

Everest Power Trek



Everest Power Trek

Url: <https://wildyakexpeditions.com/trips/everest-power-trek/>

Duration

18

Max. Altitude

5,545 meters / 18,193 feet

Difficulty

Hard

Group Size

4 to 6 Participants

Per Person Cost

USD4890

Country

Nepal

Region

Khumbu (Everest Region)

Accommodation

Hotel Tibet International / Hotel Yak & Yeti /
Lodges during Trek

Prime Activity

Trekking

Minor Activity

Cultural Sightseeing

Meals

Dinners in Kathmandu / All meals during
Trekking

HIGHLIGHTS

- Introduction of Nepal, its culture and traditions
- Sightseeing of the **UNESCO World Heritage** sites in Kathmandu
- **High standard hotels** in Kathmandu
- Breathtaking domestic flight to Lukla and back to Kathmandu
- Trekking through the **World's famous Everest area**: Khumbu, the land of the Sherpas
- Crossing of **2 passes above 5000 meters** and hike to **Gokyo Ri** at 5360 meters for stunning panoramic views of the Himalayan range
- A fascinating glimpse of the **beautiful turquoise lakes** of Gokyo at **4750 meters**
- Discovery of the ancient Himalayan settlements
- **Great Helicopter flight** above Khumbu Valley
- **Extraordinary views** on some giants of the Himalaya: Everest, Ama Dablam, "the Swiss Matterhorn of Nepal," Lhotse (the fifth highest peak), etc.
- focus on **high-quality services experienced WILD YAK Team** for a **small group of 4 to 6**

participants only

Overview

Everest Trek with three Tops above 5000 meters

The popularity of the **Everest Region** has not stopped growing since the first conquest of the Top in May of 1953. Mount Everest, known as Sagarmatha to the Nepalese, Chomolungma, and local Sherpa communities, became Nepal's first and most famous trekking destination. The region is renowned for good reason - some of the most spectacular mountain scenery in the world combined with the Sherpa people's outstanding friendliness and hospitality to offer visitors the experience of a lifetime.

EVEREST TREK with 3 TOPS

WILD YAK EXPEDITIONS has used his profound knowledge of the Everest Region to plan its original route. Also, it shows off the very best of the Khumbu valley. This Everest Trek begins with the cultural sightseeing of Kathmandu's UNESCO Heritage sites and other cultural gems. After that, we enjoy another unforgettable domestic flight with breathtaking views of the Tenzing-Hillary Lukla Airstrip.

After reaching the heart of Khumbu "Namche Bazar," often called the gateway to Everest, our way continues to Tengboche. Furthermore, here you can admire the old renowned Tibetan Buddhist Gompa (World Heritage Monastery). Through a forest of Juniper, Fir, and Rhododendron, our route takes us to the Sherpa people's highland settlements in the middle of yak herds and typical vegetation. Our journey carries on to a first high Himalayan pass, the **Kongma La** at 5447 meters, which gives you the feeling of touching the clouds surrounded by a stunning panorama. We then continue to the belvedere of **Kala Pathar** at 5550 meters above Everest Base Camp. The second pass, **Cho La** at 5420 meters, brings us to the beautiful turquoise glacial lakes of Gokyo valley. Moreover, we see an impressive view of some Himalayan giants.

WHY GO FOR A TREKKING?

In the outdoors, Trekking, especially in the Himalayas, provides some health benefits ranging from physical to mental to spiritual. Furthermore, it is also the best place to have enough time to discover ourselves and rejuvenate our lives. Besides personal benefits, it contributes to helping the local economy. Additionally, in **2015, a terrible Earthquake** destroyed many parts of Nepal.

WHY WITH WILD YAK EXPEDITIONS?

Finally, WILD YAK EXPEDITIONS Team welcomes you in the Himalaya. We commit to organizing small groups with high-quality services essential for flexibility, contentment, good ambiance, and precious exchanges of cultures and knowledge with our local Guides.

Dream...Explore...Discover...

DETAILED ITINERARY

Show Detail Itinerary

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Day 01

Arrival in Kathmandu

WILD YAK EXPEDITIONS' representative will be at Tribhuvan International Airport's arrival and gracefully escort you to the Hotel. As the Hotel is very close to the UNESCO heritage site Boudhanath, our representative will familiarise you with the area after checking in with the Hotel.

After Dinner, Short briefing regarding the next day program.

Hotel: Hotel Tibet International, Boudha

Dinner: in an excellent restaurant in town

Altitude at the stay: 1350 meters

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Day 02

Sightseeing of the UNESCO Heritage sites of Kathmandu

After breakfast at the Hotel, an introduction meeting is foreseen at the hotel garden to exchange knowledge and tips regarding the Trekking.

Note: Recheck of all Trekking materials

Kathmandu is also known as city of Temples, the century-long fusion of Buddhism and Hinduism harmony is displayed so well in the monuments and Temples.

Around 10:30 WILD YAK EXPEDITIONS private Van will arrive at hotel with the Cultural Tour expert guide.

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Day 03

Flight to Lukla, Trek to Phakding

Highlights of the Day

Flight to Lukla, Lukla airport, suspension bridges, Ghat village.

Walking hours: 4-5 hours

Meals: Breakfast/Lunch/Dinner

Lodge: Sunrise or Sherpa Guide Lodge

Altitude at Stay: 2600 meters

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Day 04

Phakding to Namche Bazaar

Highlights of the Day

Monjo Village, Entrance to Sagarmatha National Park, First Glimpse of Mount Everest (if weather favours), uphill to Namche.

Walking hours: 4-6 hours

Meals: Breakfast/Lunch/Dinner

Lodge: Zamling Guest House

Altitude at Stay: 3400 meters

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Day 05

Acclimatisation day at Namche

Highlights of the Day

Hike up to Everest View Point, 3800 meters, Shangboche Airstrip, Khumjung Village and later “Everest Movie” at Cafe 8848

Walking hours: 4-5 hours

Meals: Breakfast/Lunch/Dinner

Lodge: Zamling Guest House

Altitude at Stay: 3400 meters

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Day 06

Namche to Tengboche

Highlights of the Day

Tengboche Monastery

Walking hours: 6 hours

Meals: Breakfast/Lunch/Dinner

Lodge:

Altitude at Stay: 3860 meters

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Day 07

Tengboche to Dingboche

Highlights of the Day

Pangboche village, Pangboche Monastery, magnificent view of Ama Dablam

Walking hours: 3-4 hours

Meals: Breakfast/Lunch/Dinner

Lodge: Khumbu Resort

Altitude at Stay: 4410 meters

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Day 08

Dingboche rest and acclimatization day

Highlights of the Day

Acclimatization day, Dingboche village, Hike up to 5000 meters or to Chukung, 4600 meters

Walking hours: 2-5 hours

Meals: Breakfast/Lunch/Dinner

Lodge: Khumbu Resort

Altitude at Stay: 4410 meters

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Day 09

Dingboche to Lobuche

Highlights of the Day

Walking hours: 4-5 hours

Meals: Breakfast/Lunch/Dinner

Lodge:

Altitude at Stay: 4930 meters

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Day 10

Lobuche to Everest Base Camp, and back to Gorekshep

Highlights of the Day

Everest Base Camp (5350 meters)

Walking hours: 8 hours

Meals: Breakfast/Lunch/Dinner

Lodge:

Altitude at Stay: 5170 meters

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Day 11

Lobuche to Dzongla via Kala Pathar

Highlights of the Day

Hiking up to the Peak point of trekking Kalapathar and viewing sunrise at the top of the world will make you very mesmerizing day.

Walking hours: 5 hours

Meals: Breakfast/Lunch/Dinner

Lodge: Green Valley Lodge

Altitude at Stay: 4850 meters

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Day 12

Dzongla to Gokyo Lake via Cho La pass

Highlights of the Day

It is one of the interesting day to cross Cho-La Pass and walk through some parts of Khumbu Glacier.

Walking hours: 7-8 hours

Meals: Breakfast/Lunch/Dinner

Lodge: Fitzroy lodge

Altitude at Stay: 5360 meters

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Day 13

Gokyo Lake to Lumde via Renjo La

Highlights of the Day

Renjo Pass

Walking hours: 7-8 hours

Meals: Breakfast/Lunch/Dinner

Lodge:

Altitude at Stay: 4370 meters

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Day 14

Lumde to Thame

Highlights of the Day

Thame Village

Walking hours: 3 Hours

Meals: Breakfast/Lunch/Dinner

Lodge: Third Pole Lodge

Altitude at Stay: 3800 meters

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Day 15

Thame to Lukla by helicopter

Highlights of the Day

Amadablam

Walking hours: 1 hour

Meals: Breakfast/Lunch/Dinner

Lodge: Yeti Home Lukla

Altitude at Stay: 2840 meters

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Day 16

Flight back to Kathmandu

Hotel: Hotel Yak & Yeti

Dinner: in an excellent restaurant in town

Altitude at the stay: 1350 meter

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Day 17

Leisure day

Highlights of the day: Thamel and its many shops

Hotel: Hotel Yak & Yeti

Dinner: in an excellent restaurant in town

Altitude at the stay: 1350 meter

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Day 18

Departure international flight

According to your flight schedule, a WILD YAK representative will escort you to the airport.

WILD YAK Services

WILD YAK EXPEDITIONS' philosophy is: as much as possible is included in the quoted price so that each participant knows the total costs of his/her Adventure Trip in advance!

- organization of your Journey
- All airport/hotel transfers in Nepal
- Accommodation in superior hotels in Kathmandu on a sharing basis, including breakfasts (4 nights). **Note:** *Additional charges occur for a single room (upon request)*
- Dinners in Kathmandu (4)

- Guided sightseeing tour in Kathmandu
- All entry fees to the World Heritage sites in Kathmandu
- Flight Kathmandu-Lukla and back (by airplane), incl. the local taxes (personal luggage **max. 15 kg**)
- Accommodation in lodges during the trekking, on a sharing basis
- Major meals during trekking
- A well-experienced and trained Team: Guide, Assistant Guide (depending on the number of participants), porters, including their salary, insurance, transportation, food, lodging, and clothes)
- Transport of the personal luggage and collective material from Kathmandu and back
- All necessary trekking
- The technical equipment to secure the passes, where necessary
- Travel and rescue arrangements
- Communication means (for emergency)
- Oxygen, mask, and regulator (for emergency)
- Medical first aid kit
- WYE postcards
- All government and local taxes.
- Last but not least, a big Smile from the Wild Yak Expeditions Team.

Logistics

OUR WILD YAK TEAM

The success of this Journey depends on each participant's personal status and the experience of our Team. WILD YAK EXPEDITIONS' Team carefully selected according to their expertise in a particular environment and individual aptitudes. Our Team is thus highly experienced, skilled, trained, courteous, and supportive.

WILD YAK EXPEDITIONS' is proud to support our local staff by providing them with a fair salary and encouraging them to take mountaineering workshops, wilderness first aid training, environmental preservation courses, garbage management, team leadership, and language refreshers regularly.

Our Trekking Guide and his role: WILD YAK EXPEDITIONS' Trekking Guide is a professional government-trained guide with experience in directing and trekking around the Himalaya, including first aid training and in-depth knowledge of the local flora, fauna, and general environment preservation. Our Guide leads you through the Trekking and across the passes while giving you interesting information about the mountains, culture, traditions, and landscapes. He will help as an interpreter with the local populations. He ensures your safety and checks your needs throughout the trail and to the top of the pass, monitoring symptoms of high altitude sickness. Our Guide plays a vital role in taking care of our members' needs, supervising the Team and porters, and assuring the safety requirements. He also makes sure that the rubbish is managed and the trail/campsite is kept clean throughout the trekking trip. WILD YAK EXPEDITIONS will frequently be informed about the group during the entire trekking experience.

Our Assistant Guide: Our Assistant Guide also has a government license but must work as an assistant guide for some time to become a company approved Guide. He assists the Guide with all the essential duties, ensuring safety and checking that the group's performance runs smoothly. He is equipped with an emergency first aid kit and walks along with the members to monitor the group.

Our Porters: WILD YAK EXPEDITIONS has its reliable porters. It is their responsibility to carry your luggage during the Trekking with proper handling standards.

WILD YAK EXPEDITIONS is very concerned about the porters. We support and respect the porters' rights and have high standards to ensure that they are treated well. We pay them a fair salary, including a bonus, and providing them with excellent food allowances, clothes, shoes, sunglasses, and medical insurance.

ACCOMMODATION & MEALS

Kathmandu: We stay at high standard Hotels on a sharing basis, including breakfasts. Depending on availability, single rooms can be booked upon request at an additional cost. All dinners are served in excellent restaurants in town where you can enjoy various cuisines, from the typical Nepali, Thai, and even steaks and Italian meals. Each restaurant has been screened by WILD YAK EXPEDITIONS representatives to ensure that it is of suitable quality for our guests.

During Trekking: We stay in the lodges (small traditional mountain guesthouses) recommended by WILD YAK EXPEDITIONS as per defined itinerary destination. Please be aware that single rooms are not available. Though there are blankets available at the lodges, we recommend bringing your sleeping bag, as the sleeping rooms are not heated, but the dining hall will be heated in most of the lodge every evening. Showers are available at the majority of lodges at an extra cost. Please note that most of the lodges the toilets are shared, except in a few of them where we provide you with attached rooms (if available), particularly at Namche, Gokyo, and Lukla, to enjoy your rest day with a shower fully.

Many lodges serve a variety of cuisines such as continental, Indian, Tibetan, and local cooking. Please note the beverages are on each participant's charge, except coffee and a selection of teas that are served for breakfast and in the afternoons upon your arrival, as well as some special snacks provided by WILD YAK EXPEDITIONS. Lunch packages are also available on some specific days.

TRANSPORTATION

All transportations in Kathmandu are by private vehicles. Flight to Lukla and back, by two-engine Otter Aeroplane.

TYPICAL TREKKING DAY

Everest-Gokyo paths are broad and well maintained as compared to other parts of Himalayan trekking trails. While we are Trekking, our day starts with a warm wake up tea/coffee. After refreshing ourselves, we pack our luggage and proceed for breakfast. As day sets off, considering the altitude and acclimatization, we stroll towards our next destination making frequent rest breaks to take photographs, treasure the landscape, confront the culture, and admire the fascinating mountain sceneries.

A 1 to 2 hours relaxing lunch break is taken, except when crossing the passes. After the lunch break, we will spend 2 to 3 hours more on the trail before reaching the next lodge, where you will be welcomed by some warm hot tea/coffee and cookies/biscuits. Our trained Guide will accompany the group for the whole day. Before dinner, we might enjoy a short walk through the village, photographing, or chat with other group members or exceptional staff. After dinner, you will be briefed on the next day's program.

SAFETY FEATURES

Your safety is of supreme concern while traveling with WILD YAK EXPEDITIONS. In emergencies, the group has a four (4)-liter oxygen bottle with a mask and regulator, a first aid kit, and 24-hour medical

assistance by a high altitude medical team of doctors.

We are equipped with communication means, only to use in emergencies. WILD YAK EXPEDITIONS also works with the national rescue helicopter airlines.

For safety, mainly crossing the high passes, weather forecasts are provided to the Guide regularly.

Depending on some itineraries' difficulty, WILD YAK EXPEDITIONS will secure the route using the necessary technical gear.

Please note that the above-mentioned itinerary information is purely indicative and can likely be modified during the Trekking by your Guide, who has the authority to make such changes if deemed necessary (due to safety concerns, etc.). Every effort will be made to keep to the scheduled itinerary. However, as this is an adventure trip in remote mountain regions and at high altitudes, we cannot fully guarantee it. It is necessary to consider each situation as it occurs and, consequently, adapt the program in its best way. Elements such as weather conditions, health conditions of a group member, unexpected natural disasters, among others, can all contribute to changes in the scheduled itinerary.

The Guide will ensure that Trekking runs according to the foreseen plan to benefit all the participants. Still, we thank you for being prepared for some flexibility and comprehension if so required.

Please check the degrees of difficulty while choosing a Trekking with WILD YAK EXPEDITIONS. The majority of the itineraries proposed in our Trekking Programs are in remote areas of the Himalaya and at high altitudes, mostly more elevated than the Alps. An excellent physical condition is necessary to appreciate the whole richness of this adventure.

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