forested mountainside and pass a rocky area. After crossing a high, winding path, we will descend to the riverbed and reach a V-shaped valley. The river forks here: the right stream is the Dudh Koshi and the left is the Bhote Koshi that leads to Nangpa La. Crossing another suspension bridge and walking a short distance alongside the Bhote Koshi, we ascend to Namche Bazaar - and one last push up the hill to reach our welcoming Mountain home for the evening.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Mountain Lodges of Nepal, Namche

DAY 5 - NAMCHE (3,440M)

After breakfast together, today you have the option of either a day at leisure or for those with lots of life left in their legs, a walk to the village of Khumjung. Taking approximately five hours' of walking, we'll cross Syangboche airfield and through a small forest to the village of Khumjung, which covers the largest area in Khumbu.

After lunch, we make a short but very interesting stop at Khunde Hospital. Both the hospital and school here were built with funds raised by the late Sir Edmund Hillary.

From here, if luck is on our side, we should be able to enjoy views of majestic mountains including Thamserku, Ama Dablam, Kangtega, Lhotse and Everest itself.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Mountain Lodges of Nepal, Namche

DAY 6 - NAMCHE TO THAME (3,800M)

After breakfast, our group begins the walk to Thame, which should take approximately 5 hours. This trail forms part of the entry route to Tibet, which passes near the 8,012m peak of Cho Oyu, first climbed in 1954.

We will stop for lunch in Thamo, the home village of Ang Rita Sherpa, who holds the record for scaling Mt Everest ten times without oxygen.

After lunch we'll ascend gradually, passing a convent, and finally reach the village of Samden. From here you descend to the bridge and cross Bhote Koshi River. A final half an hour ascent leads us up to Thame Village, our final destination for today.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Mountain Lodges of Nepal, Thame

DAY 7 - THAME TO NAMCHE (3,440M)

We'll head back to Namche today, enjoying a visit to the upspoilt monastery of Thame and the fascinating Nangpa La Valley.

For those who would like to get closer to Everest, we can arrange the unique experience of a helicopter tour (at a supplement). The helicopter will collect you from near to our accommodation and return you to the helipad near Namche, and we'll all meet up again this evening for dinner.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Mountain Lodges of Nepal, Namche

Optional extras: Everest Helicopter Tour

DAY 8 - NAMCHE TO PHAKDING (2,610M)

After breakfast, we will begin our trek back down to Phakding. This should take us between 5-6 hours, taking in the stunning scenery as we go and stopping for lunch along the way.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Mountain Lodges of Nepal, Phakding

DAY 9 - PHAKDING - MANJO TO LUKLA (2,850M)

Today is our final day of trekking, as we head back to the town of Lukla.

Walking through Manjo and by the Tiktok waterfall, the final day's trekking should take us around 3hrs.

We'll have some time at leisure this afternoon in Lukla before we meet up for dinner and bid a fond farewell to our sherpas and local walking guides.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Mountain Lodges of Nepal, Lukla

DAY 10 - FLY TO RAMECHAP THEN BY ROAD TO KATHMANDU (1,300M)

Rising early this morning, we depart the high peaks and fly from Lukla to Ramechhap.

From here, we then continue by road to Kathmandu. We will stop to break the journey en-route and enjoy lunch in a local restaurant. On arrival in Kathmandu late afternoon we check into our hotel and you have the rest of the day free.

For those who still have plenty of energy after the trek, there will be a guided tour of Pashupatinath, a temple dating back to 400 A.D. and one of the oldest Hindu Temples dedicated to Lord Shiva. It is to the Hindus what Mecca is to the Muslims. Situated amidst a lush green natural setting on the bank of the sacred Bagmati River, the temple is built in Pagoda Style with gilded roof and richly carved silver doors. You'll also be able to see cremation grounds that lie on the bank of Bagmati behind the temple, but please note, non-Hindus are not allowed inside the temple.

Included meals: Breakfast, Lunch & Dinner

Accommodation: Hyatt Regency, Kathmandu

DAY 11 - KATHMANDU CITY TOUR

After breakfast, we head out to explore Boudhnath and Pashupatinath

Pashupatinath is a temple dating back to 400AD and is one of the oldest Hindu Temples dedicated to Lord Shiva. It is for the Hindus what Mecca is for the Muslims. Situated amidst a lush green natural setting on the bank of the sacred Bagmati River, the temple is built in Pagoda Style with gilded roof and richly carved silver doors. It is the center of annual pilgrimage on the day of Shivaratri which falls in the month of February/March. You'll also be able to see cremation grounds that lie on the bank of Bagmati behind the temple. Please note, non-Hindus are not allowed inside the temple.

Afterwards, we'll visit Boudhnath Stupa, one of the oldest and the largest Buddhist monuments ever built in Nepal ; Boudhnath is one of the holiest structures imposing a height of 36 meters with three massive level Mandala style platforms. It is surrounded by colorful buildings housing families creating a friendly enclosure. The Stupa is visited every year by tens of thousands of pilgrims from all over the world.

We'll return to our hotel after the tour for our farewell dinner and final night in Kathmandu.

Included meals: Breakfast & Dinner

Accommodation: Hyatt Regency, Kathmandu

DAY 12 - FAREWELL TO NEPAL

Following breakfast, you will be transferred to Kathmandu Airport in time for your flight home.

Included meals: Breakfast

Accommodation: none

WHAT'S INCLUDED

- Meet & Greet on arrival at Kathmandu Airport [KTM]
- Accommodation as detailed in the itinerary
- Transfers as detailed in the itinerary
- Meals as detailed in the itinerary in lodges or during the treks
- Internal flights: Kathmandu - Lukla [LUA] / Lukla [LUA] - Ramechaap [RHP] -- strict weight restrictions apply - 10kg main bag and 5kg hand luggage, max 15kg per person
- All activities, visits and excursions as detailed in the itinerary
- Everest National Park & TIMS Permit Fee
- A local English Speaking Sherpa Guide and necessary Porters to transport your baggage
- English speaking tour guides
- Tour Director from The Big Journey Company as well as the local tour guide (subject to minimum group size being reached.)

WHAT'S NOT INCLUDED

- International flights to and from Kathmandu International Airport [KTM]
- Airport transfers outside of tour dates
- Drinks
- Any meals not mentioned in itinerary
- Gratuities
- All entrance fees to non-stipulated attractions
- Visas, travel & medical insurance
- Any personal items and anything not mentioned under included in price above
- Any optional activities offered
- Any COVID tests or related entry & exit requirements

IMPORTANT INFORMATION

- **N.B.** - The altitude of Kathmandu is 1,370m and we ascend higher along the way on our journey. Some guests may be adversely affected by the high altitude. Please discuss this with your doctor before departure.
- You will need to arrange your flights to arrive into Kathmandu on Day 1 of the tour. This may mean that you depart your home airport in the days before the tour begins.
- Please let The Big Journey Company know prior to travelling if you have any medical needs or take any medication that we need to be made aware of to ensure that you have a safe and pleasant tour. You will embark on several strenuous treks at very high altitude, so please consult us if you have any questions about whether this Journey is right for you.
- Check in is after 2-3pm and check out is before 10am unless otherwise specified in the itinerary.
- Cancellation 90 - 0 days prior to departure cancellation fee is 100%. It is your responsibility to ensure the correct travel insurance in place to protect you against the need to cancel your holiday.
- A non-refundable deposit is due at the time of booking. Full balance will be due 14 weeks prior to departure. Full cost of any flights purchased from us is required at the time of booking.
- Further terms and conditions apply and will be provided upon request or at the time of booking. The Big Journey Company reserves the right to withdraw any offer prior to accepting a reservation request. This does not affect your statutory rights.

BOOK YOUR JOURNEY

Choose from the list of dates below

Call to Book

Toll Free US and Canada: 1 (855) 342-4127

Office open: Monday - Thursday 9:00am - 8:00pm, Friday 9:00am - 5:30pm (London time). Call answered 24/7