

Yeti Mountain Home

Everest Sherpa Trail: a Complete Yeti holiday package

Trip Details:

Trip Duration: 11 days / 10 nights

Trekking Grade: Moderate

Trip Activity: Comfort Lodge Trek

Maximum altitude: 4700m

Accommodation: 3 nights' YMH Comfort Lodge; 4 nights local lodge with attached toilet; 3 nights' hotel with swimming pool

Services: All internal travel and meals as per program

Best time to travel:

Spring: March-May. Come and visit when the rhododendrons and alpine flowers are in full bloom. Expect clear skies and sunshine in the mornings with some light cloud cover later in the day.

Autumn / Winter: Mid of September-December. October can be busy, but at this time of year the weather is normally very stable. Expect crisp sunny days and cold evenings.

Trip Group Size: 4-10 people

Itinerary:

Day 1: Welcome to Kathmandu (1300m). Free day to prepare. Hotel on B,D plan.

Day 2: Fly Kathmandu-Lukla (2,850m / 9,317ft) & Trek to Phakding (2,610m/ 8,562ft). 3 hrs trekking. YMH on B,L,D.

Day 3: Trek to Namche (3,440m/11,286ft). 6 hrs trekking. YMH on B,L,D.

Day 4: Namche day excursion. YMH on B,L,D.

Day 5: Trek to Debuche(3,770m/12,369ft). 6/7 hrs trekking. Local Lodge on B,L,D.

Day 6: Debuche Excursion. Local Lodge on B,L,D.

Day 7: Trek to Dingboche (4,410m / 14,469ft). 4 hrs trekking. Local Lodge on B,L,D.

Day 8: Dingboche excursion day. Local Lodge on B,L,D.

Day 9: Heli: Dingboche – Everest – Lukla, Flight: Lukla-KTM (35 min flight). Restday Hotel on B,L,D

Day 10: Free day in Kathmandu. Hotel on B,L,D.

Day 11: Final Departure, Transfer to International airport

* B,L,D= Breakfast, Lunch & Dinner
YMH= Yeti Mountain Home

Introduction:

Everest Sherpa Trail is designed to accommodate trekkers who prefer a comfortable stay while trekking on the classical route to Everest. This trail takes you to the valley of Dingboche with Tengboche monastery and a shot helicopter shuttle to Everest Base Camp and back to Lukla as the major highlight of the trip. Everest Sherpa Trail is based on our comfort mountain lodges – Yeti Mountain Home and 4 nights in local lodge with attached toilet, situated around the trans Himalaya Range at Khumbu. Every individual site of the lodges is chosen taking precaution for environmental impact approved by the Government providing the best view. Each room is designed to offer the guests with modern comfort.

Trip Grading: Who is this trip suitable for?

Everest Sherpa Trail is designed for those who are seeking for adventure and those who want to get a taste of the high mountain experience and to be amongst the Sherpa community.

This is a Moderate trek: most trek days are 4-5 hours long with only a couple being a little longer; altitude gain is usually around 300-500m /day and the paths and tracks are generally wide and well-marked.

We ask that you have a reasonable level of fitness, but you don't need to be an experienced trekker to enjoy this trip. But trekking experience would work wonder while going through these trails. Your trek leaders will ensure we take a comfortable pace on the trail and you'll have Sherpa support every step of the way. If you're comfortable going on day walks in low hills in your home country (e.g. the Cotswolds, UK) or maybe you swim, cycle or take a class a couple of times a week you should find this trek well within your means.

Having a hot shower and many other creature comforts to look forward to makes each day's trekking even more of a joy!

About Yeti Mountain Homes

Yeti Mountain Homes are a group of luxury lodges situated in the Khumbu / Everest region of Nepal. They are owned by a local family offering the full warmth of a traditional Sherpa welcome with the comfort of the best boutique hotels: crisp linen sheets, en-suites with hot showers, cozy lounges with log fires and well-stocked bars; local and international cuisine from our talented chefs.... Yeti Mountain Home lodges offer a high-class, high mountain experience beyond compare. On the Everest Sherpa Trail trek you'll stay at Yeti Mountain Home lodges in Phakding & Namche.

Detail Itinerary:

Day 1: Arrival in Kathmandu.

Welcome to Nepal! On arrival in Kathmandu you'll be met at the airport by your representative (they'll have YMH signboard if you've booked direct or the logo of your travel agent if you are through your agent)

There's a short drive to your hotel. You'll be served with welcome drink and given the keys to your rooms. Rest of the day is for you to prepare for the trek. We have group welcome dinner where you will be introduced to your other members joining the adventure with you. Your leader will be brief you on your programs. If you have any question on the trip, it is the right time to ask.

Day 2: Flight to Lukla (2850m/9317ft) & trek to Phakding (2610m/ 8562ft) 3 hours trekking.

We make an early start to take a spectacular, short mountain flight to Lukla, the start point for our trek. Watch out for the Langtang and Jugal ranges then the Rolwaling Himal, Gaurisankar and

Menluntse before getting your first glimpse of Everest on the flight. Our trekking crew meets us at the Lukla airstrip and we'll spend a few minutes sorting out bags etc before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming DudhKoshi river. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous mani stone at ThadoKosi we meander up through the many chortens and prayer wheels of Sano and along to our destination of YMH Phakding in time for a late lunch. The afternoon is free to rest in the riverside gardens or sun lounge. For those who wish to we'll make a short trip up to the higher village and delightful tiny gumpa perched on the valley side. Gather again for pre-dinner drinks round the fire followed by evening meal.

Day3:Trek to Namche (3440m/11286f) 6 hours trekking.

After breakfast at lodge, we trek to Namche following with the left bank of DudhKoshiRiver.

While following the level path along the right bank from the resort, Thamserku 6623m looms skyward on the opposite bank. After crossing a stream and climbing the terraced hill from the DudhKoshi route, you arrive at Banker. Walking on the riverbed on the left bank, through a forest you arrive at Chumow where you can visit the Vegetable Farm. Walking along a path with many ups and downs, crossing a stream you pass by a small village located at 2840m gaining with 230m from Phakding named Monjo. You stop for lunch here. Then from Monjo, descending stone steps you come to a suspension bridge, and, after a short climb you reach Jorshale. This is the entrance to the National Park, and you must wait here while your guide pays the entrance fees.

Walking beside the river, you reach a forested mountainside and pass a rocky area. After crossing a high, winding path, you descend to the riverbed and reach a V-shaped valley. The river forks here: the right stream is the DudhKoshi and the left is the BhoteKoshi that leads to Nangpa La. Crossing another suspension bridge and walking a short distance alongside the BhoteKoshi, you ascend to Top Dhara where you will get the first view of Mount Everest. From here you ascend gradually up to Namche Bazaar (The Sherpa capital). Dinner at the evening is included.

Day 4: Namche Excursion

Today we'll take a gentle walk to gain a little height and then have the afternoon free to explore the shops and cafes of this delightful little town.

Your guide will take you to a couple of wonderful viewpoints to see the 'rockstars' of the mountain world spread out before you: Lhotse, Nuptse, Everest, AmaDablam... they ring the deep valley sides in a magnificent arena. You should also be able to see the monastery at Tengboche and the trails to Everest. If you're feeling energised we'll continue on to the delightful villages of Kumjung and Kunde with their health post and school both started by the Sir Edmund Hilary Fund.

After lunch you are free to head down to the Namche market to browse the shops, chat to the locals and maybe pick up a souvenir or two. You may also see the Tibetan traders who make a yearly journey over the high passes from the Tibetan plateau with their yaks laden with goods to sell at the markets. Late in the afternoon there's an option to visit Namche Monastery. The monastery is about 80 years old and has beautiful Thangka paintings of Tibetan deities. You are most welcome to burn a butter lamp for your loved ones. Dinner at the lodge.

Day 5: Trek to Deboche(3,770m/12,369ft). 6/7 hrs trekking.

The walk from Deboche to Namche is a beautiful one. A moderate walk for about 6 hours starts with great views of Everest and Lhotse in the morning and following the ridge until you take a drop down to a valley for a lunch stop. After lunch we continue the walk towards Tengboche Monastery – a 17th century monastery with a close view of Thamsarku along with AmaDablam facing towards the monastery. Stop by the monastery for a quick view of the monastery and receive a blessing from the Lama, if they are praying.

You take a short dropped from here to reach Deboche you will be staying in a local lodge with attached toilet.

Day 6: Deboche excursion

Deboche is basically a small Sherpa settlement that lies between Tengboche and Pangboche with few hotels including Yeti Mountain Home that is newly built. It also has a small nunnery in the area and is mostly covered by the rhododendron forest and birch trees. You can visit the nunnery and have some chats with the nuns living there. You will also make a day hike to Phortse which is a beautiful farming village at an altitude of 3950 meters above sea level. The hike to Phortse Village takes about 2 hrs where you can spend about 1 hour visiting the local and seeing local culture after which you return back to Deboche in 1 hour.

Day 7: Trek to Dingboche (4,410m / 14,469ft). 4 hrs trekking.

With a magnificent view of a rhododendron forest followed by a bridge over the raging Imjakhola (River), we ascend towards Dingboche. We'll pass the valley wall and then the plain to Pangboche village, the biggest settlement of the Sherpa in the region. This can be a great opportunity to have a lunch with the Sherpa locals and talk about their life in the Himalayas.

Day 8: Dingboche– Acclimatisation Day

Today an acclimatization hike to the valley of Chukung will pay off with rewarding views, but taking it easy for today is the important. You start off to Chukung Valley from where the base camp to Islang Peak goes through. If you are feeling good you can also climb a ridge located behind the village and see six of the world's tallest peaks including Lhotse, Makalu and Cho Oyu.

Day 9: Heli: Dingboche- short flight to Everest-Lukla; Flight :Lukla-Ktm

After breakfast, you will be taken to the helipad. It is also the best time to bid farewell to your trekking crew and pay gratitude for their service. The helicopter will go for a short flight around Everest Base Camp and drop you to Lukla. From Lukla, you will be boarded on your flight to Kathmandu.

Your driver will be waiting for you at the airport. He will drive you to your hotel Arriving in the bustling city after trek is always a bit of a shock but you are soon in the tranquillity of the hotel. . The rest of the day is free for your to rest and recall the adventure. Lunch & dinner included.

Day 10: Freeday. Hotel on Full Board

This is an important contingency day in case of delays to the flights from Lukla. If we have experienced no delays this is an opportunity to explore the fascinating city of Kathmandu. You can explore the city and ask if you require a guided tour. We have farewell dinner tonight where all the group members will join for dinner. Please give your reviews to the leader on the trip and share your experiences. Lunch and dinner included.

Day 11: Final Departure, Transfer to International Airport.

We'll transfer you to the airport in good time for your international flight. Your breakfast is included in the hotel.

A Typical Day on the Everest Sherpa Trail

Wake up to a hot drink brought to your room by our lovely Sherpa team. Pack your bags and get ready for the day then potter down to a leisurely breakfast. The porters will arrive as you're breakfasting to carry your trek bag up to our next overnight stop. We usually walk for an hour or so before taking a break and of course there are lots of wonderful views, people and interesting things and photo stops along the way too. We usually reach our next lodge in time for a late lunch then check into our rooms and relax for a while. Or you might feel like exploring the local village and hills maybe with your guide or maybe by yourself. We re-group again for drinks around the fire. We finish the day with a three course meal – local style or Western there's plenty of variety and lots of taste! We tend to drift off to bed fairly early although a quick peak outside at the night sky, particularly higher up where the heavens are really ablaze with stars, can be a late night treat before sleep.

Useful information for your trek

Insurance: It is essential that you have appropriate travel insurance for this trip. Make sure your insurance includes helicopter rescue and evacuation. Previous clients have used the BMC (UK), Snowcard, WorldNomad and TravelEx.

Nepal country information and visas: for European, US, Canadian, Australian and New Zealand visitors you can either purchase a visa in advance from the Nepalese Embassy in your home country or buy one on arrival at Tribhuvan Airport, Kathmandu. A 30 day visa currently costs \$40pp payable in USD or Nepali Rupees. You'll need a passport photograph.

IN CASE OF FLIGHT CANCELLATION

Please be aware that flying into mountains with unpredictable weather conditions can sometimes lead to flight delays or changes. Our agents always endeavor to make sure you reach your destination on time and will re-arrange your ticket to the next available flight. When encountering severe delays this may mean changing the trek itinerary or your international flights.

If Kathmandu to Lukla flight is postponed:

In case of flight delays to Lukla we will endeavour to accommodate you at the GokarnaResort/other hotel based on their availability until we have a confirmed flight for you. We will adjust the itinerary to ensure you get as much time as possible in the mountains. This may mean reducing / removing the Kathmandu nights at the end of the trip.

If Lukla to Kathmandu flight is postponed:

In case that the flight from Lukla to Kathmandu is cancelled you will be asked to cover the additional YMH lodge costs in Lukla. You will be rebooked for your flight the next day.

If flights cannot operate due to extreme bad weather:

In extreme conditions the regular flights cannot operate. In such cases, Yeti Mountain Home can assist you by providing a helicopter service. You will be asked to pay this extra cost (less the regular flight ticket price). You may wish to place a claim for this with your insurance company on return to your home country.

More detailed information on what to bring and wear on the trek and other practical tips along with country information is available in a separate sheet. Please download from our website