



# Nepal Everest Lodge-to-Lodge Trekking

## Mountain Villages, Monasteries & Himalayan Peaks

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**  
Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**



# Feel the difference

with **Mountain Travel Sobek**

## **Unrivalled Expertise**

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## **Unique Trip Design**

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## **Small Groups**

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

MT Sobek is a pioneering outfitter in Nepal and has offered adventures in the Khumbu region since 1969. This is where adventure travel started!

## REASON 2

This 14-day lodge-to-lodge adventure has been expertly crafted to include spectacular mountain trails, warm hospitality, comfortable accommodations, and the chance to reach Ama Dablam Base Camp at 15,100 feet.

## REASON 3

Trust MT Sobek's professional local guides on this expert-led Himalayan trek. Along the way you will explore Sherpa villages, visit Buddhist monasteries, and come away feeling connected to the people as well as the place.

## At A Glance

### ACTIVITIES

Moderate to strenuous hiking on mountain paths, covering 3 to 8 miles per day on rugged terrain at a maximum elevation of 15,000 feet.



### LODGING

Scenic and comfortable mountain accommodation in Nepalese inns and lodges, plus two nights in Kathmandu.



### CLIMATE

Autumn day time temperatures: 45° - 65°F; autumn nighttime temperatures 10° - 35°F. Rain or snow possible. Spring temperatures 5°-10°F warmer than autumn.



### KNOW BEFORE YOU BOOK

It's important to note that the Nepali government has the authority to make the final decision on the type of aircraft used for the flights between Kathmandu and Lukla, and this decision is subject to change at any time. It may be either a scheduled flight or helicopter.



# Nepal Everest Lodge-to-Lodge Trekking

## Mountain Villages, Monasteries & Himalayan Peaks

Mountain Travel Sobek pioneered trekking in Nepal in 1969 and our Khumbu region experience has delighted trekkers ever since. Our longstanding ties to Sherpa villages add an unforgettable human element to this classic Everest experience. Perfect for first-time travelers to the Himalaya, this trek showcases high mountain villages, ancient Buddhist monasteries, and the warm hospitality of the local people. From the famed Tengboche Monastery, behold Mt. Everest as well as a stunning panorama of other Himalayan peaks.

### 14 Days

**Start:** Kathmandu, Nepal

**End:** Kathmandu, Nepal

**Departing:** April, May, October, November, December

**Activities:** Hiking & Trekking

**Lodging:** Comfortable Hotels, Luxury Hotels, Rustic Lodging

**Group Size:** 4-12 Guests

#### ACTIVITY:



Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.

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*"This trip is a once in a lifetime opportunity to see and learn. I went expecting to soak in the beauty of the Himalayas and learn about the overlapping cultures in Nepal. I left having learned even more about myself."*

- Audris G.

# The Itinerary

DAY  
01

## Arrive in Nepal

Arrive by 2pm to meet an MT Sobek representative and transfer to your hotel. Meet the group and your trip leader, get briefed on trek arrangements, receive a brief intro to Kathmandu, and then enjoy a Himalayan welcome dinner.

**ACCOMMODATION:** Yak and Yeti Hotel

**MEALS:** Dinner

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DAY  
02

## Tour the Kathmandu Valley

The Kathmandu Valley, a UNESCO World Heritage Site, is renowned for its rich cultural heritage. Take a morning tour of Bhaktapur, an enchanting medieval Nepalese town dripping with character. A highlight is Durbar Square, with its temples, ancient palace ruins, and exquisite Sun Dhoka - a gilded gate crafted in 1753. Come afternoon, explore on your own Kathmandu's fascinating sights, shrines, and markets. Don't miss Asan Tole bazaar, Durbar Square, the Thamel district, Swayambhunath (Monkey Temple - try to catch the sunset here!), and King's Palace.

**ACCOMMODATION:** Yak and Yeti Hotel

**MEALS:** Breakfast

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DAY  
03

## Fly to the Khumbu

Transfer to the airport for the flight to Lukla. The short but spectacular flight leaves the Kathmandu Valley and heads into the Himalaya, home to the world's highest mountains. Make an unforgettable landing on Lukla's 1,729-foot-long, 65-foot-wide runway, perched high on a mountainside above the Dudh Kosi (River of Milk). Collect your gear and walk to your lodge. If the flight is on time, fit in a warm-up hike to Kharka, on a trail that leads to Mera Peak, passing small hamlets and resident shepherds along the way.

**ACCOMMODATION:** Everest Summit Lodge Lukla

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute flight

**ACTIVITY:** 3 hours/3 miles hiking

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## Hike Lukla to Monjo

Begin trek from Lukla with a descent to the Dudh Kosi. Follow the trail to Phakding, passing *mani* walls (boulders inscribed with Buddhist prayers), small villages, and well-terraced hillsides. Meet Khumbu locals who, unlike the majority of Kathmandu residents, are Sherpas — people who migrated from Tibet over 500 years ago and still dress traditionally and practice evolved forms of Tibetan Buddhism. With Khumbila (18,800'), sacred peak of the Sherpas, looming above, arrive at the lodge in Monjo (9,317') in the early afternoon. Relax and enjoy free time while you acclimatize.

**ACCOMMODATION:** Everest Summit Lodge Monjo

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6 hours/8 miles hiking with 865' elevation gain & 819' elevation loss

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## Experience Namche Bazaar

Head north into UNESCO-listed Sagarmatha (Mount Everest) National Park, established in 1976 to protect an area of great environmental, religious, and cultural importance. Cross the Dudh Kosi and begin the steep climb up "Namche Hill" amidst lovely rhododendron, fir, and magnolia forests. As you ascend, catch your first glimpse of Everest! Arrive in the vibrant Sherpa market town of Namche Bazaar, the unofficial Khumbu capital beautifully situated in a terraced amphitheater facing the hanging glacier below Kwangde (20,293'). Check into the lodge, then spend the afternoon exploring Namche Bazaar.

**ACCOMMODATION:** Sherpa Land Lodge or Hotel Namche

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 4–5 hours/3 miles hiking with 1,858' elevation gain

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## Trek to Tashinga

This morning stop at the Sagarmatha National Park visitors' center and museum, where there are terrific views of the Everest region and educational displays on the culture, geography, geology, climatology, and wildlife of the park and the Khumbu. Back on the trail, follow the classic route to Everest on a winding, almost level path. After about three hours, it's a slight detour and another 15 minutes to the lodge in Tashinga (11,800'). The rest of the afternoon is yours to enjoy — and there's nowhere more relaxing than the peaceful Himalaya!

**ACCOMMODATION:** Everest Summit Lodge Tashinga

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 4 hours/6 miles hiking with 1,116' elevation gain & 1,052' elevation loss

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## DAY 07

### Ascend to Tengboche and Pangboche

Descend into the deep Dudh Kosi Gorge — one of the most beautiful valley walks on Earth — and then climb steeply to the famous Tengboche Monastery (12,680'). Burned in 1989 and now completely rebuilt, Tengboche is the spiritual center of the Khumbu and a training center for new monks. After lunch, continue through this holy region to Pangboche. This incredibly scenic hike follows the Imja River, and Ama Dablam (22,349') and the great massif of Everest (29,028') hover majestically above. The tangible spirituality and stunning scenery of this place always impresses!

**ACCOMMODATION:** Everest Summit Lodge Pangboche or Shreedewa Lodge

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5–6 hours/7 miles hiking with 1,274' elevation gain



## DAY 08

### Day Excursion to Ama Dablam Base Camp

After crossing the Imja River and a gradual ascent to Lhabarma, you find yourself facing Ama Dablam, one of the Khumbu's most beloved and spectacular mountains. Ama Dablam Base Camp (15,013') sits on an open yak pasture beneath the west face, affording incredible views of Kan Tega (22,254'), Thamserku (21,729'), and Tawoche (21,463'). Here you'll likely meet climbing groups, either acclimatizing or fixing their route, as this trek coincides with climbing season. With binoculars you may even see climbers descending the steep ice slopes from the summit. Return to lodge.

**ACCOMMODATION:** Everest Summit Lodge Pangboche or Shreedewa Lodge

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6–7 hours/8 miles hiking with 1,939' elevation gain & loss

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## Hike Back to Tashinga

This morning you cross the Mengbo and Imja rivers to reach a quiet trail offering an incredible panoramic vista complemented by charming old stone houses — and the blissful absence of other trekkers. Today is a shorter hike with time to stop at one of the tea houses along the way. When you arrive in Tashinga, check into the lodge and relish a free afternoon to rest and relax. Maybe it's siesta time — or, if you're feeling more energetic, explore the surrounding area on your own before reconvening for dinner.

**ACCOMMODATION:** Everest Summit Lodge Tashinga

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5–6 hours/7 miles hiking with 1,274' elevation loss

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## Reach Monjo

Continue your push to Monjo. Leaving Tashinga Lodge, follow a small path to reach the main trail leading to the villages comprising Khumjung, approximately a one-hour hike. The path leads gently up the shallow valley to Khumjung, built into a mountain bowl and surrounded by patterned, terraced fields. Here in 1961 Sir Edmund Hillary's Himalaya Trust built its first school, which still operates today. And enter the Khumjung monastery for a peek at the infamous yeti scalp! Continue south to Monjo for the night.

**ACCOMMODATION:** Everest Summit Lodge Monjo

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5-6 hours/8.5 miles hiking with 1,502' elevation gain and 3,562' elevation loss

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## Return to Lukla

Today you return to Lukla along the meandering Dudh Kosi, retracing your steps from Day 4. Pass Sherpa villages and soak in the stunning scenery until you arrive at the familiar lodge in Lukla.

**ACCOMMODATION:** Everest Summit Lodge Lukla

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 6–7 hours/8 miles of hiking with 819' elevation loss & 865' elevation gain

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## Fly to Kathmandu

Bid a fond, if somewhat hesitant, farewell to the Khumbu and enjoy the short flight back to Kathmandu. Upon arrival in Kathmandu, transfer to hotel.

**ACCOMMODATION:** Yak and Yeti Hotel

**MEALS:** Breakfast

**TRANSPORTATION:** 30-minute flight

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## Hinduism & Buddhism in Kathmandu

If your flight from Lukla operates as scheduled, you'll enjoy a morning tour of the Pashupatinath Hindu temple complex on the Bagmati River and Bodhnath's enormous Buddhist stupa — the largest in Asia and the center of Tibetan Buddhist culture in the Kathmandu Valley. This afternoon you're free to roam, relax, or do some last-minute shopping or sightseeing on your own. In the evening, join the group for a farewell dinner at a local restaurant.

**ACCOMMODATION:** Yak and Yeti Hotel

**MEALS:** Breakfast | Dinner

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## Depart for Home

After breakfast, transfer from hotel to airport and depart Kathmandu on your homeward-bound flight.

**MEALS:** Breakfast



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Yak and Yeti Hotel**

A five-star oasis in the heart of Kathmandu, the Yak & Yeti is the perfect blend of contemporary international standards and time-honored Nepali tradition. Guests will find refuge among antique fountains, gilded temples, and emerald gardens while enjoying a state-of-the-art gymnasium, spa features, shopping arcades, atrium, tennis courts, and swimming pools.

## **Everest Summit Lodge—Lukla**

Lying at the very gateway to mighty Mount Everest, the Everest Summit Lodge in Lukla has spacious, comfortably furnished rooms with en-suite facilities. The natural stone facade is complemented by a lovely sunny garden, and its traditionally appointed interior makes for a very warm welcome to arriving guests.

## **Everest Summit Lodge—Monjo**

Rest in comfort at the Everest Summit Lodge in picturesque Monjo. The setting is spectacular, overlooking the village and the narrow Dudh Kosi Valley, and with the dreamlike backdrop of magnificent Thamskerku rising high up behind the lodge. Hot tea and warm staff help every guest feel welcome.



# Where You'll Stay

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## **Sherpaland Lodge**

The Sherpa Land Lodge is a local hotel with comfortable accommodations and authentic food in the heart of Namche Bazaar. Surrounded by some of the highest mountains in the world, yet close to shopping and local culture in the village center, Sherpa Land offers guests a unique experience amidst the majestic grandeur of the Himalayas.

## **Hotel Namche**

Travelers boast about the location (not uphill!) and the kind staff of this simple but comfortable lodging in the heart of Namche Bazaar. Guests can enjoy the restaurant, bar, and outdoor patio. Most rooms have electric blankets, private bathrooms, and hot showers — welcome comforts in the chilly Khumbu region.

## **Everest Summit Lodge—Tashinga**

Situated amidst pine forests overlooking the Dudh Kosi Valley, the Tashinga Lodge offers breathtaking views of Ama Dablam, Thamserku, Tawoche, and Khumbila. Comfortable rooms and local hospitality make for a wonderful stay at one of the most beautiful locations along your trek.

## **Shreedewa Lodge**

The spectacular Himalayas tower outside the windows of this simple lodge on the route to Everest Base Camp. Greeted with a warm welcome, refuel after your hike with thoughtfully prepared local dishes in the cozy restaurant while marveling at the views. Enjoy a hot shower and good rest in comfortable ensuite rooms before the next day's adventure. Traditional Sherpa culture is all around you in this village.

## **Everest Summit Lodge—Tashinga**

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# Departure Dates

This trip is available to run in: April, May, October, November, December

**Book early for a greater choice of available dates.**  
Once you book, your price is GUARANTEED!

May 5-18, 2025

October 5-18, 2025

October 20-November 2, 2025

November 10-23, 2025

December 21, 2025-January 3, 2026

April 5-18, 2026

April 22-May 5, 2026

May 7-20, 2026

September 28-October 11, 2026

October 17-30, 2026

November 7-20, 2026

December 21, 2026-January 3, 2027

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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