

Nepal Full Itinerary

ITINERARY

Tuesday 3rd October - TRAVEL

Leave London Heathrow

Flight Details:

Airline: Qatar Airways (Airbus A350-900)

Route: LHR - DOH

Flight Number: QR 0016

Departure Time: 21:55

Arrival Time: 06:35 (next day)

Flight Time: 5hr 40m

Seat Allocation: 29J, 29K

Other Info:

Wednesday 4th October - DAY 1

Connecting flight to Kathmandu - 1hr 50m connection time

Flight Details:

Airline: Qatar Airways (Airbus A320)

Route: DOH - KTM

Flight Number: QR 0646

Departure Time: 08:25

Arrival Time: 15:45

Flight Time: 4hr 35m

Seat Allocation: 11A, 11B

Other Info:

Arrive KATHMANDU

Elevation: 1300m

The Kandoo team will meet you at Kathmandu airport and transfer you to your pre-trek hotel - International Guesthouse www.intguesthouse.com. Later you will attend a pre-trek briefing with your Lead Guide to prepare you for the challenge ahead. Prepare for flight from Lukla tomorrow.

INFO

Lukla: Lukla is a town in the Khumbu area of the Solukhumbu District in the Sagarmatha Zone of north-eastern Nepal. Situated at 2,860 metres it is a popular place for visitors to the Himalayas near Mount Everest to arrive. Although Lukla means place with many goats and sheep, few are found in the area these days.

Lukla contains a small airport servicing the region, and a variety of shops and lodges catering to tourists and trekkers, providing western-style meals and trail supplies. Lukla airport is also known as Tenzing-Hillary Airport and offers make frequent daylight flights between Lukla and Kathmandu. Lukla Airport has a very short and steep airstrip, The runway is 527 m (1,729 ft) × 30 m (98 ft) with a 11.7% gradient. Flights normally occur between 6:30 am and 3:30 pm.



Thursday 5th October - DAY 2

Flight from KATHMANDU to LUKLA – Trek to PHAKDING

Elevation: 1300m – 2800m – 2656m

Trek Time: 3-4 Hours

Trek Distance: 6km

The flight from Kathmandu to Lukla takes approx 45 minutes and is an adventure in itself with great views of the Everest region (from the left of the plane) and ending with a hair-raising landing on a steep mountain runway. After meeting your crew, we will start our trek by heading up the Dudh Koshi Valley on a well marked trail to Phakding.

INFO

Phakding: Phakding is a small village in the Khumbu region of Nepal. It lies in the Dudh Kosi river valley just north of Lukla and south of Monjo and a UNESCO World Heritage Site since 1979.



Friday 6th October - DAY 3

PHAKDING - NAMCHE BAZAAR

Elevation: 2656m – 3450m

Trek Time: 5-6 Hours

Trek Distance: 10km

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mount Everest. Namche Bazaar is the main trading village in the Khumbu and you can enjoy an Illy coffee and amazing chocolate brownies here!

INFO

Namche Bazaar: Namche Bazaar is a village in Solukhumbu District in the Sagarmatha Zone of north-eastern Nepal. It is located within the Khumbu area populating the sides of a hill. Most Sherpa who are in the tourism business are specifically from the Namche area. Namche is the main trading center and hub for the Khumbu region with many Nepalese officials, a police check, post and a bank. Namche is the most expensive place in Nepal, at least thrice as expensive as the capital city Kathmandu.

On Saturday mornings, a weekly market is held in the center of the village. There may also be a daily Tibetan market where clothing and cheap Chinese consumer goods tend to be the main articles for sale.



Saturday 7th October - DAY 4

Acclimatisation in NAMCHE BAZAAR

Elevation: 3450m – 3880m – 3450m

Namche is tucked away between two ridges and has lots of lodges, tea shops and souvenir shops. Today we will trek up to the Everest View Hotel at 3880m for our first view of Ama Dablam and Mount Everest. Following the 'walk high, sleep low' principle, this hike will really help with your acclimatisation.



Sunday 8th October - DAY 5

DAY 5: NAMCHE - DOLE

Elevation: 3450m – 4084m

Trek Time: 6-7 Hours

Trek Distance: 11km

Today is a spectacular day in terms of scenery as we follow the main trail north out of Namche. A short climb to a ridge gives us wonderful views of Everest and Lhotse. We then follow the main trail for a while longer to a crossroads high above the Dudh Koshi. The trail to Everest drops down the hill but we turn off here and climb to cross the Mon La before reaching Phortse Tenga. From Phortse Tenga, the trail climbs steeply to Dole, through rhododendron and birch forest.

INFO

Dole; Dole is a small village in the Khumbu region of Nepal. It lies in the Dudh Kosi River valley just north of Khumjung and south of Machhermo.



Monday 9th October - DAY 6

DAY 6: DOLE - MACHERMO

Elevation: 4084m - 4410m

Trek Time: 3-4 Hours

Trek Distance: 5km

From Dole we climb steadily along the side of the valley, where the rhododendron forests give way to scrub juniper as the altitude increases. The trail passes many summer settlements (yersa), which are used when yaks are taken to these pastures to graze in the summer months. Excellent views of Cho Oyu can be seen from here, as well as Kantega and Thamserku. Today's trek is a short one and we will arrive at Machermo in time for lunch.

INFO

Machermo: Small settlement hidden in a wide side-valley. Like all these places above the tree line, they used to be summer yak pastures with a couple of stone huts for the yak herds but have now grown a few lodges to accommodate trekkers.

Machermo is also now the home of a rescue post. Officially called the Machermo Porter Shelter/Rescue Post it was officially opened in October 2006 and is a project of the International Porter Protection Group. As its name indicates its first aim is to help provide a quality shelter (as well as medical help if needed) for porters but the western doctors stationed there will also assist western trekkers for a fee (this is ploughed back into the project).

The doctors are very knowledgeable about altitude problems and AMS (Acute Mountain Sickness) and hold a free talk every day (3.00 pm it used to be but better check in Machermo) on AMS and how to avoid it / deal with it.



Tuesday 10th October - DAY 7

DAY 7: ACCLIMATISATION IN MACHERMO

Elevation: 4410m

We are now approaching 4500m, so we will stay at Machermo for an extra day to acclimatise. There are plenty of possibilities for exploration around the camp and just above the village there is an excellent view encompassing Cho Oyu (8210m) and the mountains which flank the Ngozumpa Glacier.



Wednesday 11th October - DAY 8

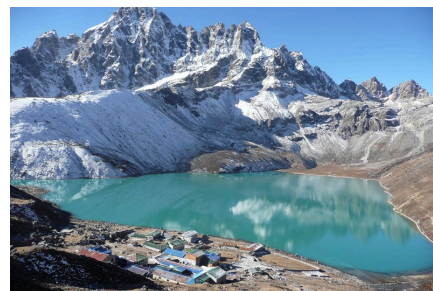
DAY 8: MACHERMO - GOKYO

Elevation: 4410m – 4750m

Trek Time: 5-6 Hours

Trek Distance: 8km

We now head for the lakes at Gokyo. We follow a very scenic path to Pangka and then descend slightly, following one of the rivers which flow down the west side of the Ngozumpa Glacier. We climb a steep rocky incline into the valley by the side of the glacier, passing the first of the holy lakes. We soon arrive at the second of the lakes, crossing the path which heads across the glacier to Cho La - our route to Lobuche and Everest later in the trek. The third lake is known as Dudh Pokhari and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is breath-taking with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters.



INFO

Gokyo; Gokyo is a small village in Solukhumbu District in the Himalayas of Nepal, at the foot of Gokyo Ri and on the eastern shore of Gokyo Cho (Dudh Pokhari). The village, barely a hamlet consisting of several huts, is located at an elevation of 4,750 metres (15,580 ft),^[1] making it one of the highest settlements in Nepal and in the world. Ngozumba Glacier. With a length of around 40km is the largest glacier in Nepal. Like all large Himalayan glaciers it is covered in debris and rock and you can only see the ice in parts.

Gokyo Lakes are oligotrophic lakes in Nepal's Sagarmatha National Park, located at an altitude of 4,700–5,000 m (15,400–16,400 ft) above sea level. The Gokyo lake system of 19 lakes is spread over an area of 196.2 ha (485 acres) lying between 4,600 and 5,100 m (15,100 and 16,700 ft).

The Gokyo Lakes are considered sacred by both Hindus and Buddhists. About 500 Hindus take a holy bath in the lakes during the Janai Purnima festival, which usually occurs in the month of August. On an average 7,000 tourists annually visit the Gokyo Lakes.^[4] The site is worshipped as the residing place of 'Nag Devata' (Snake God); a temple of the Hindu deities Lords Vishnu and Shiva is situated at the western corner of the lake.

Thursday 12th October - DAY 9

DAY 9: ASCENT OF GOKYO RI & TREK TO TRAGNAG

Elevation: 4750m – 5483m – 4690m

Trek Time: 2-3 Hours summit Gokyo Ri

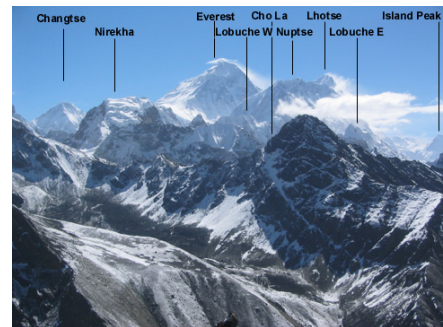
Trek Time: 3-4 Hours to Tragnag

Trek Distance: 8km

Gokyo Ri looms above the village on the northern edge of the lake and we leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into sight and the view from the summit of Gokyo Ri itself is one of the finest to be had in the Everest region - some say it is even better than that from Kala Pattar. After lunch we leave Gokyo to cross the Ngozumpa Glacier. We descend to the second lake and drop down onto the glacier. The route across the glacier is marked by cairns and is generally quite well defined. We climb off the glacier and follow a shallow valley to Tragnag.

INFO

Tragnag;



Friday 13th October - DAY 10

DAY 10: TRAGNAG - DZONGLA via Cho La Pass

Elevation: 4690m – 5340m – 4830m

Trek Time: 7-8 Hours

Trek Distance: 10km

An early start today to cross Cho La Pass and make the long descent to Dzongla. Continuing up the valley, we cross a ridge and an old lateral moraine, before beginning the rocky scramble to the pass. From the pass there are excellent views, across to the Rolwaling Valley in the west and Ama Dablam to the south east. The descent from the pass involves crossing a small glacier (often snow covered) which is fairly straightforward. There are more excellent views of Ama Dablam and Cholatse as we descend.

INFO

Dzongla;



Saturday 14th October - DAY 11

DAY 11: DZONGLA - LOBUICHE

Elevation: 4830m – 4928m

Trek Time: 3-4 Hours

Trek Distance: 8km

The way to Lobuche contours the grassy slopes above a lake, the Tshola Tsho, to join up with the main Everest trail from Pheriche and Tengboche. The trail flattens out and follows the valley on the west side of the Khumbu Glacier to Lobuche.

INFO

Lobuche; Lobuche (or Lobuje) is a small settlement near Mount Everest in the Khumbu region of Nepal. It is one of the last overnight stops with lodging on the "trail to base camp"—a hike that climbers make on their way to Everest Base Camp (South) when attempting an ascent of Everest via the standard southeast route. It is also a popular stop among trekkers in the area. From there they can complete the trail on to EBC or stop at Gorak Shep, the last stop with lodging on the trail, and climb the modest nearby peak, Kala Patthar (5,545 m, 18,192 ft), for a rare view of the Everest summit. It lies near the foot of the Khumbu Glacier, approximately 8.5 km SW of Everest Base Camp.^{[2][3][4]} It shares its name with several peaks in the area: Lobuche Far East, Lobuche East and Lobuche West (a separate mountain further west).



Sunday 15th October - DAY 12

DAY 12: LOBUICHE – EVEREST BASE CAMP – GORAK SHEP

Elevation: 4928m – 5364m – 5164m

Trek Time: 6-7 Hours

Trek Distance: 13km

To reach our next stop, Everest Base Camp, we follow the Khumbu Glacier. The trail offers superb views of the surrounding mountains, especially where the path is forced to rise to cross a tributary glacier. We stop for lunch at Gorak Shep before finally making our way to Base Camp itself (5364m). This takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col.

INFO

Everest Base Camp; Everest Base Camp is either of two base camps on opposite sides of Mount Everest South Base Camp is in Nepal. These camps are rudimentary campsites that are used by climbers during their ascent and descent. The structure of Everest is such that its actual summit is not visible from Base Camp.

A few minutes from Gorak Shep towards Everest Base Camp there are memorial chortens for Bruce Herrod, Rob Hall, Doug Hansen, Andy Harris, and Yasuko Namba from the 1996 disaster.

Gorak Shep: Gorak Shep or Gorakshep is a frozen lakebed covered with sand. It is the final stop on most common treks to Everest Base Camp following what the Dalai Lama dubbed "the steps to heaven." Gorak Shep means "dead ravens," because of the lack of any kind of vegetation.



Monday 16th October - DAY 13

DAY 13: ASCENT OF KALA PATTAR & TREK TO DINGBOCHE

Elevation: 5164m – 5554m – 4410m

Trek Time: 2-3 Hours Kala Pattar

Trek Time: 5-6 Hours to Dingboche

Trek Distance: 15km

A very early start is required to reach the top of Kala Pattar (5554m) for one of the best viewpoints in the Himalaya. From here you can see the face of Everest and deep into the Khumbu icefield. After lunch we then descend to Dingboche for the night.

INFO

Kala Pattar; Kala Patthar, meaning 'black rock' in Nepali and Hindi, is a notable landmark located on the south ridge of Pumori in the Nepalese Himalayas. Although not a proper mountain with a prominence of only (10 m or 33 ft),^[1] the ascent of Kala Patthar is very popular with trekkers in the region of Mount Everest, since it provides the most accessible point to view Mt. Everest from base camp to peak (due to the structure of Everest, the peak cannot be seen from the base camp). The views of Everest, Nuptse Nup II and Changtse are spectacular from Kala Patthar and there are glimpses of the northern flank and summit of Lhotse. Summiting Kala Patthar provides both the best views of Everest and the highest altitude that most will reach without a climbing permit.

Dingboche; Dingboche is a Sherpa village in the Khumbu region of north eastern Nepal in the Chukhung Valley. Its population was estimated at approximately 200 in 2011. One of the characteristics of Dingboche is the kilometers of stone walls, built using the stones of different sizes that cover the entire Valley of Imja. These stones are removed in order to plow the soil and end up being piled one over the other creating kilometers of walls. On the way to Dingboche, at Dughla, there is a memorial to Scott Fischer who died in the 1996 Everest storm on May 10th..



Tuesday 17th October - DAY 14

DAY 14: DINGBOCHE - NAMCHE

Elevation: 4410m – 3450m

Trek Time: 8-10 Hours

Trek Distance: 19km

From Dingboche we drop down again to follow the river and climb up through birch and rhododendron forest back to **Tengboche**. From Tengboche we descend over the Dudh Koshi before making our way back to Namche.

INFO

Tengboche; Tengboche (or Thyangboche) is a village in Khumjung in the Khumbu region of northeastern Nepal. In the village is an important Buddhist monastery, Tengboche Monastery, which is the largest gumpa in the Khumbu region. The structure was built in 1923 but subsequently rebuilt due to earthquakes and a fire. Tengboche has a panoramic view of the Himalayan mountains, including the well-known peaks of Tawache, Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku.



Wednesday 18th October - DAY 15

DAY 15: NAMCHE - LUKLA

Elevation: 3450m – 2800m

Trek Time: 6-8 Hours

Trek Distance: 16km

Our final day's trekking follows the Dudh Koshi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where you can sample some chang, try Sherpa dancing and look back on a memorable trekking experience.



Thursday 19th October - DAY 16

DAY 16: FLY TO KATHMANDU

After an early breakfast, we will head to the airstrip for our return journey to Kathmandu. Later, you have free time to explore. You stay overnight in a hotel in Kathmandu.



Friday 20th October - DAY 17

DAY 17: END OF TREK

1st day in Kathmandu



Saturday 21st October - DAY 18

2nd day in Kathmandu



Sunday 22nd October - DAY 19

3rd day in Kathmandu



Monday 23rd October - DAY 20

4th day in Kathmandu



Tuesday 24th October - DAY 21

Return to London

Flight Details:

Airline: Qatar Airways (Airbus A320)

Route: KTM - DOH

Flight Number: QR653

Departure Time: 11:45

Arrival Time: 14:35

Flight Time: 5hr 35m

Seat Allocation: 11F, 11E

Other Info:

Connection Time - 1hr 55m

Flight Details:

Airline: Qatar Airways (Boeing 787-8 Dreamliner)

Route: DOH - LHR

Flight Number: QR005

Departure Time: 16:30

Arrival Time: 22:00

Flight Time: 8hr 30m

Seat Allocation: 25J, 25K

Other Info: