

## Hiking in Nepal: The Kongde Trek

**April 7 - 21, 2021**

Here's your chance to go on a long distance hike within view of Mount Everest! Although some of the hikes are quite strenuous and at high altitudes (see itinerary below) you will spend your nights at the most comfortable lodges



where you can rest your weary bones. Yeti Mountain Home is both the tour organizer and hotelier providing comfort, high quality cuisine, and warm Sherpa hospitality. Adding to your safety and support are guides and porters during the trek: The group of a maximum of 12 participants will be accompanied by a Nepalese English speaking guide, an assistant guide for every 5 participants and one porter for every 2 participants. Leader: Ed Maurer

We hike in the Himalayas in April 2020, when it may already get quite warm in Kathmandu; however, up in the mountains above 13,000', moderate temperatures prevail with daytime

highs around 70F, and at night, temperatures drop to 40 - 45F. Even though the daily distances covered are moderate, we'll hike mostly above 10,000'; therefore, this itinerary is recommended for strong hikers who can handle altitude well.

**Cost per person:** \$3,090 including 2 night at Yak & Yeti Hotel and 2 nights at Gokarna Forest Resort in Kathmandu; 10 nights at Yeti Mountain Home luxury lodges; breakfast, lunch and dinner daily; full-day Kathmandu sightseeing with private vehicle, guide, and entrance fees; regular flights from Kathmandu to Lukla, round-trip with airport taxes; national park & TIMS fees; 1 English-speaking guide; 1 assistant guide for every 5 participants; 1 porter for every 2 participants; trek staff's insurance and daily wages, all airport transfers, medical evacuation insurance. 1 Sierra Club trained leaders with First Aid Certification.

**Not Included:** Air transportation from the United States to/from Kathmandu; personal equipment and insurance, personal expenses such as hot & cold beverages, laundry, telephone, etc.; Nepal Visa fee \$40; tips for staff. Group limited to 12 participants.

### **Reservations**

To receive a reservation form, payment schedule, cancellation policy, as well as terms and conditions please send an email to [hiking@sunriseteam.com](mailto:hiking@sunriseteam.com). Since this trip is limited to 12 participants, an early inquiry is important.

## **Itinerary**

### **Day 1 - Wednesday, April 7: Arrival in Kathmandu**

Transfer from the international Airport to the Yak & Yeti Hotel. Welcome party, meeting and briefing with our Nepalese guide followed by dinner.

### **Day 2 - Thursday, April 8: in Kathmandu**

Entire day at leisure. All meals at the Yak & Yeti Hotel.

### **Day 3 - Friday, April 9: to Lukla and Phakding**

Transfer to the domestic airport and regular flight to Lukla, one of the busiest airports in Nepal. We're met by our trekking staff and head down to Phakding. From Lukla (9,350') walk mostly downhill for 4.6 mi. dropping 1,175' and gaining a mere 175'. The YMH Lodge in Phakding is located at 8,563'.

### **Day 4 - Saturday, April 10: Phakding - Monjo**

We take it easy as we continue on this busy trail that provides access to Mount Everest and many other high peaks. During our 3-hour walk we climb less than 1,000', and we may get our first glimpse of Everest peeking up behind the Lhotse-Nuptse ridge. The lodge in Monjo is YMH's newest and most luxurious to enjoy the peace and quiet of a place where few tourists stop.

### **Day 5 - Sunday, April 11: Monjo - Namche Bazaar**

During our third day of trekking toward Namche Bazaar we gain 1,805' which will take us about 5 hours. The YMH Lodge is perched on the upper slopes of the bustling Sherpa capital at 11,155'. Namche is the most prosperous and the largest town in the Khumbu region. Fine peaks such as Thamserku (21,811'), Kwangde Ri (20,299') and Khumbila (18,724') surround the town.

### **Day 6 - Monday, April 12: in Namche Bazaar**

We're in the historical capital of the Khumbu region. We may want to visit Khunde, home to the Hillary Hospital, and Khumjung where we can see the Hillary School. Only 10 minutes behind our hotel we may enjoy panoramic views of Everest, Lhotse, and the beautiful Ama Dablam.

**Day 7 - Tuesday, April 13: Namche Bazaar - Thame**

We follow a picturesque, uncrowded trail up to Thame, a distance of about 6 mi. and a climb of 1,312'. This is the old trading route from Nepal to Tibet and a part of the ambitious 3-Pass Route. Thame is the birthplace of both Tenzing Norgay and Apa Sherpa who climbed Everest 21 times. We stay at the YMH Thame, a delightful and cosy retreat at 12,467'.

**Day 8 - Wednesday, April 14: in Thame**

Full day at leisure with opportunities to visit a nearby 16th century monastery or, if you really want a workout and don't feel the altitude, you may want to hike up to Sunder Peak that lies directly above the village. Although an easy trail leads up, you'll be at 17,388' at the top!

**Day 9 - Thursday, April 15: Thame - Kongde**

Today's motto is "up, up and away" as we're heading to the highest point of our trek at almost 14,000'. We follow a private and quiet trail maintained by YMH and gain almost 1,500'. En route we pass many waterfalls and enjoy fine views. It gets a bit steep and icy toward the top with a rope for added security. The YMH lodge is remote and relies entirely on its own energy production. It is one of the highest hotels in the world and sports 14 rooms.

**Day 10 - Friday, April 16: in Kongde**

Full day at leisure to take in the Himalayas. Within walking distance of the lodge we are rewarded with majestic views of five of the world's highest mountains: Everest, Lhotse, Makalu, Cho-Oyo, Gyajung Khang, and Ama Dablam.

**Day 11 - Saturday, April 17: Kongde - Phakding**

It's time to descend into the valleys and back to Phakding. Starting out at 13,944' we drop more than 5,000' by the time we reach our hotel, and trekking poles are an absolute must. We'll take it easy as the narrow trail winds its way through forests to Taktok where it meets the well-traveled route we took on the way in. The YMH Lodge in Phakding is located at 8,563'.

**Day 12 - Sunday, April 18: Phakding - Lukla**

We retrace our steps to Lukla where we spend a last night at a Yeti Mountain Home lodge at 9,383'. The Lukla lodge is noted for its decorations with colorful paintings of a Buddhist monastery.

**Day 13 - Monday, April 19: Lukla - Kathmandu**

We return by air to Kathmandu and are transferred to our accommodation, the Gokarna Forest Resort.

**Day 14 - Tuesday, April 20: in Kathmandu**

Full day sightseeing with a private guide. Farewell dinner.

**Day 15 - Wednesday, April 21: leave Kathmandu**

The transfer to the International Airport concludes this fabulous adventure.