



Khongma Tse Peak Climbing - Itinerary

1. Arrival at Tribhuvan International Airport, Kathmandu.

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, the capital of Nepal! Our airport representatives welcomes you and transfers you to designated Hotel and give short brief and further details of the trip program. You can also meet the climbing guides and other staffs. Overnight stay in hotel.

2. Free Day In Kathmandu For Preparation Of The Trip.

We explore Kathmandu with sightseeing; sightseeing includes tour around Swayambhunath (monkey temple), Baudddhanath (Buddhastupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. While you are busy sightseeing, we prepare and double check every gears needed for the upcoming climb.

3. Fly From Kathmandu To Lukla (2886m.) & trek to Phakding (3640m) - About 35 Minutes.

We take dramatic flight to Lukla, one of the best parts of the trip. Lukla is famous as the village of Sherpa's. Upon arrival, we arrange loads and commence our journey further ahead. Journey passes through Dudh Koshi ("Milk River"), and finally after hours of trek we reach to Phakding. Here, you can take rest to acclimatize or visit local monastery nearby. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

4. Trek From Phakding To Namche Bazaar (3440m) – 5 hrs

From Phakding, we trek to Namche Bazaar. The trail is uphill with downhill combined of crossing rivers and bridges. This way, our trekking permits are checked and pass some famous suspension bridge as well. Namche Bazaar is the main administrative and trading centre for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper and rhododendron as well as first view of Everest, it helps you to control the anticipation of the thrilling journey. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Acclimatization at Namche Bazaar

The acclimatization is best done with the hike that is by hiking up to the valley of Bhote Koshi River ("River from Tibet") because according to the experts of mountains, they say that staying idle for the acclimatization is not good for the body. Therefore, we remain active throughout the day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Trek from Namche Bazaar to Tengboche (3867m.) about 5 hrs

The trek from Namche to Tengboche is unbelievably stunning, Far below is the Dudh Koshi and Thamserku, Kantenga, Ama Dablam, Lhotse and Everest rises in front. Woods, Rhododendron Forest, Mani Walls, Chorten (Stupas), and suspension bridges across the rivers make this a lovely walk. Meals included:

Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Trek From Tyangboche To Dingboche (4260m.) 5-6 hrs

From Dingboche we can enjoy the scenic views of Ama Dablam. Dingboche is the only place in the region where barley is produced. Tame pheasants are regularly seen in this area. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Acclimatization at Dingboche (4260 M.)

Enjoy some time away from the trek to adjust to the higher altitude. Take it easy, enjoy the scenery, drink plenty of fluids, and prepare for the next day's hiking. We try to stay as active as possible to make sure, we are acclimatized properly. According to experts of Mountains, idleness while acclimatizing is not good for health. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Trek From Dingboche To Lobuche (4930m.) 5-6 hrs

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. At the moraine, there are stone monuments to six sherpas who died in avalanche, as well as monuments to other climbers. From here, it is a steep, tough climb towards the village of Gorak Shep. Continue on towards Lobuche, where the view is straight towards Nuptse and the sunset is truly magnificent. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Trek from Lobuche To Everest Base Camp (5486m.) Via Gorakshep (5180m.) And Again Back To Gorakshep Takes - About 7 hrs

The higher altitude makes this day's trekking quite challenging. The Changri Glacier looms ahead as the trek heads for Gorakshep, a small, usually frozen, lake, by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Trek from Gorakshep to Kala Patthar (5545m.) & trek to Lobuche - 5 hrs

Try to see a different view of Everest today, with a trek up to Kala Pattar. Known to have the best views of Everest, this is a challenging trek, but worth it on a clear day. Begin the descent from Kala Pattar, heading for Pheriche. This is not the most challenging of hikes, but the altitude can make the many uphill sections below Gorakshep seem tough. Stop to look around; the views are quite spectacular. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Trek From Chhukung To Tyangboche (3867 M.) – 4 hrs

We trek to Tyangboche for return journey. It takes around 4 hours to reach and you can see a famous monastery along with the splendid views of Ama Dablam, Lush green hills and river views once we reach Tyangboche. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Trek From Tyangboche To Namche Bazaar (3440 M) 4 – 5 hrs

This is the day to return back Namche Bazaar and the path leads downhill to Phungitenga and we continue flat trail until Namche. Here you can explore The Everest National Park Museum which houses many

mountaineering and Himalayan artifacts. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Trek From Namche Bazaar To Phakding (2640m.) 5 hrs

Today's trekking is a bit difficult and downhill. We cross several bridges from Khumbu region – Namche Bazaar and enter Sagarmatha National Park then reach Phakding. You get to see striking views of Everest, Ama Dablam and Kongde Ri. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Trek From Phakding To Lukla (2886m) 3 hrs

Following the route through Dudh Koshi River, we trek down to Lukla. This is a short hike taking 3 hours and also our last day of trekking. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Flight from Lukla to Kathmandu Takes - 35 Minutes.

We take scenic flight back to Kathmandu. And maybe you can do shopping or buy souvenirs for your friends and family. Or better you can relax, have some massage and dine the best meals of the city in some of the best restaurants. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

17. Departure

After winding up a successful trip, our representative drops you off to the airport for your further journey. You are dropped to the airport around 3 hours before the departure so that there may not be any delays. Have a safe journey!

INCLUSIONS

- Arrival & Departure transfers on both domestic and international flights.
- Accommodation at 3 star hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Half day guided city tour as listed in itinerary
- Peak Climbing Permit Royalty and other government tax
- Group Climbing gear including climbing rope, ice axe, roomer, harness, figure of eight, carabineer etc.
- All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.
- Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip
- Well-experienced Climbing guide with all his allowance and expenses
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gifts as perks
- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

EXCLUSIONS

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
- International Airfare
- Lunch and Dinner except mentioned itinerary
- All Drinks and main meals in cities.
- Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

URL: <https://sunriseadventuretrek.com>