



Extension Trip (Option 2) – Nine Days Everest Base Camp Extension Trek

Day 08: Trek to Debuche (3860 m/ 12,664 ft)

From Syangboche, the trail contours on to the side of the valley, high above Dudh Kosi. You get the first fantastic views of the great peaks of Khumbu, including Mt Everest, Lhotse, Nuptse and Ama Dablam. Passing by some small settlements and tea shops, you descend steeply to a bridge over a river at Phunki Tenga. The village is an ideal stopover for lunch. Here you can rest before making the steep climb to Tengboche. Although the hike up the zigzag path is tiring, it presents you with many rewarding sights of rhododendron bushes with beautiful birds and superb mountain scenery. Tengboche is famous for its legendary monastery, the largest in Khumbu region. Here you can enjoy a spectacular panorama of Everest, Lhotse and Ama Dablam rising on the horizon. From Tengboche monastery, a 30 minute downhill walk brings you to a small town of Debuche. During the whole trek onwards you will be stationed in the best available lodges/tea houses for meals and accommodation.

Day 09: Trek to Dingboche (4410 m/ 14,469 ft)

You descend downhill through a forest, cross Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite to Ama Dablam (6856 m/ 22,493 ft), and has exceptional views of mountains, with the Gompa, Mani walls and scattered pine trees in the foreground. A further two hours' walk brings you to Dingboche, where you will stop for the night.

Day 10: Rest day at Dingboche

Today is the rest day for acclimatisation. You can explore the surrounding area and relish the stupendous views of the Himalayas. One of the best options is to hike up Nagarjun hill (5100 m), which begins with a gradual ascent but continues to be steep as you gain altitude. From the hill top, you can get the 360 degree view of Amadablam, Manaslu, Island Peak, Lhotse, Cholatse, Tawache and many neighbouring peaks.

Day 11: Trek to Lobuche (4930 m/ 16,175 ft)

You continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. You then take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top you will see many memorials of the climbers, who died while climbing Mt Everest and other peaks. The path then ascends gently along the glacier to Lobuche.

Day 12: Trek to Gorak Shep (5184 m/ 17,009 ft) and Everest Base Camp (5357 m/ 17,575 ft)

A very early start is required to reach Everest Base Camp. You continue along flat land for a while and then ascend a small from where rugged trail of glacier starts until you reach Gorak Shep. At Gorek Shep, you take lunch and continue towards Everest Base Camp. The trail weaves its way through ice pinnacles and past the bottomless crevasses of the Khumbu Glacier. On the return leg, you can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col. You conclude the return trek at Gorak Shep.

Day 13: Early morning climb Kala Patthar (5545 m/ 18,192 ft) & Trek back to Pheriche (4372 m/ 14,343 ft)

Kalapathar is one of the finest viewpoints in the Khumbu region. You have to start really early (around 5 o' clock) to reach the Kalapatthar (5545 m/ 18,192 ft). The trail is steep so you take slow and steady pace to reach the top. From the top, you can have the mesmerising view of Everest, Nuptse, Lhotse, Lingtren, Khumbutse, Changtse and the whole panorama. Now the return journey starts. You start back going downhill as you retrace your steps to Duglha and further descend to Pheriche. Himalayan Rescue Association, a trekker's health post, worths a visit in Pheriche.

Day 14: Trek to Namche (3450 m/ 11,319 ft)

Now onwards, the trail is mostly downhill (except the section after we pass Phunki Tenga in the midway). Throughout the trail, you can have the beautiful view of Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserkku. Slowly, as you start to lose altitude, you pass through birch and rhododendron forest. From Tengboche you descend till Phunki Tenga and start uphill walk for about 45 minutes. While approaching Namche, you have a straight easy walk.

Day 15: Trek to Lukla (2845 m/ 9,334 ft)

Today is the final day of the trek. You continue along the Dudh Koshi once again to finally reach Lukla, where you stay overnight and have farewell celebration with the team members.

Day 16: Fly back to Kathmandu (1400 m/ 4593 ft), Rest Day at Kathmandu

You fly back to Kathmandu in the morning y plane. Rest of the day, you are free to do the activities of your choice; relaxing, strolling down the street, shopping or final packing up.

Day 17: Nov 21 Depart Kathmandu

You will be escorted to airport by our representative. Have a safe flight back home.