Everest Circuit Trek- 21 Days (all-inclusive)

3 Star Hotel Package

2200USD per person

*Including healthy meals

5 Star Hotel Package

2470USD per person

*Including healthy meals

Trip Style: Culture + Trekking

Trip Difficulty: Demanding

Hike the trails of this venture like the local folks who live most of their lives on these huge mountains, and we get to enjoy the hidden splendors of the Himalayas at a tempo that leaves us breathless for each curve of the trail that we turn; there's so much of beauty and culture in the Everest region to savor. Arguably said, this trip can well be considered to be one of Nepal's most legendary adventures in the outback of Nepal's vast wilderness. **'Everest Circuit Trek''** should be your **'must do''** option on your list when planning for an extraordinary holiday of exceptional purpose. It's a decision you'd never ever regret…

Our trek begins with a virtual mountain sky tour that's a thrill from the moment you board your twin otter plane to the Lukla airport built through a trust by the legendary Sir Edmund Hillary – the first climber to conquer Mt. Everest. Our hike takes us across awesome landscapes, with daunting and celebrated peaks, narrow ridges and bustling villages with a whole lot of friendly inhabitants who give you warm smiles that warm your heart in these cold regions as you battle with the elevations. We follow an olden path through tiny scattered villages across sprawling valleys where the views are heart beaters; we begin by the banks of the Dudh Kosi River into the Khumbu capital of Namche – a virtual gateway into the Everest region. From hereabouts, we head through some pretty villages that include Tengboche, Khumjung, and Lobuche etc. before we make a beeline for EBC as we get our first glimpse of the Khumbu glacier ice falls, and the sheer size stops the heart beats for a moment as we gaze at it in amazement; it is from these dangerous icefalls that expeditions head down to the mighty Everest.

We then head up even further to Gorakshep which is our launch pad for the famous Kalapathar where the views of some of the highest peaks in the world stay in our thoughts for a lifetime. We then cover the circuit by heading east up through the Cho La pass after which we head north to the glistening glacier lakes area of Gokyo that connects us into our crossover of the Renjo La pass, finally completing our wonderful objectives before we descend down through lively villages to soak up the lovely colors, sights and the life beats of typical Sherpa village culture, making this an ideal conclusion to '**Trekking the Everest Circuit''**… the Himalayas of Nepal have changed many a life for those who walked its paths…it may possibly change the course of yours - for a better tomorrow.

DURATION: 21 days

ITINERARY

Day 01:: Arrival in Kathmandu and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuwan International Airport, Mountain Sherpa Trekking and Expeditions office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples,

probably the most in the world. Breakfast

Day 02:: Full Day sightseeing of Kathmandu City- Overnight Stay at Hotel

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos). We next drive down to Swayambhunath {popularly known as Monkey Temple} "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We return back to our hotel, refresh, and maybe do some shopping, have an early supper and retire to bed, most probably. Breakfast

day 03:: Kathmandu 1360m to Lukla by air.this takes about 30 mins…trek to Phakding – 3-4 hrs

After being well rested after a solid night's sleep, we wake up fresh the next morning, have an early breakfast, and get into our vehicle for a drive to the domestic terminal of Kathmandu airport for an early morning flight to Hillary's Lukla (2,800m/9,186ft), a gateway destination from where our trip commences. After an adventurous scenic 40 minute flight above the stunning green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. Arguably, this is one of the most beautiful sky routes in the world which concludes in a remarkable landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, we meet the other crew members and after some sorting and packing and arrangements, we start our trek through the pretty wealthy village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if you are interested in additional activities we can take a side trip to a nearby monastery. This is our first Overnight in Phakding. All meals included: Breakfast, Lunch, Dinner (B, L, and D)

Day 04:: Trek to Namche Bazaar (3440M) - Approx- 6 hrs

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch superb scenes of the glistening Mt. Thamserku (6618m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. At this juncture, we stop at Chautara to admire the views. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and the main trading centre of this region. Overnight in Namche [Las Vegas of the Khumbu] – B. L. D

Day 05:: Trek to Khumjung, Rest/Acclimatization and Back to Namche Bazaar - 3 hrs

We revert back down the same path to the Bhote Kosi Valley towards Namche and steer away to follow a tranquil trail to Khumjung. This is a pretty lively village which also has its own gompa at the top end of this really village town. From our camping spot we have admirable views of Thamserku, Kantega and Ama Dablam. This is also an ideal way to acclimatize so our bodies get adjusted with the thin air as we clamber up the higher elevations later on in the course of our trek. We then head back to Namche to crash out for the night. B. L. D

Day 06:: Trek to Tengboche (3860M) - Approx 4 hrs

After enjoying our breakfast in Namche, we hit the trail towards Tengboche enjoying superb views of Mt. Everest,

Nuptse, Lhotse, Ama Dablam and close up views of Thamserku. Our trek follows on the gradual trail with some ups and downs overlooking magnificent views of the great Himalaya. Along the way we can spot wild fauna like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and the biggest Buddhist Monastery in Khumbu region is found herer. Overnight stay at lodge in Tengboche – B. L. D

Day 07:: Trek to Dingboche (4350M) - Approx 4 hrs

From Tengboche, the trail climbs and contours around the west side of the Imja Khola valley, providing outstanding views of Ama Dablam, the Nuptse-Lhotse wall and Everest. We enter Pangboche on the high trail and after lunch visit the monastery which has relics said to be the skull and hand of a yeti. From Pangboche we walk through alpine meadows and pass beneath the towering Ama Dablam to Dingboche. An exciting village to spend the night - B. L. D

Day 08:: Acclimatization day at Dingboche

This is an ideal day to rest ourselves without being idle, of course. Dingboche is a nice village to hang around and interact with the local folks. We learn some interesting facts about the culture down here and the superstitious beliefs of the older folks. The views of Amadablam are simply superb from this little village. Overnight at our lodge – B. L. D

Day 09:: Trek to Lobuche (4930m)-4 hrs

After crossing by some of the teahouses of Duglha, we plod higher onto the pretty risky moraine of the Khumbu glacier, passing a chain of stone monuments built in memory of Sherpas who have died on mountaineering expeditions to Mt Everest. From hereabouts, the trail lowers and goes by the west side of the valley to Lobuche. The sunset on Nuptse from this point is an amazing sight to behold. Overnight at Lobuche – B. L. D

Day 10:: Trek to Everest base camp (5400m) and back to Gorakshep (5170m) - 7/8 hrs

A real early start is required to reach the Everest Base Camp. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. Only upon reaching the Everest Base Camp do we really appreciate the Everest climbers who brave the risky route through the Khumbu icefall. Mountaineer's tents stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. On the return leg, we can take a higher route to get a grand view of the Khumbu icefall and the route to the South Col. We return to Gorakshep for a restful night. B. L. D

day 11:: Trek to Kalapatar, 5545m & trek to Dzongla - 7/8 hrs

Today is the pinnacle point of our trip. We start early in the morning after some cuppers to catch the dramatic views from Kalapattar witnessing the first light of day shining on Mt. Everest. However, we need to get prepared for an early morning, dark and cold temperature of approx (-10 to -14 C) departure beforehand. Further, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. During the ascent to Kalapattar we can pause to catch our breath at several terrific view points to snap pictures. After several hours of ascent, we will peak out at Kala Patthar. From this juncture, we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the

Kalapattar where our eyes focus taking in the mind-boggling Himalayan Panorama, wandering from one mighty massif to another. We click as many pictures as we can and take in views with our mind's eye to last for a lifetime. From here we take the path to Dzongla; after crossing a stream we come through a fork and later curving round to the wide gravelly river bed of the stream. As it flows southwestward, the trail runs across it and climbs the ridge ahead. From the grassy ridge ahead, as the trail runs across to southeast from where we can see soaring heights of Ama Dablam and Kangtega-Thamserku while Taboche looms highly ahead. Pheriche village is visible down in the distance. We will also have visibility of a hillock in Chukpi Lhara and its memorials and the lodges of Dugla. As the ridge veers northward, the vast Chola Lake spreads below Mt. Cholatse. The lake stays with us over a long stretch until we descend to a wide basin. The trail climbs up a spur and descends steeply to another broad basin. After an hour walk transverse from the basin and shortly after crossing a wobbly bridge, we reach Dzongla. We spend the night in one of the local lodges at Dzongla (only very basic lodges are available hereabouts). B. L. D

Day 12:: Trek over Chola Pass (5420m) trek to Dragnak {4680m] - 6/7 hrs

We get up early in the morning to get out of our lodge to be greeted by the mesmerizing sight of Cholatse looming over. Today is going to be one of the gritty days of our trip. The walk begins as we transverse through a spur extending westward from Dzongla. The path descends to a basin across which meanders a murmuring stream crusted with ice at places. In about an hour, we reach the top of the basin readying for the triumph on ChoLa. As we gain height, the view back gets increasingly more captivating; the Chola Lake begins to appear and the Ama Dablam in its pyramidal manifestation presides over a range of mountains on the south as Cholatse soars on the west. Climbing the incline is not easy; it is steep, but made worse by boulders over some of which we will have to scramble. We need to be alert as rocks can be glazed by ice. The final climb to the ChoLa can be a little tricky as the trail curves round the bergschrund. Upon reaching the top, we see prayer flags, strung across cairns, flapping in the strong wind. Scenery of imposing peaks in all directions is breathtaking. Although long, the path leading down to Dragnak can be easily made out from the pass because it is just decent but can be hazardous if rocks are glazed by ice, a bit of cautiousness is needed. We reach Dragnak, a rather more considerable hamlet with a small village. Stepping out of the settlement, we are greeted by fabulous mountain views. The trail brings us to the Ngozumpa glacier edge after short walk, which is longest glacier in Nepal. Reaching the other side of the glacier, we get views of the second of the Gokyo lakes on the series of six lakes. A short distance away is the third Gokyo Lake. On the edge of this lake stands the village of Gokyo but before this, we finally give rest to our weary bodies in Dragnak for the night. B. L. D

Day 13:: Trek to Gokyo Gokyo (4,800m/ 15,744ft) -3/4 hrs

After enjoying blissful night of rest, we leave Dragnak and head for the lakes at Gokyo. We follow a very scenic path to Pangka and then descend slightly, following one of the melting 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 lake, crossing the path which heads across the glacier to Cho La - our route to Thame and Namche, later in the trek. The third lake is known as Dudh Pokhari (Milk Lake) and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is splendid with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters. Overnight by the side of the Gokyo lakes - B. L. D

Day 14:: Trek to Gokyo Peak and Back to Gokyo - 4 hrs

Heady Gokyo Ri looms above the village on the northern edge of the lake. 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 view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. After lunch it is a short walk back to Gokyo for our overnight. B. L. D

Day 15:: Trek over Renjo La Pass (5338m) & trek to Lungde, 7/8hrs

It’s important that we make a break at dawn today as we have to trace our trail up to Lungde after conquering of

Renjo La. As there is no alternative to Lungde for overnight today, we need to start early. Down from the Gokyo Valley, we leave the main trail and turn to Renjo La trail by Dudh Pokhari. After about 3 hours, we make up on the Renjo La where a dazzling vista awaits. The Everest itself, Lhotse, Cholatse and Taboche can be seen spotless in the sun. Views from Renjo La are much like that from Gokyo Ri with third Gokyo Lake and Gokyo Village beneath the gray coat of Ngozumpa Glacier. Continuing on from the pass, the trail winds down a stone staircase and then scrambles over loose scree to reach the south bank of a small lake called the Angladumba Tsho. The presence of ice on the trail while descending down can make our descent a bit risky. So we need to be careful. Along the way we see Relama Tsho and Renjo Lake. However, we walk down through narrow valley clogged with giant boulders to Lungde where there is a support Lodge but it can be closed often. If this turns out to be the case, we walk further for another hour from Lungde to get to Marlung on the east bank of the Bhote Kosi. Overnight at Lungde or Marlung - B. L. D

day 16:: Trek to Thame - 5 hrs

From Lungde, the route turns west and the trail is almost level as we head up the Bhote Kosi Valley, once a popular trading route into Tibet. Along the way we pass many prayer flags and mani stones, all pinpointing to the Tibetan Buddhist culture of this area. After descending to the Bhote Kosi the trail climbs steeply to Thame. From here there are good views of the peaks of Teng Kangpoche and Kwangde. To the north is the Nangpa La, the pass leading to Tibet. Thame Gompa is situated above the village overlooking the valley and is the site for the famous spring celebrations of the Mani Rimdu festival. We crash out in Thame for the night. B. L. D

Day 17:: Trek to Namche, 5 hrs

We stick to the banks of the river and, after crossing it, climb back up through birch and rhododendron forest to the famed monastery at Thyangboche. The views from here are glorious and Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants become a feast for our eyes and video cams. From Thyangboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to Namche for a hot bath, beer chills and well earned rest. B. L. D

Day 18:: Trek to Lukla - 5 hrs

Today, we begin to get warmed up by the light cool breeze. Although we are traveling the same route down, we enjoy completely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We take time and walk at our own pace today as this is the last day of our trek. We experience the Sherpa villages' impressive faith in Buddhism and culture of prayer stones and prayer flags while we walk through the villages. Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with truly happy faces! Upon arrival in Lukla, we stroll around while our leader will re-confirm our flight ticket. In the evening, we enjoy last dinner with our crew and make it a party night which calls for a celebration. Overnight at our Lodge - B. L. D

Day 19:: Fly to Kathmandu & Transfer to hotel, relax after Long Trip

Today, after a hale and hearty b/fast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us in Kathmandu. We can rest and relax throughout the day at our hotel. If interested, we could buy some gifts to take home from Nepal for loved ones and friends and relatives; we can visit some nearby shops or venture out in Thamel for typical Nepalese goods. This short excursion either can be assisted by Mountain Sherpa’s guides or we can do it ourselves too. If we want to explore any other areas in Kathmandu, we have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for successfully completing our original EVEREST Base Camp trek hosted by Mountain Sherpa Treks and Expeditions! Overnight in Kathmandu, the valley of the gods, they say (B, D)

day 20:: Reserve day (In-case of flight cancellation due to Bad Weather)

This is more or less a contingency day we keep in hand in the event of a delay in flights from Lukla to Kathmandu, which sometimes happens; so, if this doesn't happen which is good and fortunate, and then it's just great. It's your free day to do whatever you wish, at your cool pace that suits your convenience. You could simply use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It's your day anyways. Breakfast

Day 21:: Drive to the Airport to head back to that lovely place we call 'home''

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Treks will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Khumbu [Everest region] will give you lifetime memories of a vacation well enjoyed. Ciao friends! Till we meet again. Breakfast Please Note: that although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.