Overview:
The Himalayas have captivated the human imagination for centuries. Experience the epitome of mountain adventures by trekking through the largest mountain range on earth to Everest Base Camp at an altitude of 17,598 feet, where climbing expeditions prepare for their summit attempts on Mt. Everest. This is your chance to experience the majesty of these great peaks first-hand and trek to the foot of the highest mountain on the planet. Sleep in simple tea houses each night and hear about local Sherpa culture. Each step among the frozen giants of the Himalayas will keep you immersed in natural splendor, while enjoying the simple, rich joys of the culture and people of Nepal. The trek is designed to let you take in all of the Khumbu (Everest region) as you make your way from village to village. Paced appropriately for comfort and acclimatization, you will enjoy having tea with local villagers, experience the spiritual culture, and become acquainted with the plants and animals that inhabit various elevations within the mountain range.

Trip Summary:
Arrival/Departure airport(s): Kathmandu, Nepal (KTM)
This trip begins and ends in: Kathmandu, Nepal
Trip length: 18 days/17 nights
Spots available on trip: 22 (does not include two faculty/staff spaces)
Activity level: Strenuous
Price: from $5,695 per person/double occupancy

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Trip Itinerary - 18 Days/17 Nights

Day 1: October 8
Arrive to Kathmandu, Nepal (4,600’)
- Guests will purchase visa, advance through customs, and transfer to hotel
- Optional afternoon walking tour to Durbar Square, a part of the UNESCO World Heritage Site, Kathmandu Valley
- Welcome reception, dinner, and folk dancing show
- Overnight: Yak & Yeti Hotel
- Meals Included: D

Day 2: October 9
Kathmandu Cultural Tour (4,600’)
- Morning orientation and briefing
- Kathmandu Cultural Tour of parts of the UNESCO World Heritage Site, Kathmandu Valley, including:
  - Swayambhunath (“Monkey Temple”)
  - Bagmati River
- Return to hotel for gear check
- Overnight: Yak & Yeti Hotel
- Meals Included: B/L/D

Day 3: October 10
Lukla | Monjo
- Box breakfast at Yak and Yeti for early departure to domestic airport
- Helicopter transfer to Phakding
- Trek to Monjo — 9,301’
- Overnight: Monjo Teahouse
- Meals included: B/L/D

Day 4: October 11
Monjo to Namche Bazaar
- Trek from Monjo to Namche Bazaar — 11,500’
- Overnight: Hotel Namche
- Meals included: B/L/D

Day 5: October 12
Namche Bazaar - Acclimatization Day
- Namche Bazaar Day — 11,500’
- Day hike around Namche
- Overnight: Hotel Namche
- Meals included: B/L/D

Day 6: October 13
Namche Bazaar to Tengboche | Deboche
- Trek from Namche to Tengboche Monastery — 12,738’
- Trek to Deboche
- Overnight: Deboche Teahouse
- Meals included: B/L/D
Day 7: October 14
Deboche to Pangboche
• Trek from Deboche to Pangboche — 13,993’
• Overnight: Pangboche Teahouse
• Meals included: B/L/D

Day 8: October 15
Pangboche to Pheriche
• Trek from Pangboche to Pheriche — 13,993’
• Overnight: Pheriche Teahouse
• Meals included: B/L/D

Day 9: October 16
Pheriche - Acclimatization Day
• Acclimatization and recovery day — Pheriche
• Short acclimatization hike
• Himalayan Rescue Association's High-altitude Medical Lecture
• Overnight: Pheriche Teahouse
• Meals included: B/L/D

Day 10: October 17
Pheriche to Lobuche
• Trek from Pheriche to Lobuche — 16,203’
• Overnight: Lobuche Teahouse
• Meals included: B/L/D

Day 11: October 18
Kala Patthar | Gorak Shep
• Trek from Lobuche to Gorak Shep
• Gorak Shep to the summit of Kala Patthar (18,300’) (optional)
• Return to Gorak Shep
• Overnight: Gorak Shep Teahouse
• Meals included: B/L/D

Day 12: October 19
Everest Base Camp!
• Trek from Gorak Shep to Everest Base Camp! — 17,688’
• Photo opportunities
• Descend to Gorak Shep for lunch
• Descend to Lobuche for the night
• Overnight: Lobuche Teahouse
• Meals included: B/L/D
Day 13: October 20
Lobuche to Pangboche
• Trek from Lobuche to Pangboche
• Overnight: Pangboche Teahouse
• Meals included: B/L/D

Day 14: October 21
Pangboche to Namche
• Trek from Pangboche to Namche
• Overnight: Namche Teahouse
• Meals included: B/L/D

Day 15: October 22
Namche to Monjo
• Trek from Namche to Monjo
• Overnight: Monjo Teahouse
• Meals included: B/L/D

Day 16: October 23
Monjo to Lukla
• Trek from Namche to Monjo
• Overnight: Monjo Teahouse
• Meals included: B/L/D

Day 17: October 24
Lukla to Kathmandu
• Domestic charter flight from Lukla to Kathmandu
• Free afternoon for shopping and relaxation
• Celebration dinner!
• Overnight: Hyatt Regency
• Meals included: B/D

Day 18: October 25
International Departures
• Depart Kathmandu for international flights home
• Meals included: B