

**March 28 – April 21, 2019**

**Trekking in Nepal – Everest Basecamp Trek with Kala Patthar Summit**

We follow the old 'Hillary-Route' starting from Shivalaya, close to Jiri in Solu region. Trekking in this very original region means to learn about the nature, the culture and tradition and of course to meet the local people.

We meet in Kathmandu and will enjoy an interesting sightseeing day as well as we settle everything for our trek. We check the equipment and get ready for our big adventure. Today we meet our nepali trekking guide.

The next morning we take a private bus to Shivalaya where we meet our team of porter. The ride is most scenic. We reach the tiny village of Shivalaya and can explore the area. The next day after breakfast, we will begin our trek to the village of Bhandar. The trail offers lovely scenery of countryside. Lush farms, grazing cattle and friendly farmers will greet us on our way up. We will walk past the scenic rhododendron and oak forests. We climb the panoramic Deurali pass before we descend to Bhandar. During the next days we walk through deep forests, cross several suspensions bridges, pass small settlements and enjoy nature.

The next pass we cross is Lamjura La. With an altitude of 3530 m it is the highest point between Jiri and Namche Bazar. The panoramic view from the pass is breathtaking. The same day we reach Junbesi where we can visit Serlo monastery. We hike through colorful forests of pine, blooming magnolia and rhododendron, maple, birch and have a good chance to see many birds, monkeys and deers.

We come closer to the highest peaks of the Himalayan range. Several summits with more than 7000 and 8000 meters get visible – so we can see Mount Everest, Lhotse, Nuptse ... the area we will summit Kala Patthar in some days. Before we have to acclimatize and climb slowly day by day. Our route follows the Dudh Koshi River as we head upward to Khumbu region. We enter Sagarmatha National Park and come across one of the most famous bridges - the Hillary Suspension Bridge before we reach the bazar village Namche Bazaar (3440 m). This is the scheduled 'acclimatization' day for this trek. We spend the day taking a day hike to Khumjung. If we trek a few hundred vertical meter during the day, it will help us to properly acclimatize. We also visit Hillary School which is at the same site.

So we acclimatize well during the first week and are ready to climb higher. We reach Tengboche with its outstanding monastery. At Dingboche (4400 m) we have another day to acclimatize. We will explore a beautiful valley that leads up to Island Peak. Enjoy breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge. The walk is short with a good chance to relax in the afternoon.

Now the trek follows good but rocky pathes up to the icy region right below Mount Everest. We visit the Base Camp and the next morning we start very early to reach the summit of Kala Patthar (5545 m). Just opposite Mount Everest the panoramic view of Kala Patthar is unforgettable. With a little bit of luck we can see the sunrise right behind Mount Everest, Chomolungma how the Tibetan people call it. This summit ascent is optional.

Descending is easy since we come from high altitude. On our way back to Lukla we will be happy to see all the blooming Rhododendron and Magnolia trees. From Lukla we will fly back to Kathmandu and spend some days sightseeing in the old kingtown Bhaktapur, nearby Kathmandu.

English speaking local guide and German guide from Alpinkreativ (English speaking)

Detailed itinerary and more information on request.

Difficulty: medium

Walking time: 5 – 7 hours max.

Description: lodge trek, porter take your big luggage

Accommodation: in Kathmandu and Bhaktapur hotel (breakfast included), during trek 3 meals a day and overnight in lodges

How you get there: fly to Kathmandu, all transfers included, also flight from Lukla to Kathmandu included

The price: 3095 €