

Expanded Autumn Everest Trek Itinerary

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1	Arrive Ktm	You exact departure time will depend on whether you travel east or west, and whether you cross the international dateline en route. You will be met when you emerge from customs at the Kathmandu Airport (KTM) and taken to Hotel Tibet.
2	Ktm	Team meeting, packing and preparations, explore Kathmandu. Welcome dinner in evening.
3	Phakding	5 am departure from the hotel to the airport, early morning flight to Lukla (2866m). The first day of trekking is quite relaxing, descending to river, about 4 hours total. We take a lunch break along the way. Overnight in lodge in Phakding (2652m).
4	Namche	Two hours of trekking up the valley, with multiple crossings of the Dudh Kosi river, takes us to Monjo and the entrance to Sagarmartha Park. After entrance formalities, and a lunch break, we climb the Namche hill, about two hours of uphill trekking to the big sherpa village. Overnight at lodge in Namche (3440m).
5	Namche	Acclimatization day, explore Namche, hike up to Shyangboche to stretch the legs a bit. Internet café in Namche.
	Namche	Acclimatization day, do a longer day hike to visit the nearby Sherpa villages of Khumjung (Gompa and Hillary school) and Khunde (hospital and bakery).
6	Tengboche	Several hours of trekking, descending down to Phunki, cross Dudh Kosi river. Lunch break, then climb up the hill to Tengboche monastery (3867m) where we will spend the night.
7	Tengboche	Acclimatization day. Tour of the Tengboche monastery and puja with Rinpoche. Internet café in Tengboche.
8	Pheriche	From Tengboche, we will drop down to Deboche (3757m) and then ascend 2 hours to Pangboche, a large sherpa village. Visit local monastery, lunch break. After lunch, ascend to Pheriche, another two hours. Overnight in lodge at Pheriche (4243m).
9	Pheriche	Acclimatization day in Pheriche area. Visit HRA clinic, do laundry, visit Dingboche (another nearby sherpa village) with internet café.
10	Lobuche BC	Two hours of trekking to Thugla, lunch break, then ascend terminal moraine of Khumbu glacier to sherpa chorten memorials (about one hour). One more hour of trekking along Khumbu glacier lateral moraine, then turn left to our beautiful and private IMG Lobuche Base Camp complete with kitchen, dining, and sleeping tents and our IMG Sherpa cook team preparing your meals. A beautiful camp at the base of Lobuche Peak! (4865m)

11	Lobuche BC	Acclimatization day. Take a day hike to stretch the legs, or just take it easy, rest, and enjoy the incredible scenery.
12	Gorakshep/ Kalapattar	The trek from Lobuche to Gorack Shep is about three hours, arriving in time for lunch. We will take a look at the weather and either climb Kala Pattar in the evening or the early morning, depending on how it looks. Great views of Everest from the summit (5554m).
13	Pheriche	Leave early in the morning and retrace the route back to Pheriche
14	Namche	A long day of hiking (enjoy the thicker air!) takes you back to Namche, showers, bakery, internet, etc.
15	Lukla	A nice hike down the lower valley to Lukla airport.
16	Kathmandu	Early morning flight to Kathmandu, transfer back to Hotel Tibet.
17	Contingency	Possible to leave Nepal this day but better to schedule yourself an extra day just in case of problems.
18	Depart	We will shuttle you to the airport when you are ready to depart.

“It was a very memorable experience for all 6 of us, and I truly put it down as something that I am going to cherish for a long time!! For that, I have to thank IMG, and at a more personal level, our 3 sherpas: Mr. Phu Tashi, Pasang and Diku. They ensured at all times that we were comfortably looked after, however tired they themselves were or however demanding we were!!! A really good team of Sherpas — do pass on our compliments and best wishes to them. We also appreciate the special efforts made by Mr. Jangbu who came down all the way to Lobuche to meet our group and set to rest our minds the various questions we had re. acclimatization, fitness levels, etc. Greg and Jangbu made our stay at the base camp very eventful and enjoyable. It was amazing to see how everyone had adapted to such tough living conditions and that is the level of comfort they brought to our stay also. Imagine being served pizzas and burgers for meals followed by the most delicious chocolate cake! Thanks Mr. Kazi and KUDOS to IMG on the overall organization of the entire trek. I would definitely recommend IMG to all my friends and family. Thanks once again for one of the most challenging and rewarding experiences of my life.”

—Jalpa B.

“We put a lot of effort and research into choosing the right way to go for Everest, and I left the mountain without a doubt that we chose and were with the best organization and people on the hill. I think most of the rest of base camp knew it too... If I had to sum up what impressed me the most, I would have to say that it was never once in the entire 2-plus months, did I ever feel like IMG or its people ever cut a corner on anything. Everything was a class act, well organized, and people really seemed thrilled and enthusiastic about being a part of something great...”

—Jeff

For more comments from IMG climbers, please see our website at:
www.mountainguides.com/comments.shtml