

# Christmas at Everest Base Camp



Have you ever dreamed of experiencing a white Christmas where nature is at its most inspiring? There is no better place on our beautiful Earth than the Khumbu Glacier Valley and the towering majesty of winter-clad Mount Everest to celebrate the whitest of white Christmases. This is a very special trek where a limited number of people can experience the Sagarmatha National Park and the spectacular Mount Everest environs as few people get to see it - and in peace and quiet too without the intrusion of hordes of trekkers. This trek follows the classic Everest Base Camp itinerary but is timed to place you at the Everest Base Camp and the stunning Khumbu Glacier valley for Christmas Eve and Christmas Day. You will enjoy the best of mountain lodge accommodation and service and share in a fantastic Christmas celebration with some added Sherpa and high-mountain style. Start planning for your next "White Christmas."

Duration: 19 days

Price: \$1799

Group Size: 2

Grade: Challenging

Destination: Nepal

Activity: Christmas & New Year in Nepal

Region: Everest

## Date & Prices:

Start Date	End Date	Price
15th Dec, 2016, Thursday	02nd Jan, 2017, Monday	\$1799

Start Date	End Date	Price
15th Dec, 2017, Friday	02nd Jan, 2018, Tuesday	\$1799
15th Dec, 2018, Saturday	02nd Jan, 2019, Wednesday	\$1799

### Equipment Lists:

**Footwear :** Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

**Clothing :** Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

**Other equipment:** Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

**Other items:** Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit.

### Itinerary:

#### Day 1: Arrival in Kathmandu

A Lantang Ri Trekking & Expedition representative will greet you at the airport and transfer you to your hotel. When you are ready you will be collected from your hotel lobby and driven to our Thamel office where you will be formally introduced to your Trekking Guide. We will go through all your trek itinerary and arrangements with you and ensure every detail is in place. We will also ask for your passport photographs and any other details so that we can organize any permits required for your trek and the region you will be exploring.

#### Day 2: Sightseeing in Kathmandu

After breakfast, we start an interesting tour around Kathmandu. Escorting by an English speaking guide (can be provide any language speaking guide on request) be, try to give them a full taste of our vivid culture image and an enchanting manner of its people. In our sightseeing tour we go to Monkey temple Swayambhunath, Pashupatinath, Bouddhanath and Kathmandu Durbar square.

**Bouddhanath:** Bouddhanath is a Buddhist religious complex with a history dating back over 500 years. Located on the eastern edge of Kathmandu it is now a site of great pilgrimage for Buddhist followers who circle its massive stupa, spin its many prayer wheels and visit its beautiful monastery. The main feature of Boudhanath is its huge hemispherical white stupa with central golden tower and the all-seeing eyes of the Buddha. Visitors should circle the stupa in a clockwise direction and spin prayer wheels for good fortune and a good life. Visitors may also enjoy visiting the Thangka painting school within the complex to see highly skilled artists at work on religious mandala paintings.

**Pashupatinath:** Hindu Temple is a very large and complex and focal point for the Hindu religion. This old and very revered complex of buildings and shrines is dedicated to the Lord Shiva, one of the main deities of Hinduism. While Lord Shiva has multiple forms he is often seen as the destroyer. This has great significance for the Pashupatinath temple as it is the site of many Hindi ritual cremations each day. Pashupatinath is considered by Hindus to be an auspicious site for passing from one stage of life to the next through the purifying and destroying flames of cremation. However, on a happier note, visitors may also get to see the temple in a buoyant festival mode with one of the many Hindu festivals celebrated here through the year.

**Swayambhunath:** You will first visit the Swayambhunath temple complex that sits atop a high hill overlooking Kathmandu and the entire Kathmandu Valley. Swayambhunath is perhaps the most sacred Buddhist pilgrimage site in Nepal. It consists of a very large white stupa with the all-seeing-eye of Lord Buddha plus many small stupa and beautifully carved stone shrines. This is a wonderful place to catch your breath and start to understand and appreciate the deep importance of Buddhist belief to the people of Nepal and the Himalaya region. Make sure you ring the many bells to awaken the gods and let them know you are in Nepal. Take the time to enjoy the view over Kathmandu and have your guide point the many other highlights of the city. In the far distance to the east you may also be able to see the hills of Nagarkot where your hotel for tonight is located. If you feel energetic you might also like to try some or all of the 350 steps that lead all the way from Kathmandu city up to your Swayambhunath temple vantage point.

**Kathmandu Durbar Square:** The next stop today is the beautiful Kathmandu Durbar Square, or the royal palace square of the ancient Malla kings of the Kathmandu Valley. This square and all its architectural treasures are a UNESCO World Heritage Site. While some damage to buildings occurred in the 2015 earthquake the site still contains many stunning architectural gems. The original royal palace courtyards are open to visitors and you will marvel at the intricate timber carving and beautifully crafted brickwork of the palace. The open square outside the palace has many beautiful multi-storey pagodas and temples with ornate carving and carpentry artwork that tells some of the story of the ancient kings and their mystical time and beliefs. The square also contains many important Hindu temples and statues such as to Vishnu and Lord Shiva. Durbar Square also contains the unique and intriguing Kumari Chok. This is an ancient and ornate house where resides the Raj Kumari – the Living Goddess. She is a young girl chosen through an ancient and mystical selection process to become the human incarnation of the Hindu mother goddess, Durga. If you are in the courtyard of the home at the right time in the afternoon you may see a brief glimpse of the Goddess at her window.

### **Day 3:** Flight Kathmandu to Lukla and commence Trek to Phakding

We will transfer you from your hotel to the domestic airport to catch the very scenic flight to Lukla, just south of the entrance to the Sagarmartha National Park and the Mount Everest region. The flight is brief and takes only about thirty minutes to complete. Once in Lukla and all your packs and equipment are organised you will start your trek with the walk northwards along the Dudh Kosi River valley to the village of Phakdings and its impressive suspension bridge over the river far below. At this stage the scenery is a well vegetated and impressively large river valley with glimpses to the north of the towering snow-capped Himalayan peaks that await you.

### **Day 4:** Trek from Phakding up to Namche Bazaar

The first stage of the walk takes you across the river and to the village of Monjo and the actual entrance to the Sagarmatha National Park. Your guide will handle all the formalities of ensuring you are carrying the necessary permit to enter the national park. All necessary permits will have been arranged for you following your visit to our head office a day or two earlier. The second stage takes you upwards from 3,440m altitude Namche Bazaar – so a very substantial altitude gain of over 1,600m is achieved in this stage – so just take it slow and steady up the many steps to Namche Bazaar and enjoy the scenery and beautiful mountain summit vistas deeper in the national park.

#### **Day 5: Acclimatisation in and around Namche Bazaar**

Since you will now be at quite a significant altitude you must let your physiology adapt to the thinner atmosphere and reduced oxygen levels. This is an essential step in the proper management of the risk of altitude sickness. Your guide will personally instruct you on what to do during the day and how best to acclimatise and how to identify any early symptoms of altitude sickness. There is plenty to see and do in Namche Bazaar itself and in the immediate surrounding area. So taking a rest day can be an interesting and fun day too. Talk with your guide about visiting places such as the famous Edmond Hillary School established to assist the Sherpa community and residents of the region. Or perhaps pay a visit to the beautiful Everest View Hotel – the view of the Mount Everest summit can be inspiring for the next days of your trek.

#### **Day 6: Easy trek from Namche Bazaar along the valley to Tengboche and the Tengboche Monastery**

Today you will head a little higher and closer to Everest base Camp. Your walk will take you via one of the many scenic trails to the very important village of Tengboche and its world famous Tengboche Monastery. Take your time and enjoy the gorgeous mountains along the trail. Look for the very distinctive twin-peak summits of Mount Ama Dablam and the towering snow and ice-capped mass of Mount Thamserku. This walk takes about five hours to complete and the last section brings you up to the distinctive gates of Tengboche village. Take the time to visit the monastery. Your guide will explain some of the history of the facility, its significance to the Sherpa community and its importance to Buddhism. Then get some rest for the next stages of your trek.

#### **Day 7: Trek from Tengboche to Dingboche**

Today you cross the altitude transition from trees and shrubs lining the trek path to bare ground above the tree line. This is the point where the long hard winter and extended deep winter snow cover make it impossible for trees to establish and grow. Today you can clearly see that you have gained some substantial altitude since the commencement of your trek at Lukla. You start your five hour walk through grazing lands and beautiful rhododendron forests as you head towards the little village of Tengboche. Take a short break in Tengboche and visit its Buddhist gumpa, a place of study and contemplation for monks learning the ways of Buddhism. Then continue on to Dingboche and soak up the stunning Himalayan vista that surrounds you.

#### **Day 8: Trek from Dingboche to Lobuche**

Another five hour walk today that takes you to an altitude of almost five kilometers – many aircraft do not even fly this high! You will pass little settlements were a short break and cup of tea will fuel you for next stage. As you reach Lobuche you will be walking the southern section of the mighty Khumbu Valley and be walking beside the shattered and creaking ice flows of the Khumbu Glacier that drains from the flanks of Mount Everest itself. This is a high Himalayan landscape that can leave some treks thinking they are exploring another planet. Today's walk will also take you past the tiny settlement of Periche that is home to the Himalayan Rescue Association Aid Post. This wonderful facility is staffed by international volunteer doctors and can provide excellent care to trekkers or expedition members suffering signs of altitude sickness.

#### **Day 9: Trek from Lobuche to Gorakshep settlement and on to Mount Everest Base Camp**

Your trail will take you along the western edge of the Khumbu Glacier initially to the small settlement of Gorakshep. This is a very well appointed location with accommodation and all the facilities a trekker may need. A quick tea stop might be useful before pushing on to the goal of this trek – Mount Everest Base Camp. The walk continues northward along the edge of the glacier before arriving at the shattered jumble of ice and snow that is the main camp site for expedition parties attempting to summit Mount Everest. However, it depends on the month you visit as to whether expedition parties will be encamped. There are short seasonal windows before and after the annual monsoon when the ascent of Mount Everest is potentially possible. But once you arrive at base camp the presence or absence of expeditions is immaterial – just take in the awe of Mount Everest, the Khumbu Icefall and the many 7,000m plus peaks jutting towards the sky in every direction you look. This is the power of nature at its most impressive. You will complete the day by returning to your accommodation for the night at Gorakshep.

#### **Day 10: From Gorakshep walk back up to Mount Everest Base Camp for Christmas Eve Celebrations then descend to Lobuche**

Where else would you want to celebrate the arrival of Christmas? All of the most beautiful and inspiring Himalayan peaks and rugged icy landscapes are laid out before you as you. And keeping the drinks chilled will not be a problem today either. Your guide and fellow trekkers will enjoy some Christmas festivities that you will be telling friends about for many years to come. Then start your descent trek to Loboche in the western edge of the Khumbu Glacier.

#### **Day 11: Descend from Loboche to Periche**

As this is Christmas Day and a little more time needs to be set aside for more celebrations, today's walk is quite short. You will also find you walk a little easier and faster with each hour as you descend and gain a little more oxygen with each breath.

#### **Day 12: Descend from Periche to Tengboche**

You head through familiar trails and scenes as you proceed largely down hill for four or five hours of easy walking. There are still a few hills to summit but you will find it easy going today and Tengboche makes a wonderful location for another night's stay in the high Himalaya.

#### **Day 13: Descend further from Tengboche to Khumjung**

Another easy day of walking along the lower reaches of the valley below Tengbo

#### **Day 14: Rapid descent from Khumjung to Phakding**

Today involves a four hour walk as you descend rapidly from Namche Bazaar and head for Phakding where you will stay the night.

**Day 15: Easy walk from Phakding to Lukla**

Take your time on this easy day of walking and catch the last glimpses of the icy Himalayan summits you have spend the last two weeks exploring. You will then spend the night in Lukla and be ready for your early morning flight tomorrow.

**Day 16: Flight from Lukla back to Kathmandu**

Your flight from Lukla will depart early in the morning and we will soon have you back in your Kathmandu hotel.

**Day 17: Day trip to Bhaktapur and New Years Eve Celebrations**

**Even on a normal day Bhaktapur is an exciting place to visit, especially its Durbar Square packed with temples and crowds. But today the New Year festivities will be bubbling and add to the fun and atmosphere of the city.**

**Day 18: Kathmandu free day to explore and shop**

Enjoy a day exploring some of the quieter streets of Kathmandu and stocking up on souvenirs and presents for friends and family. This evening you will also have a farewell dinner. We will collect you from your hotel and take you to one of the many bustling and fun restaurants of Kathmandu.

**Day 19: Departure from Kathmandu to Home**

We will meet you at your hotel and take you to the airport in plenty of time to meet your flight home.

**Cost Include:**

- Airport Pick up & Drop of Transportation by private vehicle
- Twin /Double sharing deluxe accommodation in 2-3 star hotel with breakfast
- Sightseeing in Kathmandu Escorted with English Speaking Guide, private transportation & Entrance fee
- Kathamandu / Lukla / Kathamandu flight for Clients and guide
- Accommodation in normal tea house during trek
- Meals (Breakfast with 2 cup Tea /Coffee, lunch, dinner) in trekking
- Sleeping bag
- Everest trekking map for group
- All necessary paper work & Permits
- National Park Fee & TIMS
- A First Aid and Eco trained & Government licensed holder English Speaking guide
- One porter between each two members during trek
- Accommodation, meals, salary, equipment, transportation & Insurance of Langtang Ri trekking staffs
- Travel & Rescue arrangement
- All government taxes
- Farewell dinner

**Cost exclude:**

- International Airfare
- Nepal Visa fee (US\$ 40 per person for 30 days)
- Lunch/Dinner in Kathmandu
- Excess baggage charges
- Drinking Water, Electricity bill, hot shower during trek
- Tea coffee lunch & Dinner time during trek
- Medical evacuation in case of emergency
- Personal gears & clothing
- Client's Insurance, Items of personal nature i.e. Soft/hard drinks, Tips etc.
- Expenses incurred due to mishaps, landslide, strikes, political unrest etc. In such case extra will be charged as per actual
- Anything doesn't specified in cost include section