



# Nepal Ancient Passes Trekking

## Scenic Himalayan Paths with Everest Views

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary 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 Tour Company in 2022 by USA Today's 10 Best 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 legendary outfitter in Nepal, offering pioneering adventure travel experiences in the Everest region since 1969.

## REASON 2

Our team of local guides are true experts, with over 20 years' experience in the Gokyo Valley and with MT Sobek.

## REASON 3

This exploratory adventure takes intrepid travelers to a less-visited part of Nepal, staying true to MT Sobek's heritage.

## At A Glance

### ACTIVITIES

Strenuous hiking on mountain paths, covering 2.5-8 miles per day on rugged terrain at a maximum elevation of 17,575'.



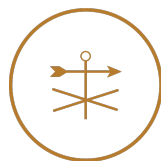
### LODGING

Scenic and comfortable mountain accommodations in Nepalese inns and lodges, plus two nights at Kathmandu's comfortable Yak & Yeti Hotel.



### CLIMATE

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



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.*



# Nepal Ancient Passes Trekking

**Scenic Himalayan Paths with Everest Views**

**15 Days**

**Start:** Kathmandu, Nepal

**End:** Kathmandu, Nepal

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

**Activities:** Hiking & Trekking

**Lodging:** Rustic Lodging

**Group Size:** 4-12 Guests

**ACTIVITY:**



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

“

*“Congratulations for organizing our fabulous trip in Nepal. We enjoyed a wonderful mix of cultures as well as spectacular hiking led by your extremely qualified on the ground team. Pranoy Rai is a fantastic leader.”*

- Karen H.

# The Itinerary

DAY  
01

## Arrive in Nepal

Welcome to Kathmandu! Meet your MT Sobek guide and transfer to your hotel. Depending on your arrival time, you may opt to stretch your legs and explore the area around the hotel, which is situated in the heart of the city. Come evening, receive a briefing on the trek and a festive welcome dinner with the group.

**MEALS:** Dinner

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DAY  
02

## Tour the Kathmandu Valley

Kick off your Nepal adventure with a tour of Bhaktapur, a medieval city-state in Kathmandu Valley. Incredibly preserved, Bhaktapur was tragically devastated by the 2015 earthquake. The city is still in recovery mode, but some simple meandering reveals the remaining stunning medieval squares lined with towering temples, and narrow cobbled streets dotted with brick buildings, hidden squares, and hawking artisans. In the afternoon, enjoy some free time to relax, wander, or pack for your upcoming trek. This evening, enjoy an Everest summit talk given by a Nepalese female Seven Summiteer.

**MEALS:** Breakfast

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DAY  
03

## Fly to the Khumbu

This morning, depart Kathmandu on a helicopter flight bound for Lukla (9,382'), a popular stop for Everest-bound visitors. This short but spectacular flight offers unparalleled views over the mighty Himalaya. From here, lace up your boots and begin your trek, making our way about 3.5 miles through pine and cedar woods to Phakding village (8,563'). Phakding sees many travelers and thus is full of many guesthouses and warm Nepalese hospitality - which you experience tonight. While you may feel eager to walk more today, stop here to help your body acclimatize.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute helicopter flight

**ACTIVITY:** 3 hours/3.5 miles hiking with 819' elevation loss

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DAY  
04

## Hike to Monjo

Today enjoy an easy, acclimatizing walk to Monjo (9,428'). En route, cross several picturesque suspension bridges, and pass mani walls (boulders inscribed with Buddhist prayers), small villages, terraced hillsides, and likely quite a few working yaks. With Khumbila (18,800'), sacred peak of the Sherpas, looming above, arrive in Monjo, nestled in mountainous blue pine and rhododendron forest. Overnight and acclimatize at Everest Summit Lodge - Monjo, where the lodge chef prepares a welcome dinner.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 3.5 hours/3 miles hiking with 865' elevation gain

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## DAY 05

### Catch Your First Glimpse of Everest!

Get your cameras ready! Today you enter Sagarmatha National Park en route to Namche Bazaar (11,286'). More rocky terrain, suspension bridges, and yak crossings make for a strenuous day. But all becomes worth it when you pause on the steep ascent for the rewarding, spectacular first glimpse of Mount Everest! Arriving in Namche Bazaar — the gateway to Everest and the high Himalaya — early allows you to spend a relaxing afternoon strolling around the bustling village. Colorful prayer flags adorn this amphitheater of shops, Internet cafes, eateries, and lodgings.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 4.5 hours/3 miles hiking with 1,858' elevation gain

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## DAY 06

### Trek to Tashinga via the Hillary School

Above Namche Bazaar, the trail to Tashinga follows the classic approach to Everest. A steep uphill hike takes you to beautiful Khumjung village, where you'll have a chance to visit the first Hillary school. Founded in 1961 by legendary mountaineer Sir Edmund Hillary, the institution — with just over 300 students — is the only high school in the Khumbu region. After visiting the school, descend down to Tashinga (11,350').

**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

### Follow the Flags to Phortse

From Tashinga, follow sacred stones and colorful prayer flags to Phortse (12,959'), a traditional Sherpa village off the main trail. A terraced knoll dotted with stone buildings, this hamlet is seldom visited — leaving a pristine, genuine experience for those who veer off the beaten path to explore it.

**ACCOMMODATION:** Phortse Resort or Namaste Guest House at Phortse village

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 4 hours/6 miles hiking with 1,609' elevation gain

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## DAY 08

### Ascend to Dole

A gradual uphill hike, with only the occasional section of steep steps, takes you up and along the shady side of a valley through mossy rhododendron forest. The wooded trail emerges above the tree line and into the village of Dole (13,248'), home to musk deer, a variety of Himalayan birds, and a cluster of trekking lodges.

**ACCOMMODATION:** Yeti Inn at Dole

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 4.5 hours/5 miles hiking with 289' elevation gain

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## Climb to Machermo

Today you trek only about 2.5 miles but gain about 1,200 vertical feet — so it feels like a very significant 2.5 miles! Exiting Dole there is a slight descent (tricky if snow-covered), but it quickly shifts to a steep climb up a hillside covered in tundra grasses and scrub junipers. Continuing up through the valley, mountain views abound, including of Cho Oyu (26,906'), the world's sixth-highest peak. The slope eases as you approach Luza, then it's an easy walk into Machermo (14,665') — where in the 1975 a villager and her yaks were allegedly attacked by a yeti!

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 4 hours/2.5 miles with 1,400' elevation gain

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## Behold Gokyo Valley, Nepal's Land of Sacred Lakes

Today's views are incredible! Head up into the desolate, high-mountain tundra and breathtaking Gokyo Valley and Gokyo Lake (15,419'). Wedged between soaring peaks and awesome glaciers, six main (and 19 total) emerald-green lakes comprise the world's highest freshwater lake system. They are sacred to both Buddhists and Hindus, and traditional beliefs that wildlife should remain unharmed have long protected the region's fauna. Soak in the beauty of three Gokyo lakes before pushing to the village of Gokyo, your home for two nights as you explore this magical area.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5 hours/4 miles hiking with 1,000' elevation gain

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## Summit Gokyo Ri

Today's hike is optional. But if you're game to climb Gokyo Ri, the Himalayan views — and the feeling of accomplishment — from atop are truly unforgettable! Rise early, cross a stream, and start climbing. Respect the altitude and take it slow, resting often if only to appreciate the spectacular surroundings: endless sky above, mighty mountains around, the enormous Ngozumpa Glacier and holy Gokyo Lakes below. After a few hours, summit Gokyo Ri (17,575') and revel in the awesome beauty of some of the world's highest mountains: Cho Oyu, Makalu, Lhotse, and, of course, Everest.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 5 hours/8 miles hiking with 1,991' elevation gain & loss

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DAY  
12

### Cross Renjo La Pass into Thame Valley

Today you'll feel your proximity to Tibet as you cross Renjo La Pass (17,585'), an adventurous and challenging route that affords more unforgettable mountain and lake views. Descend into the little-known Thame Valley, a former "salt route" along which traders would journey from Tibet to Namche Bazaar. Thame, the largest village in the valley, is also known for being home to Tenzing Norgay, the first Sherpa to climb Mount Everest with Sir Edmund Hillary in 1953. Today's hike ends in Lungden (14,370'), a tiny village comprising little more than several lodges.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 9 hours/8 miles hiking with 1,952' elevation gain & 3,166' elevation loss

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DAY  
13

### Experience Hinduism in Kathmandu

Your weary feet and wobbly legs appreciate today, as all they have to do is climb aboard a scenic flight bound for Kathmandu. Spend two leisurely days exploring this magical city, including the sacred Pashupatinath Temple. Straddling the Bagmati River, Kathmandu's oldest Hindu temple is an architectural marvel. It is also the most important temple dedicated to the god Shiva. Elderly and ailing Hindu worshippers arrive from near and far to find shelter in their final weeks, as it is believed that those who die here are reborn as human, regardless of any accumulated bad karma. There may also be time to visit Kathmandu's Durbar Square and shop in the local bazaar.

**MEALS:** Breakfast | Lunch

**TRANSPORTATION:** 1-hour helicopter flight

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## Explore More of Kathmandu

Continuing your time in Kathmandu, explore Boudhanath Stupa, Nepal's largest temple and one of its holiest sites. Boudhanath is Kathmandu's center of Tibetan culture and rich in Buddhist symbolism: five statues representing the five elements (earth, fire, air, water, and ether), nine levels representing Mount Meru (the mythical peak at the center of the Buddhist cosmos), and 13 rings from its base to its apex (representing the steps to enlightenment). Lunch is on your own. In the afternoon, visit the King's Palace and Swayambhunath (Monkey Temple - try to catch the sunset here!), before joining the group for a farewell dinner.

**MEALS:** Breakfast | Dinner

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## Depart for Home

This morning we bid a fond farewell to our new friends and this magical country, then transfer to the airport for our homebound flights.

**MEALS:** Breakfast

**TRANSPORTATION:** Transfer to airport

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# 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.

## **The Soaltee Kathmandu**

A modern hotel with elegant style, the Soaltee Kathmandu is a 5-star Deluxe hotel surrounded by lush gardens and views of the majestic Himalaya mountains. The hotel features well-appointed rooms with modern amenities and traditional touches. Guests can relax by the outdoor pool or unwind with a massage at the spa. The restaurants showcase a diverse range of culinary delights with both local and international flavors.



# Where You'll Stay

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

## **Yeti Mountain Home**

Situated on the banks of the Dudh Kosi river and surrounded by organic gardens, YMH is a peaceful haven for weary legs. The comfortable rooms feel very lodge-like, with wood-paneled walls and natural wooden furniture. Shared spaces include a sunroom with lovely views, a vast dining room with a cozy fireplace, and a small in-house library.

## **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 Thamserku rising high up behind the lodge. Hot tea and warm staff help every guest feel welcome.

## **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.

## **Riverside Lodge**

The Riverside Lodge is nestled in a small hamlet surrounded by juniper and rhododendron trees. Listen to the babbling river while relaxing by the fire in the dining area or in your comfortable room. Shared bathrooms and showers.

## **Yeti Inn**

On the northern side of the stream that bisects the village of Dole, the vast Yeti Inn offers large gardens and a genuine trekking-lodge feel in a lovely pastoral setting. It's a place of comfort and camaraderie, and many trekkers hang out here to acclimatize en route from Phortse to Machermo.

## **Namgyal Lodge—Machermo**

Set in a lovely courtyard appointed with prayer flags, this better-than-basic lodge exudes warmth from its stone walls, ample blankets, and affable staff. Varied, tasty meals are served in the bright, cozy dining room, and guests can enjoy hot water for sponge baths morning and evening.



# Where You'll Stay

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

## **Fitzroy Inn**

The spectacular views over stunning Gokyo Lake are only one of the welcoming Fitzroy Inn's notable characteristics. Others include its comfortable beds, en suite bathrooms with hot showers, warm and tidy dining room serving up generous portions, and genuine Sherpa hospitality.

## **Himalayan Eco Lodge**

The Himalayan Eco Lodge's lakefront accommodation offers stellar views of Gokyo Lake and its surrounding snowcapped peaks. Cozy rooms come with en suite bathrooms, in-room sockets for device charging, and a warm and friendly dining room and bar. The lodge takes pride in using renewable solar and hydropower energy, and yak-dung instead of wood in its stoves.

## **Lungden View Lodge**

There is little to the village of Lungden other than a sprinkling of accommodations. The Lungden View Lodge's basic rooms offer warmth and relaxation to trekkers both preparing to climb the challenging Renjo-La Pass, and to those resting their legs and lungs after crossing it.

## **The Soaltee Kathmandu**

A modern hotel with elegant style, the Soaltee Kathmandu is a 5-star Deluxe hotel surrounded by lush gardens and views of the majestic Himalaya mountains. The hotel features well-appointed rooms with modern amenities and traditional touches. Guests can relax by the outdoor pool or unwind with a massage at the spa. The restaurants showcase a diverse range of culinary delights with both local and international flavors.

# 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!

October 4-18, 2024

October 20-November 3, 2024

November 6-20, 2024

November 22-December 6, 2024

December 8-22, 2024

March 15-29, 2025

April 1-15, 2025

April 16-30, 2025

May 1-15, 2025

October 4-18, 2025

October 20-November 3, 2025

November 6-20, 2025

November 22-December 6, 2025

December 8-22, 2025

# 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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