

# PIONEER EXPEDITIONS

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**Do something extraordinary** ○○○○○○○○

## Everest Itineraries • Nepal

We offer 2 challenging treks and 3 challenging expeditions to Everest Base Camp. All include the must do climb to Kala Pattha with its legendary views of Everest itself. These expeditions are a challenge to all as altitude can play a part in ones enjoyment of the region. For those who want to see Everest, it's summit and the Khumbu Glacier as well as understand the Sherpa way of life, then our Everest Base Camp expeditions are for you.

### Overview

There are just too many superlatives to describe the Everest region of Nepal. Magnificent, awesome, awe inspiring are amongst a few.

The Everest region has the highest mountains in the world and it is for this reason that visitors come here. However there are far fewer visitors than one would imagine as the Annapurnas take the lion share of trekkers, so the Everest region remains remote and largely unspoilt.

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## Everest Getaway (10 Days) - £895 (ex Kathmandu)

This 7-day Everest trek features the culture of the Sherpas along with great views of Mt. Everest and many other Himalayan peaks. Accompanied by a Sherpa guide you will stay for two nights and acclimatize to the altitude at Namche Bazaar which is the hub of all trekking and climbing in the Everest region. You have the option to take a day hike to the beautiful twin-villages of Kunde and Kumjung. Later trek to the holiest Sherpa Buddhist monastery at Thyangboche situated below the flanks of Mt. Everest. Look for the rare musk deer and the national bird of Nepal - the colourful danphe pheasant. Above all, enjoy the most spectacular mountain scenery on the face of this Earth. Along the way you will overnight at comfortable lodges run by the charming Sherpas who have won many admirers for their hard work and endurance. If you do not have too much time but still want to sample the charms of the Everest Area this is the best way to do it. Your instant getaway to Everest country.

***Moderate to difficult Everest trek from 2,805m (9,200ft) to 3,867m (12,684ft).***

***Accommodation in comfortable lodges run by Sherpa families.***

The trek starts with a flight from Kathmandu and includes all meals, services of experienced Sherpa trek guide and porters to carry luggage. Clients carry light day-pack only and walk at their own pace.

### **Itinerary**

**Day 01:** Arrive Kathmandu and transfer to hotel.

**Day 02 :** Rest in Kathmandu, sightseeing and buying last minute things.

**Day 03:** Fly Kathmandu to Lukla. Trek to Phakding.

**Day 04:** Trek to Namche Bazaar.

**Day 05:** Acclimatization day at Namche Bazaar.

Optionl day hike to Kunde and Khumjung villages.

**Day 06:** Trek to Thyangboche monastery.

**Day 07:** Trek to Namche and continue to Monjo.

**Day 08:** Trek back to Lukla airport.

**Day 09:** Fly Lukla-Kathmandu. Everest Trek ends.

**Day 10:** Transfer to your next destination

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## Everest Panorama (13 Days) - £950 (ex Kathmandu)

This 13-day Everest trek offers excellent views of Mt. Everest and the main peaks of the Khumbu without going to extreme altitudes. Starting with a flight to Lukla airstrip we trek in to Namche Bazaar, the principle town of the area and the Sherpa 'capital.' After a day of acclimatization we explore the traditional Sherpa villages of Kunde and Khumjung set amongst incredible mountain scenery. We then trek to Tengboche - the site of Nepal's most sacred buddhist monastery. The views from this ridge above the Dudh Kosi river is possibly the most beautiful with Mt. Everest looming over the Lhotse Ridge and Ama Dablam towering above the monastery. We continue to Pangboche, the treks highest point, and then by way of, seldom visited, Phortse we swing back to Namche and Lukla to end the trek with a flight back to Kathmandu. This Everest trek offers more of everything packed into 13 eventful days - more mountain views, more culture, more nature, more hospitality, more surprises.

***Moderate to difficult Everest treks starting from 2,805m (9,200ft) to 3,985m (13,070ft) with possible optional hikes up to 4,500+m (15,00ft).***

***Accommodation in comfortable lodges run by Sherpa families.***

The trek starts with a flight from Kathmandu and includes all meals, services of experienced Sherpa trek guide and porters to carry luggage. Clients carry a light day-pack only and walk at their own pace.

### ITINERARY

**Day 01:** Arrive Kathmandu and transfer to hotel.

**Day 02 :** Rest in Kathmandu, sightseeing and buying last minute things.

**Day 03:** Fly Kathmandu to Lukla. Trek to Phakding.

**Day 04:** Trek to Namche Bazaar.

**Day 05:** Rest day for acclimatization with optional hikes.

**Day 06:** Trek to Kunde-Khumjung villages.

**Day 07:** Trek to Thyangboche monastery.

**Day 08:** Trek to Pangboche village.

**Day 09:** Trek to Phortse village.

**Day 10:** Trek to Namche and continue to Monjo.

**Day 11:** Trek to Lukla airport for last night on trek.

**Day 12:** Fly Lukla to Kathmandu. Everest Trek ends.

**Day 13:** Transfer to your next destination

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## Everest Base Camp (18 Days) - £1100 (ex Kathmandu)

Our 18-day trek offers trekkers the best this area has to offer without taking too long. This trek is truly an incredible experience of this magnificent region and its fascinating people. From Lukla (2,805m/9,200ft) we trek to Namche Bazaar (3,436m/11,270ft) for a day of acclimatization and optional hikes.

From Namche we explore the Sherpa villages of Khunde and Khumjung before heading for Thyangboche Monastery. After visiting Chukung Ri we trek to Lobuche for a day-hike along the Khumbu Glacier to Everest Base Camp (5,364m/17,600ft) and a climb of Kala Patthar Peak (5,550m/18,200ft) for a close encounter with Mt. Everest. Surrounded by some of the highest mountains on the Earth you will bask in this incredible mountain scenery before swinging back by way of, little visited, Phortse village to fly out of Lukla.

**Moderate to difficult trekking from 2,805m (9,200ft) to 4,940m (16,200ft) with optional day hikes up to 5550m (18,200ft).**

**Accommodation in comfortable lodges run by Sherpa families.**

The trek starts with a flight from Kathmandu and includes all meals, services of experienced English speaking Trek Guide and porter/s to carry luggage. Clients carry back pack only and walk at their own pace.

### ITINERARY

**Day 01:** Arrive Kathmandu and transfer to hotel.

**Day 02 :** Rest in Kathmandu, sightseeing and buying last minute things.

**Day 03:** Fly Kathmandu to Lukla. Trek to Phakding.

**Day 04:** Trek to Namche Bazaar.

**Day 05:** Acclimatization day. Optional hikes around Namche.

**Day 06:** Trek to Khunde-Khumjung villages.

**Day 07:** Trek to Thyangboche monastery.

**Day 08:** Trek to Dingboche village.

**Day 09:** Acclimatization day with optional hike to Chukung.

**Day 10:** Trek to Lobuche.

**Day 11:** Trek up the Khumbu Glacier to Everest Base Camp. Overnight at Gorakshap.

**Day 12:** Morning trek to Kala Patthar Everest View Point.

Afternoon trek to Lobuche or Pheriche.

**Day 13:** Trek to Phortse village.

**Day 14:** Trek to Namche Bazaar.

**Day 15:** Trek to Monjo or Phakding.

**Day 16:** Trek to Lukla.

**Day 17:** Fly Lukla to Kathmandu. End of trek.

**Day 18:** Transfer to your next destination

### DATES

3 Apr 09 - 20 Apr 09 ; 8 Apr 09 - 25 Apr 09 ; 18 Apr 09 - 5 May 09 ; 3 May 09 - 20 May 09 ;  
8 May 09 - 25 May 09 ; 18 May 09 - 4 Jun 09 ; 3 Oct 09 - 20 Oct 09 ; 8 Oct 09 - 23 Oct 09 ;  
18 Oct 09 - 4 Nov 09 ; 3 Nov 09 - 20 Nov 09 ; 8 Nov 09 - 25 Nov 09 ; 18 Nov 09 - 5 Dec 09 ;  
21 Dec 09 - 7 Jan 10 Christmas in the Himalayas

### Dates Don't Suit?

No problem. We can run on any date that suits you. Minimum for Private Expeditions is 2 people, so just bring a friend.

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## Everest Base Camp via Gokyo Lakes (23 Days) - £1495 (ex Kathmandu)

This 23-day Everest trek has everything: the incredible mountain views from Chukung, Kala Pathar and Gokyo Ri. Popularly known as "The Ultimate Trek," it includes all that the Khumbu has to offer including the fascinating villages and Tibetan Buddhist monasteries and the culture and hospitality of the Sherpa people, who will surely win your hearts. After starting with a flight to Lukla (2,805m/9,200ft) we trek up to Kala Pathar view point (5,550m/18,200ft) and then veer off the main trail to cross the Cho La pass (5,422m/17,783ft) into the Gokyo Valley. To top off this unique trek we climb Gokyo Ri 5,488m/18,000ft) for a panoramic view of the greatest mountain scenery in the world – including five 8000+m/26,000+ft giants and myriad other peaks of the Khumbu Himal.

***Moderate to strenuous trekking from 2,805m (9,200ft) to 4,940m (16,200ft) with one pass crossing of 5,422m (17,783ft) and day hikes up to 5550m (18,200ft).***

***Accommodation in comfortable lodges run by Sherpa families.***

The trek starts with a flight from Kathmandu and includes all meals, services of experienced Sherpa trek guide and porters to carry luggage. Clients carry a light day-pack only and walk at their own pace.

### ITINERARY

**Day 01:** Arrive in Kathmandu and transfer to hotel.

**Day 02 :** Rest in Kathmandu, sightseeing and buying last minute things.

**Day 03:** Fly Kathmandu to Lukla. Trek to Phakding.

**Day 04:** Trek to Namche Bazaar.

**Day 05:** Acclimatization day with optional hikes around Namche.

**Day 06:** Trek to Thame village.

**Day 07:** Trek to Khunde-Khumjung village.

**Day 08:** Trek to Thyangboche monastery.

**Day 09:** Trek to Dingboche.

**Day 10:** Acclimatization day with optional hike to Chukung.

**Day 11:** Trek to Lobuche.

**Day 12:** Trek to Everest Base Camp. Overnight at Gorakshep

**Day 13:** Morning trek to Kala Pathar Everest View Point. Afternoon trek to Lobuche.

**Day 14:** Trek to Dzongla below Cho La pass.

**Day 15:** Trek over Cho La pass to Dragnag.

**Day 16:** Trek to Gokyo Lake.

**Day 17:** Day trek to Gokyo Ri view point.

**Day 18:** Trek to Dole.

**Day 19:** Trek to Namche.

**Day 20:** Trek to Monjo.

**Day 21:** Trek to Lukla.

**Day 22:** Fly Lukla to Kathmandu.

**Day 23:** Transfer to your next destination.

### DATES

17 Mar 09 - 8 Apr 09 ; 7 Apr 09 - 29 Apr 09 ; 7 May 09 - 29 May 09 ; 17 May 09 - 7 Jun 09

17 Sep 09 - 9 Oct 09 ; 7 Oct 09 - 29 Oct 09 ; 19 Oct 09 - 10 Nov 09 ; 7 Nov 09 - 29 Nov 09

### Dates Don't Suit?

No problem. We can run on any date that suits you. Minimum for Private Expeditions is 2 people, so just bring a friend.

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## Classic Everest Base Camp via Jiri (24 Days) - £1495 (ex Kathmandu)

Starting with a 6 hour (188km/118miles) drive to Jiri (2,100m/6,888ft) this trek follows the traditional route taken by the early Everest expeditions and still serves as the main artery to the roadless Sagarmatha (Everest) region. Known as the Solu-Khumbu it is the home of the Sherpas. This relatively tiny society of 8,000 people is the best known and most admired of all Nepal's ethnic groups.

According to their oral history Sherpas migrated to high valleys south of Mt. Everest from eastern Tibet about 450 years ago, hence the name Shar-pa, "peoples of the east." Many families along this route have converted their homes into trekkers' lodges catering to foreign hikers. Although a popular trekking route the Everest area is visited by only some 8,000 visitors each year - a fraction of the number that visits the Annapurna region. Trekking through the Sherpa villages we share many of their hearths and enjoy their generous hospitality. Trekking in from Jiri has the advantage of helping you to acclimatize en route. This trek is about 190km/120miles long and the total altitude gained on the innumerable uphill portions totals 9000m - much higher even than Mt. Everest!

After Namche we follow the main trail to base camp. We explore the Sherpa villages of Khunde and Khumjung before heading for Thyangboche Monastery. After visiting Chukung Ri we trek to Lobuche for a day-hike along the Khumbu Glacier to Everest Base Camp (5,364m/17,600ft) and a climb of Kala Patthar Peak (5,550m/18,200ft) for a close encounter with Mt. Everest. Surrounded by some of the highest mountains on the Earth you will bask in this incredible mountain scenery before swinging back by way of, little visited, Phortse village to fly out of Lukla.

A legendary trek to a legendary destination.

### ITINERARY

**Day 01:** Greeted at airport and transferred to hotel.

**Day 02 :** Rest in Kathmandu, sightseeing and buying last minute things.

**Day 03:** Drive from Kathmandu to Jiri.

**Day 04:** Trek to Bandar.

**Day 05:** Trek to Sete.

**Day 06:** Trek over Lamjura pass to Junbesi.

**Day 07:** Trek to Nuntala.

**Day 08:** Trek to Kharte.

**Day 09:** Trek to Surkhe.

**Day 10:** Trek to Phakding.

**Day 11:** Trek to Namche Bazaar.

**Day 12:** Rest and acclimatization day.

Optional day-hike to Khunde and Khumjung Villages.

**Day 13:** Trek to Thyangboche monastery.

**Day 14:** Trek to Pangboche and on to Dingboche.

**Day 15:** Acclimatization day. Optional hike to Chukung Ri.

**Day 16:** Trek to Lobuche.

**Day 17:** Trek to Everest Base Camp. Overnight at Gorakshep.

**Day 18:** Morning trek to Kala Patthar Everest view point. Afternoon trek to Thugla or Pheriche.

**Day 19:** Trek to Phortse village.

**Day 20:** Trek to Namche Bazaar.

**Day 21:** Trek to Monjo or Phakding.

**Day 22:** Trek to Lukla.

**Day 23:** Fly Lukla to Kathmandu. Transferred to hotel.

**Day 24:** Depart for next destination.

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## **DATES**

2 Apr 09 - 25 Apr 09 ; 29 Apr 09 - 22 May 09 ; 2 May 09 - 25 May 09 ; 2 Oct 09 - 25 Oct 09  
12 Oct 09 - 4 Nov 09 ; 2 Nov 09 - 25 Nov 09; 12 Nov 09 - 5 Dec 09

## **Dates Don't Suit?**

No problem. We can run on any date that suits you. Minimum for Private Expeditions is 2 people, so just bring a friend.

## **NEPAL EXPEDITION INCLUSIONS**

- Greeted at the airport transfer to their hotel
- Airfare return to Lukla
- Down jacket and sleeping bag
- All meals while on the expedition (not in Kathmandu)
- Guide
- Porters
- Eco-lodges selected for their environmental policies
- Rescue arrangement and staff insurance
- All meals and hot drinks on activity
- Equipment for porters and guides
- Experienced trekking staff
- First Aid and eco-trained staff
- Permits and conservation fees
- Climbing permits for expeditions
- Medical Kit Bag on every trip
- Budget accommodation in Kathmandu

## **NEPAL EXPEDITION EXCLUSIONS**

- Personal insurance
- Bottled drink (these are personally purchased)
- Meals in Kathmandu

## **NEPAL EXPEDITIONS**

All of the treks are run in partnership with No Roads

**We are able to organize private expeditions for those that want familiar people to join them or our scheduled departures don't suit. We are also able to organize personalized itineraries. Depending on the number of people in your group, private expeditions can be cheaper than scheduled departures so ask us if you would like to organize something special for yourself.**



## GENERAL INFORMATION

### Supporting Local Communities

We support a primary school in the Gorkha District and we also distribute free first aid and medicines 2 times a year in the village where the school is located. We also adhere to guidelines that protect the porter's interests such as insuring them from injury.

### Pre-Departure Information

Once your expedition is confirmed we will send you detailed Pre Departure Information which includes a list of recommended clothing and personal equipment, along with many other relevant information to help you prepare for your trip. Prior to the trip departure from Kathmandu, you will attend a detailed trip briefing and orientation meeting to make sure that you are well prepared for your river trip and trek. These trips are led by No Roads.

### Flights

Have you made your air reservation yet? Please note that space on flights in and out of Nepal is very tight, especially during the tourist seasons. Therefore, we would like to suggest that you work on your for your air seats. We can help you with dates for treks, raft trips and other services that you need so that you can make your decision.

All domestic flights in Nepal are operated using small planes seating 15 to 20 people. There are only a few flights to each destination every day. During the busy trekking/tourist season these flights get full very fast. To improve your chances of getting on these flights it is best to confirm your trips as early as possible. The sooner we get trip confirmation, the better your chances.

### Nepal Tourist Visa

Nepal Visa is readily available on arrival at the International Airport in Kathmandu (or any other land entry points to Nepal). Single Entry Visa: US\$30 per visa (valid for 60 days)

Multiple Entry Visa: US\$80 per visa (valid for 150 days). Please bring exact change if possible.

2 passport photos will be required. (Nepal Visas are also available in all Nepalese Embassies and Consulates located in several countries and cities around the world.)

#### Information and Support

If you have any comments, questions or want more information, please let us know. We are here to support you with all information to help you prepare for your travels to the Himalayas.

### Lodge Trekking in Nepal

The development of locally managed lodges along the popular trekking trails in the Annapurna, Everest and Langtang/Helambu areas have resulted in an increasing number of trekkers making use of these facilities. In recent years with the help of Government as well non-Government agencies many of these lodge owners have gone through training programmes aimed at raising the quality of services as well as instilling environmental awareness. For example in the Annapurna Sanctuary and adjacent areas it is now regulation for all lodge owners to use alternative fuel (fuel other than fire wood - kerosene, gas, electric or even solar) for cooking and heating, dispose of garbage properly and adopt other eco-friendly measures.

Most lodges have all the basic requirements for trekkers to stay overnight - a dormitory, several private rooms, an attached restaurant, toilet and a shower room. The quality of food offered may vary from lodge to lodge but most serve simple and hygienic meals.

We have found it very attractive for trekkers to use these lodges in some of the routes instead of operating camping style treks. One of the main reasons being that along these popular routes almost every house offers bed and meals and many camping trekkers find it incongruous to camp near a lodge and not be able to experience the warmth and hospitality of the friendly Nepali hosts. The other important reason being that this helps the local economies directly by using the facilities along the route.

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Keeping this in mind we have been operating Lodge-Treks in some of these classic routes. To make sure that our guests do not get disappointed we stay in simple yet comfortable and interesting lodge in each place. With larger groups we reserve all the beds in a lodge thus making sure that we have the place to ourselves. Our groups are provided with an excellent Guide and porters - possibly from the area you are trekking in - to guide you and carry your luggage while you hike only with a day-pack. A majority of our Lodge Trekkers have been overwhelmed by the homely atmosphere and the grace of their hosts and many have made great friends with them.

If you have an urge to trek in some of the most beautiful places in Nepal, interact and make friends with the local people without having to sleep in a cold and lonely tent, Lodge Trekking is just the thing for you.

## **A day on expedition**

Our Lodge-Treks are led by one of our No Roads experienced local guide supported by porters to carry luggage and equipment. All our guides have undergone the trekking guide training conducted by the Department of Tourism of Nepal and are registered and licensed by the government. Additionally all our guides go through a rigorous training to make them better qualified to take care of our guest in every way possible.

A trek-day starts around 6 a.m. with a cup of tea/coffee. After packing your duffel and day-pack a breakfast of porridge/muesli/cornflakes and biscuits with tea/coffee is served.

The day's trek starts around 7.30 a.m. Porter carry all luggage and equipment. All you need to carry in your day-pack are water bottle, rain/wind jacket, camera and other small items you may need on the trail. All trekkers walk at their own pace accompanied by the trek guide. With larger groups there is a "lead" and "sweep" Sherpa providing support throughout.

The morning's walk to the lunch spot takes about three hours. Around mid-day we usually stop for a simple hot lunch at one of the way side tea-houses. After hiking for three to four hours in the afternoon our lodge, is usually reached between 3-4 p.m. In the late afternoon and evening you can relax, wash, read or take a walk nearby. The evening meal is served between 6 and 7 p.m. in the dining room attached to the lodge. After dinner the guide will brief trekkers on the next day's hike.

Each day's hike is planned so that trekkers have time to see, photograph and explore the countryside. Anyone who is healthy, fit, enjoys the outdoors and hiking will qualify to participate in our treks.