

# Trekking in the Everest Region



## Highlights

So you can leave Everest to the Edmund Hillary's of this world, but exploring the region around it isn't out of bounds to mere mortals. On this 14-day trip you'll discover the little-visited Renjo-La Pass which serves up striking views of Everest, stay with local Sherpa people in their homes, and taste delicious Nepalese food.

Home to the Himalayas, hillsides dotted with Buddhist prayer flags, and a vast range of tie-dyed hippy clobber. If there was an award for most chilled out place in the world, Nepal would surely be in with a chance of scooping it. Its people are friendly and open, and with 40 different races all sharing the same land, it's got an exotic mix of cultures. You'll find miles and miles of gnarled jungles where tigers roam, and birds like painted snipes and pale-chinned flycatchers flutter their wings. There's only one thing left to say, 'namaste' – or 'welcome'.

Nepal is fast becoming a tourist hotspot, but there are still plenty of hidden gems where tourist buses fail to reach - and that's where this tour comes in. On this 14-day tour trekking in the Everest region, you'll journey to the heart of the Himalayas with a stay in Nepal's capital, Kathmandu. Packed with temples – most dating back to the 17th century, bustling streets and bazaars, this city kicks things off like a baptism of fire. Then it's off into the sticks - trek along the Renjo-La Pass for glorious views of Everest, stay with Sherpa people in their homes in the villages of Thamo and Phortse, and climb to the summit of Gokyo Ri.

## Is it for me?

There's no denying this trip is more than special. You'll be staying with local people in their homes, in village lodges and in hotels, too – so there's a nice mix to keep things interesting. It could make an amazing holiday for a couple keen on finding out about new cultures and seeing how other people live. But you'll have to be relatively fit – as you'll be trekking at some pretty high altitudes. Also, it's probably best if you're more of an early riser than a night owl as there are a couple of early mornings on this tour.

## Accommodation

Accommodation is a mix of hotels, home-stays and village lodges. Obviously, that means there'll be a degree of difference between the three. But even though there'll be no 5-star luxury in the home-stays, they've definitely got to be the best places to stay. After all, it's not often you get to experience a truly different way of life. In terms of food, aside from breakfast, in Kathmandu you'll have to fend for yourself – but it's a city, so you needn't worry about finding somewhere to satisfy your taste buds. After that, you'll be catered for completely – with a mix of Nepalese and Western-style à la carte menus, so there should be something to suit everyone.

## Itinerary

**Day 1: Kathmandu**  
Arrive in Kathmandu and transfer to hotel.

**Day 2: Kathmandu**  
After breakfast, enjoy a heritage sightseeing tour of Kathmandu valley. Stay overnight at hotel.

**Day 3: Kathmandu – Lukla – Monjo**

Prices from

**780** GBP (14 days) per person

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Early morning flight to Lukla where you'll start your trek. After breakfast, trek two – three hours to reach the village of Monjo. Overnight in Monjo.

#### Day 4: Monjo – Thamo

After breakfast, trek to Thamo via Namche Bazaar. The trek will be around five hours with a stopover in Namche Bazaar.

#### Day 5: Thamo – Thame

Today is an acclimatization day so you get used to the altitude. There's no serious trekking - instead you'll walk to a slightly lower altitude of Thame, the birthplace of Tenzing Norgay, the first man on Everest. Enjoy a bit of sightseeing around the monastery, and spend time relaxing.

#### Day 6: Thame – Lungden (4300m)

Today you'll start your serious high altitude trekking. Walk for about four hours through a stunning landscape on an old trade route to Tibet to the village of Lungden. This village has only one lodge - the Renjo-La Support Lodge.

#### Day 7: The High Pass: Lungden – Renjo-La (5390m) – Gokyo (4400m)

The big day starts early and it's a long day, as you have to walk about five hours to reach the pass, going slow because of the high altitude. After a brief stopover to enjoy the stunning beauty of the Everest Range and take photographs, you'll start on a difficult downhill journey. You'll walk for about three hours to reach the village of Gokyo walk along the stunning and beautiful Dudh Kunda (Milk Lake).

#### Day 8: Gokyo Ri (5483m)

Unlike the Kalapatthar hill from Lobuche, the foot of Gokyo Ri lies five minutes away from the stream the feeds the Gokyo Lake. After two to three hours of walking, you'll reach the summit. From here, you'll see Everest (8848m), Makalu (8475m) further to the east, and Cho Oyu (8153m) towards the north. Head back to Gokyo Ri after spending a wonderful break at the summit.

#### Day 9: Gokyo – Phortse

It takes four to five hours of walking to reach the very beautiful village of Phortse, for your second home-stay in Sherpa houses. This place has over 23 Everest summiteers, and you'll meet a lot of them right here in the village. The village is famous for its tolerance and conservation of wildlife, so you might get lucky and see deer and pheasants.

#### Day 10: Phortse – Namche Bazaar

Start your return from the Everest Region and trek about three hours to reach Namche Bazaar through Khumjung, a lovely village with excellent bakeries and restaurants.

#### Day 11: Namche - Phakding

#### Day 12: Phakding - Lukla

#### Day 13: Lukla-Kathmandu

Early morning, fly from Lukla to Kathmandu on a twin Otter. Upon arrival, you'll be transferred to your hotel. Enjoy a free day to relax and do as you wish.

#### Day 14: Farewell

Make use of any spare time before being transferred to the airport to catch your flight home.

## Details

### Getting there

Tribhuvan International Airport is based six kilometres from Kathmandu city centre. Airlines from the Middle East and Asia have regular arrivals and departures here.

### Price includes

Guides, porters, meals, accommodation, permit during trek, heritage tour of Kathmandu valley, all Airport transfers, accommodation with breakfast in Kathmandu.

### Price details

Price is per person in a group of six.

### Typical Duration

2 weeks

### Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

### Experience required

A reasonable level of fitness and interest is all that is needed