

## **Indicative Itinerary**

- Trip**            **Youth to Everest – April 2019**
- Day 1**            Auckland to Kathmandu: We are taken to the Maya Manor Hotel, our base during our time in Kathmandu.
- Day 2**            Kathmandu to Lukla to Phakdingma: We depart Kathmandu on an early morning mountain flight to the Hillary built airstrip at Lukla, altitude 2,840m. Our trek commences along the banks of the Dudh Koshi River to Phakdingma for our first night in the Everest Valley.
- Day 3**            Phakdingma to Namche: An early start on the trail up the Everest Valley then on through the entrance of Sagamatha National Park followed by a stunning trek up the famous Namche Hill to the Sherpa capital at 3,440m. We stay at Sherpaland Hotel in the heart of Namche.
- Day 4**            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 at the Namche markets.
- Day 5**            Namche to Khunde: A steep climb up to the memorial to Sir Ed, his wife and daughter, sees us arrive in the small village of Khunde where we get set for our first night in tents.
- Day 6 & 7**        Khunde: The camp is set up and run exclusively by the Youth trekkers. Group leader and nurse are close by in case of medical support only. Students do their own planning and cooking. The day is spent on our community projects within the village of Khunde.
- Day 8**            Khunde to Khumjung: After packing up the tent site we commence activities based at the Hillary built Khumjung School. Tonight is spent at the appropriately named Ama Dablam View lodge. The view of this mountain, the Matterhorn of the Himalaya, is spectacular.
- Day 9**            Khumjung to Deboche: An awe inspiring day takes us from 3,550m to 3,710m at Deboche, and will have us on the trail for approximately six hours. We trek the Thyangboche Hill and then cross the plateau to Deboche. Stunning views are in every direction. Our accommodation is in the very comfortable Rivendell Lodge.
- Day 10**          Deboche to Pangboche: Today we reach the literal “high point” of the trip at approximately 4,000m. The day starts with a visit to our close friend, 80 year old Lama Gashe, at Pangboche Monastery followed by a day trip to Ama Dablam Base Camp. We return to Pangboche where we are hosted for the night by Lama Gashe’s daughter. This in an absolute highlight where we wake to the highest mountains on earth.
- Day 11**          Pangboche to Jorsale: We’re on the downhill journey, and a substantial descent to 3,440m. We are back in the Sherpa capital in time for lunch, then back on the trail down the familiar Namche Hill. Tonight we stay at the lovely Nirvana Lodge.

**Day 12** Jorsale to Lukla: Our penultimate day in the Everest Valley sees us stop once again at Phakdingma for lunch then on to Lukla whilst reflecting on our achievements since setting off on foot 10 days ago. We are welcomed back by Dawa Tshering to the Himalaya Lodge.

**Day 13** Lukla to Kathmandu: Our early morning flight from Lukla gives us our last views of the Himalaya; we return to the Maya Manor Hotel. The rest of the day is at leisure, with active options for those who want them, maybe some shopping at the markets or perhaps simply a day of relaxation by the pool.

**Day 14** Kathmandu: Day tour to discover the wonders of this 1,000 year old city, including a visit to historic sites at Pashipatinath and Boudanath, followed by some shopping in the Thamel district.

**Day 15** Kathmandu to Singapore.

**Day 16** Singapore to Auckland.

#### Notes

- **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.
- **We recommend you do not book any internal connecting flights to Auckland until six weeks before departure date** to ensure any schedule changes by our international carries do not clash with any pre-booked internal flights. Be wary of internal flight conditions that may make then difficult to change in the event you need to.
- **If you need a travel agent to book your internal flights we recommend you talk to Phillip Harris at World Travellers Motueka**, who handles our international bookings. Phillip is contactable on 03 5281550, 0800 804737, or email him at [philh@worldtravellers.co.nz](mailto:philh@worldtravellers.co.nz).
- **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 plus personal day pack, 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 bag) and leave this at our hotel in Kathmandu. Overall weight limit on our international flights is 20kg.

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