

# AUTUMN EVEREST BASE CAMP TREKS

NEPAL | ASIA | EBC 17,585' (5360m)



Gokyo Lake on IMG's Nepal trek (Jenni Pfafman)

## TREK NEPAL WITH IMG

### Autumn Season Everest Base Camp Treks

IMG's Himalayan programs are recognized worldwide as simply outstanding, with a reputation for highly professional staff, first-rate logistics and our resulting safety and success record in the mountains.

For Autumn 2024, we will continue the tradition of our popular Spring Everest Base Camp Trek, which includes a visit to Everest Base Camp (about 17,500 ft) and a climb of Kala Pattar (18,519 ft). This is classic high-altitude trekking. Our trip begins with the famous flight to Lukla and trek to Namche Bazaar. Then, on to Phortse, Pangboche, Pheriche, and a nice acclimatization hike onto the ridge to see the North Ridge of Ama Dablam. From Pheriche the route goes to Lobuche, then to Gorak Shep, from where we climb the famous trekking peak, Kala Pattar and visit Everest Base Camp.

For trekkers who wish to extend their trek, we offer two adventurous options: The Gokyo departure with either 2 peaks, 2 passes OR 3 peaks, 3 passes.

The **Everest BC Trek with Gokyo departure (the "2x2", or "2 Peaks/2 Passes")** adds 6 days of trekking. You'll cross two high passes (Cho La and Renjo La @ 5300+m) and visit the famous Gokyo Valley. From the summit of Gokyo Ri (17,570ft; 5356m) you see Cho Oyu (8153m), Gyachung Kang (7922m), Lhotse (8501m), Makalu (8475 m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamskeru (6808m), Lobuche (6145m) and Mt. Everest (8848m).

## DATES & PRICES

### Classic Autumn EBC Trek

**Landcost: \$4,000**

Single Supplement - \$500  
(in hotel & lodges as available)

**October 12-30, 2024**

### EBC Trek w/Gokyo Extension:

- 2 Peaks/2 Passes (2x2) or
- 3 Peaks/3 Passes (3x3)

**Landcost: \$5,300**

Single Supplement - \$500  
(in hotel & lodges as available)

**October 12-Nov 6, 2024**

## PREREQUISITES

Excellent fitness, experience in overnight backpacking

## QUICK LINKS

[Program Itinerary](#)

[Gear List](#)

[Frequently Asked Questions](#)

## CONTACT US

(360) 569-2609

[Office@MountainGuides.com](mailto:Office@MountainGuides.com)

## REGISTER

- [IMG Application Package](#)
- Application Fee \$1500 USD
- Passport copy

## FEE SCHEDULE

Non-refundable application fee is due at registration and applies to program fees. **Balance of all fees are due 120 days prior to trip departure.** Please refer to the application package for payment instructions. Program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates.

**The 3x3 (“3 Peaks/3 Passes) EBC Trek** follows a similar itinerary to the Gokyo departure but breaks off for a couple of days starting on Day 10 to go up the Imja Khola Valley to Chukkung, from where we make a spectacular (non-technical) climb of 18,238ft Chukkung Ri, with a world class view of the South Face of Lhotse. Then, we cross over into the Dudh Kosi Valley to Lobuche via the Khongma La (18,320ft pass). From here we head up to Gorak Shep, climb the famous trekking peak, Kala Pattar, (18,519 ft) and visit Everest Base Camp (about 17,500 ft), rejoined with the Gokyo group. This is a slightly more aggressive itinerary than the 2x2.

## THE GUIDES

IMG leaders are professionals and are great teachers as well as strong climbers and trekkers. All have done numerous high-altitude expeditions. Our clients enjoy the immense benefit of a core group that has climbed together extensively, producing a team that knows how to work well together.

## THE ITINERARIES

These itineraries begin the day you arrive in Kathmandu and end on the day you are scheduled to return to Kathmandu from the trek. To be on the safe side, in case the Lukla flights are delayed due to weather (it happens sometimes!) we suggest that you give yourself one contingency day back in Kathmandu at the end of the trip. For example, if your trek is scheduled to return to Kathmandu on November 6, please schedule your international departure no earlier than the evening of November 7 (or November 8). This way if you fly out a day late from Lukla you still have a chance at making your international departure flight from Kathmandu.

Day	Autumn	Everest BC Trek	EBC Trek with Gokyo departure 2 Peaks/2 Passes (2x2)	EBC Trek with Gokyo departure 3 Peaks/3 Passes (3x3)
1	12-Oct-24	Arrive Kathmandu	Arrive Kathmandu	Arrive Kathmandu
2	13-Oct-24	Gear checks, explore Kathmandu	Gear checks, explore Kathmandu	Gear checks, explore Kathmandu
3	14-Oct-24	Fly to Lukla, trek to Phakding	Fly to Lukla, trek to Phakding	Fly to Lukla, trek to Phakding
4	15-Oct-24	Trek to Namche	Trek to Namche	Trek to Namche
5	16-Oct-24	Namche acclimatization hike	Namche acclimatization hike	Namche acclimatization hike
6	17-Oct-24	Trek to Khunde	Trek to Khunde	Trek to Khunde
7	18-Oct-24	Trek to Phortse	Trek to Phortse	Trek to Phortse
8	19-Oct-24	Trek to Pangboche	Trek to Pangboche	Trek to Pangboche
9	20-Oct-24	Trek to Pheriche	Trek to Pheriche	Trek to Pheriche
10	21-Oct-24	Pheriche acclimatization hike	Pheriche acclimatization hike	Pheriche acclimatization hike
11	22-Oct-24	Trek to Lobuche	Trek to Lobuche	Trek to Chukkung
12	23-Oct-24	Lobuche area acclimatization hike	Lobuche area acclimatization	Climb Chukkung Ri
13	24-Oct-24	Move to Gorak Shep	Move to Gorak Shep	Cross Khongma La to Lobuche
14	25-Oct-24	Summit Kala Pattar	Summit Kala Pattar	Move to Gorak Shep, climb Kala Pattar
15	26-Oct-24	Visit EBC and descend to Lobuche	Visit EBC and descend to Lobuche	Visit EBC and descend to Lobuche
16	27-Oct-24	Descend to Pangboche	Rest/Contingency day	Rest/Contingency day
17	28-Oct-24	Visit Tengboche, descend to Monjo.	Trek to Dzongla	Trek to Dzongla
18	29-Oct-24	Descend to Lukla	Trek over Cho La to Thagnak	Trek over Cho La to Thagnak
19	30-Oct-24	Transfer to Kathmandu	Trek to Gokyo	Trek to Gokyo
20	31-Oct-24		Climb Gokyo Ri	Climb Gokyo Ri
21	1-Nov-24		Hike to the 5th lake	Hike to the 5th lake
22	2-Nov-24		Trek over Renjo La to Lungden	Trek over Renjo La to Lungden
23	3-Nov-24		Trek to Thame	Trek to Thame
24	4-Nov-24		Trek to Namche	Trek to Namche
25	5-Nov-24		Trek to Lukla	Trek to Lukla
26	6-Nov-24		Transfer to Kathmandu	Transfer to Kathmandu

**THE DEAL:** Here is what is included and not included in your land cost fee.

### **Included**

- IMG guides, trek staff, porters, yaks
- All airport transfers in Kathmandu before & after the trek
- Double occupancy hotels with breakfast in Kathmandu for stated itinerary at beginning of expedition
- Double occupancy lodges while trekking, including breakfast/lunch/dinner
- Fixed wing round trip flight to Lukla
- National Park & Municipality fees, permits
- Radio & satellite communication equipment
- First aid kit, hyperbaric (Gamow) bag & emergency medical oxygen

### **Not Included**

- International round trip airfare/tax/baggage fees/travel expenses to/from Kathmandu
- Helicopter flight, if required or requested
- Nepal visa fee
- Excess baggage charges
- Single Supplement accommodations
- Lodging and meals before/after stated itinerary
- Meals in Kathmandu
- Personal gear
- Tip pool contribution
- Satellite phone charges
- Personal sundries and beverages
- Costs incurred as a result of delays or events beyond the control of IMG
- Required Travel insurance; evacuation, hospital or medical costs
- Covid tests (if required for travel); any Covid-related expense resulting in delays or quarantine
- Optional but customary gratuity for your IMG guide

### **THE ODDS & ENDS:**

#### **Single Supplement**

Accommodation is based on double occupancy. Add Single Supplement option for \$500, includes single room in the hotel in Kathmandu for stated itinerary at the beginning of the trip and lodges on the trek. Please advise IMG and we will adjust your statement. Deadline for reserving & payment for a single supplement accommodation is 120 days prior to your trip.

#### **Travel Insurance**

Emergency evacuation & repatriation coverage and emergency medical expense coverage are required for International Programs. IMG strongly recommends the addition of trip cancellation/interruption coverage due to the IMG refund policy. Coverage should be door to door. Information is on our [website](#).

#### **Flights**

Plan to arrive to Nepal on Day 1 of the stated itinerary. Please provide your complete flight itinerary to us so we can book your hotel reservation and do keep us informed of any changes to your itinerary. If you arrive a day early, we can assist in reserving an additional hotel night for you (at your expense).

#### **Tips**

We will collect for a tip pool and ask the team members to please contribute (\$200 EBC trekkers, \$300 2x2/3x3). We will collect this in Kathmandu and distribute this on behalf of the team as a thank you gift to the many unsung people that make the whole operation run smoothly: the porters, trek staff, cooks and helpers, hotel staff, Kathmandu staff, climbing Sherpas, and others. You may also wish to provide additional tip to your guides, USD cash is preferred.

#### **Passport & Visa**

Your passport must have at least 6 months validity at time of entry to Nepal and one full page required for entry stamp.

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A tourist visa is required for U.S. citizens to enter Nepal, we'll provide instruction.

**Immunizations + Covid**

Participants are required to comply with the Covid-19 vaccination and documentation requirements of the destination country or area. For the most up to date information on Covid-19 vaccination requirements and any other immunization requirements, visit the website of your destination country embassy in the USA, [US Embassy website for your destination country](#), the [CDC](#), and [US State Dept Travel pages](#). Requirements are subject to change. Plan to carry a digital copy of your Covid-19 vaccination record with you.

**QUESTIONS?** [Email](#) or call (360) 569-2609