

Indicative Itinerary

Trip

Youth to Everest, April 2010 (Group 1)

(Note 1: Items in *italics* below are subject to confirmation)

(Note 2: Most schools close for Easter and April School Holidays on Thursday April 1, 2010)

Thursday, April 1

Auckland to Kathmandu: *Depart Auckland for Singapore Airlines SQ282, departs 00:55am; arrive Singapore 6.45am; depart Singapore Silk Air MI412, 09.05am, arrive Kathmandu 12.00pm midday.* We are taken to the Park Village Hotel, our base during our time in Kathmandu (see brochure enclosed with your Trip Package).

Day 2

Kathmandu: Day tour to discover the wonders of this 1,000 year-old city, including a visit to historic sites at Pashipatinath and Boudhana; also the local market at Thamel.

Day 3

We depart Kathmandu on an early morning mountain flight to the Hillary built airstrip at Lukla, altitude 2,840m. The day is spent with our Sherpa staff visiting Lukla Monastery and School, and then to Lukla Hospital; with time to enjoy the peace of this town at the gateway to the Everest Valley. We overnight with our friend Dawa Tshering at his Himalaya Lodge.

Day 4

Lukla to Ghaat Village: A short walk down valley to the banks of the Dhudkosi River and the village of Ghaat, where we spend the day with the local Primary School. A one hour walk takes us to Phakdingma which will be our home for 2 nights as part of our acclimitisation; we stay with Tshering Nima at the Namaste Lodge.

Day 5

Phakdingma: We will spend half of our day working on our Reforestation Project on the slopes of Gumela; re-establishing the conifer forests is a vital environmental project in this area. The balance of our day will be resting, washing, reading, and preparing for the walk to Namche.

Day 6

Phakdingma to Namche: A stunning 7 hour trek along the valley and up the famous Namche Hill to the Sherpa capital

at 3,440m. We stay at Panorama Lodge overlooking Namche with our great hosts Sherup Jangbu and Lhakpa Doma.

- Day 7
Namche: A rest day in and around Namche. We include a walk to the National Park Headquarters, where we are treated to our first view of Mt Everest and other great mountains of the high Himalaya. We also have time to spend in the Namche markets.
- Day 8
Namche to Kanjuma: A steep trail takes us to the village of Khunde, well known for its hospital established by Sir Edmund Hillary in the 1960's. After a short visit to the hospital we walk to Khunde's twin village of Khumjung, the location of another Hillary legacy, the Khumjung School. After lunch we journey to Kanjuma, where we stay at the appropriately named Ama Dablam View Lodge. The view of this mountain, the Matterhorn of the Himalaya, is spectacular.
- Day 9
Kanjuma to Pangboche: Our biggest trekking day takes us from 3,550m to 3,930m at Pangboche, and will have us on the trail for approximately 6 hours. We trek the Thyangboche Hill and then cross the plateau to Deboche and Pangboche; stunning views are in every direction. We spend 2 nights in the very comfortable Lodge and home of the Head Llama of the Pangboche Monastery.
- Day 10
Pangboche: We leave early to ascend the ridge behind Pangboche; we enjoy clear views as we reach an altitude of approximately 4,500m by mid morning. We savour the moment of this "high point" of our trip.
- Day 11
Pangboche to Phunkeytenga: We're on the downhill journey, and a substantial descent to 3,250m. We are back in the forest and again alongside the Dudhkosi River; we reach our destination in time for lunch and enjoy a relaxing afternoon at Mingma's new Riverview Lodge.
- Day 12
Phunkeytenga to Monjo: We are in familiar territory as we head through Namche, rejoining Sherup and Lhakpa for lunch, and then on our way to the peaceful village of Monjo.
- Day 13
Monjo to Lukla: Our penultimate day in the Everest Valley as we reflect on our achievements and return to Lukla, our set-off point 10 days earlier. We are welcomed back by Dawa Tshering to the Himalaya Lodge.
- Day 14
Lukla to Kathmandu: Our morning flight from Lukla gives us our last views of the Himalaya; we return to the Park Village

Hotel. Rest of the day is at leisure, with active options for those who want them, maybe some final shopping in the markets, or perhaps simply a day of relaxation.

- Day 15 Kathmandu to Auckland: *Depart Kathmandu, Silk Air MI411, departs 1.00pm, arrives Singapore 8.15pm. Overnight in Singapore.*
- Day 16 *Day at leisure in Singapore; Depart Singapore, Singapore Airlines SQ 285, 9.00pm.*
- Saturday, 17 April *Arrive Auckland, 11.50am*

Notes

- 1) **If you require travel to/from Auckland, please note that internal travel arrangements are your own responsibility.** You must arrive in Auckland in plenty of time to ensure you meet our international flight; you should allow a minimum of 4 hours before scheduled departure time, whether you are travelling by plane or car to Auckland; this way you should avoid being caught by unexpected delays.
- 2) **We recommend you do not book any internal connecting flights to Auckland until 6 weeks before departure date,** to ensure any schedule changes by our international carrier do not clash with any prebooked internal flights. Be wary of internal flight conditions that may make them difficult to change in the event you need to.
- 3) **If you need a travel agent to book your internal flights we recommend you talk to Phillip Harris at Mondo Travel, Motueka,** who handles our international bookings. Phillip is contactable at 03 528 1550, or email him on phil.harris@mondotravel.co.nz.
- 4) We will supply you with a high quality kit-bag prior to your departure; you will use this for your gear that you take on the trek. Your trek kit-bag, when fully packed, must weigh no more than 15kg; this is a restriction on the internal flight to Lukla, as well as being a realistic limitation on what we expect our porters to carry for us. So please be sparing in what you bring and economise on weight wherever possible. You may take additional clothing etc (and suitcase) and leave this at our hotel in Kathmandu. Overall weight limit on our international flights is 20kg.