



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 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
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 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.



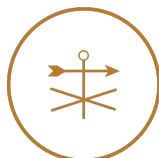
LODGING

Scenic and comfortable mountain accommodation in Nepalese inns and lodges, plus two nights at the comfortable Yak & Yeti Hotel 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. Each day, enjoy nourishing meals and the comfort of welcoming lodges.

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 2:00 pm 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.

MEALS: Dinner

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, taking in 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.

MEALS: Breakfast

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.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute flight

ACTIVITY: 3 hours/3 miles hiking

DAY
04

Hike Lukla to Monjo

Begin your 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.

MEALS: Breakfast | Lunch | Dinner

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

DAY 05

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.

MEALS: Breakfast | Lunch | Dinner

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

DAY 06

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!

MEALS: Breakfast | Lunch | Dinner

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

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!

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 the lodge.

MEALS: Breakfast | Lunch | Dinner

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

DAY 09

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.

MEALS: Breakfast | Lunch | Dinner

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

DAY 10

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. Enter the Khumjung Monastery for a peek at the infamous yeti scalp! Continue south to Monjo for the night.

MEALS: Breakfast | Lunch | Dinner

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

DAY 11

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.

MEALS: Breakfast | Lunch | Dinner

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

DAY 12

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.

MEALS: Breakfast

TRANSPORTATION: 30-minute flight

DAY 13

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.

MEALS: Breakfast | Dinner

DAY 14

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

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

Sherpa Land 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.

Everest Summit Lodge—Pangboche

The village of Pangboche sits, quite literally, in the lap of Ama Dablam. With Everest to the north, Thamserku and Kang Taiga to the east, Kongde Ri to the south, and the Imja River flowing through the wide fertile valley, the quaint Pangboche Lodge rests in the midst of abundant natural glory. En suite facilities round out the comfortable accommodations.

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!

April 19-May 2, 2024

May 4-17, 2024

May 10-23, 2024

October 2-15, 2024

October 19-November 1, 2024

November 9-22, 2024

December 21, 2024-January 3, 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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