Adventure Consultants offers this incredible journey in both the pre-monsoon and post-monsoon seasons; with the post-monsoon season known for clear autumnal weather and the pre-monsoon for spring flowers. Our many years of Himalayan experience allow us to introduce you to the best food, accommodation, destinations and experiences that are available. Our treks are designed to offer you the best of Nepal at reasonable prices, with the security of experienced western guides to compliment the charm and local knowledge of the Sherpa assistant staff.

We spend twenty days in the wonderful Khumbu Valley, famous for its hospitable Sherpa people and its spectacular mountains. This trip offers exceptional views of the surrounding Himalayan giants of Everest, Nuptse, Lhotse, Lhotse Shar, Baruntse, Makalu and Ama Dablam.

**OUTLINE OF THE TREK**

The 24-day adventure starts and finishes in Kathmandu, where we begin our cultural smorgasbord with ancient temples, bustling markets and sumptuous restaurants to visit. From here we fly into Lukla, the gateway to the Upper Khumbu. This is the heart of Sherpa country and we get to enjoy genuine Sherpa hospitality in beautiful and well kept lodges that we have carefully chosen during the years we have been visiting this region. There’s nothing quite like sitting back after a good walk to enjoy some of the world’s most spectacular scenery while sampling the local food and beverages.

We make our way slowly up the valley, stopping for a few days in Namche Bazaar to enjoy the markets and to explore the local villages. We may make a day trip to the Sherpa villages of Khunde and Khumjung, where we can visit the Himalayan Trust Hospital, Khumjung Monastery and stop at the ever popular Khumjung bakery.

From Namche it’s on through the high Sherpa villages of Phortse, Pheriche and Lobuche to Gorak Shep. Taking our time is important as it gives us ample opportunity to take in all the sights as we

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**2020 TREK DETAILS**

**Dates:**
- Trip 1: April 26 to May 19, 2020
- Trip 2: October 15 to November 7, 2020

**Duration:** 24 days
**Departure:** ex Kathmandu, Nepal
**Price:** US$4,600 per person
acclimatise to the high altitudes. A climb of Kala Patar rewards us with exceptional views of Mount Everest and its neighbours, Nuptse and Lhotse. The next highlight is a visit to Everest Base Camp itself.

After our ‘Everest experience’ we trek to Island Peak Base Camp via the Kongma La and on to the village of Chhukung in the Imja Khola Valley. The pass crossing provides some of the best high-altitude views anywhere in the Himalaya!

For those who would like a couple of easier trekking days, the option is available to hike around to Chhukung via Pheriche and Dingboche with a staff member. There is also the option to camp at Island Peak Base Camp.

The Khumbu Trek concludes with a relaxed trip back down to Lukla and a flight back to Kathmandu.

We provide the most affable and experienced western guides working in conjunction with our excellent Sherpa friends, to promise you an experience of a lifetime!

NOTE: This trek runs alongside our pre and post monsoon Island Peak expeditions, making this a perfect trip for friends, couples or families who want to share an adventurous journey without the need to both be climbing the mountain.

There is also the option to extend the trip by including a side trip to the Gokyo Valley.
2020 TREK DATES

Trip 1 (Pre-Monsoon): April 26 to May 19, 2020
Trip 2 (Post-Monsoon): October 15 to November 7, 2020

ITINERARY

Day 1 Arrive Kathmandu.
Day 2 Gear check, optional sightseeing Kathmandu Valley.
Day 3 Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft), 8km/5mi, 3hrs.
Day 4 Phakding to Namche Bazaar (3,440m/11,286ft), 10km/6mi, 5hrs
Day 5 Sightseeing in Namche Bazaar or day walk to Khumjung (3,780m) and Khunde (3,840m/12,620ft)
Day 6 Namche Bazaar to Phortse (3,950m/12,959ft), 6km/3.5mi, 4–5hrs
Day 7 Phortse to Pheriche (4,270m/14,009ft), 11.5km/7mi, 5–6hrs
Day 8 Rest day Pheriche.
Day 9 Pheriche to Lobuche (4,940m/16,207ft), 11km/6.5mi, 4hrs
Day 10 Rest day Lobuche
Day 11 Lobuche to Gorak Shep (5,160m/16,929ft), 3hrs, climb Kala Patar (5,554m/18,222ft), 3hrs
Day 12 Gorak Shep to Everest Base Camp (5,300m/17,400ft) then down to Lobuche, 10.5km/6.5mi
Day 13 Lobuche to Kongma La (5,535m/18,159ft), descend to Chhukung (4,730m/15,518ft), 10km/6mi, 9hrs
Day 14 Ropes training and rest day in Chhukung
Day 15 Chhukung Ri ascent (5,550m/18,209ft), 6 hrs
Day 16 Day trip to Island Peak Base Camp (5,550m/18,209ft), 6 hrs
Day 17 Explore the valleys above Chhukung with a climbing Sherpa
Day 18 Rest/contingency day
Day 19 Chhukung to Pangboche (3,985m/13,074ft), 3–5 hours
Day 20 Pangboche to Namche Bazaar, 15km/9mi, 5–6 hrs
Day 21  Namche Bazaar to Lukla 18km/11mi, 7 hrs
Day 22  Spare day in case of weather delays
Day 23  Lukla to Kathmandu flight
Day 24  Trip ends. Depart from Kathmandu

GOKYO EXTENSION

Extend and enhance your Nepal experience by joining our Gokyo extension. Trek over the challenging Cho La Pass to visit the Gokyo Lakes region. This is a highly recommended extension for fit and experienced trekkers. The Gokyo Extension costs US$450 per person and adds 4 days to your itinerary, contact our office for additional details.

TEAM SIZE

We will take a maximum of 12 trekkers with each departure, hence spaces are limited.

THE ADVANTAGES OF TREKKING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions and treks. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition Leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

VISAS

Trek members will be required to obtain an entry visa into Nepal at the beginning of the trek. This is easily procured at Kathmandu airport on arrival. Trekking permits are a separate matter dealt with by the expedition agent.

COMMUNICATIONS

The team will be equipped with portable Thuraya satellite phone systems for the duration of the trek in order to provide reliable email and voice communication globally for business, media or personal use. Limited satellite phone time can be purchased at the rate of US$3.00 per minute. Please contact our office for details.
**FOOD**

Food will be of the highest standard possible, given the remoteness of the situation. Throughout the trek we will be staying and dining at lodges and tea houses. Please inform us if you have any special dietary requirements.

**EQUIPMENT LIST**

Trek members will be sent a list detailing all necessary clothing and equipment required for the trip.

**MEDICAL INFORMATION**

Trek members will be provided with pre-trip medical advice and a medical questionnaire. This information will be sighted only by the trek leader and our medical adviser and treated with full confidentiality.

**DOCUMENTATION & PHOTOGRAPHS**

Trek members will need to provide a digital passport photograph for trekking permits and a copy of their passport biodata page.

**THE TREK FEE**

The cost of the trek ex Kathmandu is US$4,600.

This is an inclusive cost and covers the following:

- Kathmandu Airport Transfers
- Nepalese government royalty fees
- All trek organisational requirements
- All trekking permits
- Fixed-wing air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment for the trek
- All trek staff, including Western and Sherpa guides, porter support
- Breakfast, lunch and dinner ex Kathmandu
- Transport of 15kg of personal equipment
- Backup Medical services
The trek fee does not include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts or alcohol
- Personal expenses such as laundry, battery charging and showers at lodges
- Entry visas for Nepal (suggest getting 30-day tourist visa for Nepal on arrival into Kathmandu)
- Personal clothing and equipment including sleeping bag
- Excess baggage charges for the flights to/from Lukla
- Personal travel/trip cancellation insurance
- Any rescue costs or costs of early departure from the trek
- Gratuities to guides and Sherpa staff

**PAYMENT DETAILS**

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand  
Offshore Branch  
42 Willis Street  
Spark Central  
Wellington  
New Zealand

for the account of Adventure Consultants Limited

**Account Number:** 1000-594771-0000  
**Account Type:** US Dollars  
**Swift Address:** BKNZNZ22

**NOTE:** All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

**DEPOSIT**

A deposit of US$500 will secure a place on the trek.

**BALANCE**

The balance payment is payable 90 days prior to your trip start date.

**CANCELLATION & REFUND POLICY**

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date.
A trek member may then cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89–60 days of the trip commencement date, we reserve the right to retain 50% of the full fee.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TREK

If you would like to join one of our 2020 Khumbu Treks please feel free to book online at https://www.adventureconsultants.com/treks/himalayan-treks/khumbu-trek/book-now and return your completed application to us with a deposit for the trip.

CONTACT US

If you require more information please contact us at:

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Web: www.adventureconsultants.com
Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their ‘Revitalise a Village’ programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.