

Overview

Bhandar to (EBC) Everest Base Camp Trekking starting from low land to highland Kalapathar (5545m). This is a breathtaking walking trip in the Khumbu Region. It was in 1953 when two renowned figures Sir Edmund Hillary and Tenzing Norgay Sherpa had taken the same route via Jiri for the Mt. Everest expedition. Trekker requires a good walking experience and a good physical health condition. This trek is very interesting walking with its panoramic view of Everest 8848m, Cho Oyu 8152m, Lhotse 8516m, Makalu 8463m and Ama Dablam 6456m. **Bhandar to Everest base camp Trek** The trail passes through numerous villages of different ethnic groups including Tamang, Jirel, Rai, Brahmin, Chettri and of course the Sherpa. Walking along this trek involves many ups and downs with the trail being well serviced with tea houses and good campsites in most of the villages.

From Kathmandu, the road follows the Kodari Highway towards Tibet to Khadichaur before turning east and snaking along a rough secondary road through the middle hills to Bhandar where the **Everest Base camp trek (EBC)** now begins from **Bhandar Via EBC Trek** we can take own private Jeep or local bus from Kathmandu to bhandar.

Itinerary Details

Day 01 : Arrival in Kathmandu (1350m.)

Upon arrival at Kathmandu International Airport (TIA) Halesi Trek transfer to hotel and briefing about your trips. Overnight at hotel.

Day 02 : Drive from Kathmandu to Bhandar (2195m) via Jiri/ 8/9 hrs.

We start our scenic drive after an early morning, traveling by private jeep it will be new experiences with a long drive out of the valley and through a picturesque landscape. The beautiful scenery along the way includes rivers, terraced fields, villages and on clear days, sights of the snowy mountains including Gauri-Shankar (7,150m). At about the halfway mark, we will have a lunch break a little over half way and then finally reach Jiri Bazer a large town with a market area as well as the start of early Everest expeditions from Jiri Bazer) then on a recent extension of the road, to Bhandar. Overnight at guesthouse.

Day 03 : Trek Bhandar to Sete (2520m) 6/7 hrs.

From the village follow a new trail that roughly contours along the northern side of the valley; before dropping to a suspension bridge over the Bhandar Khola. Follow the southern bank to Kinja (1570m) A steep zigzag path ascends to the (ridge) Chimbu (2170m). Beyond the village, a fork to the right heads up through farmland to the friendly village of Sete. Overnight at guesthouse.

Day 04 : Trek Sete to Junbesi (2580m) 6/7 hrs.

From today your trek is completely in Sherpa territory and starts by climbing from Sete to the top of the 3530m high Lamjura Bhanjyang. The way is scenic and varied through forests of rhododendron, magnolia, maple, and birch. This section of the trail is also well known for spotting birds like sunbirds, flycatchers, laughing thrushes and so on. Lamjura Bhanjyang is the highest point on the trek between Bhandar and Namche Bazaar and is marked by a tangle of stones, twigs and prayer flags. On the eastern side of the pass the route descends steeply for about 400m through fragrant fir and hemlock forests and then levels out passing the small village and Continuing our way down you will arrive in Junbesi, a splendid Sherpa village amid beautiful surroundings. Overnight at guesthouse.

Day 05 : Trek Junbesi to Nunthala (2200m) 6/7 hrs

After leaving Junbesi in the morning cross the Junbesi Khola (river) and then climb steeply uphill, contouring above the houses to the end of the ridge. From here you have excellent views of Mt. Everest (8848m.) Thamserku (6608m), Kantega (6779m) and Mera Peak (6454m). This is the first view of Everest on this trek, although the lower peaks in the foreground seem to dwarf the higher, more distant mountains. After passing the Ringmo Khola river, the trail ascends to Ringmo village, with its abundant fruit orchards. Beyond Ringmo we climb to the Takshindu La pass (3071m), where one can see the isolated monastery of Takshindu, a superb example of Sherpa architecture and we will continue to Nunthala. Overnight at guesthouse.

Day 06 : Trek Nunthala to Bupsa (2360m) 5/6 hrs.

Descend through forest and farmland to Phuleli then down through scrub forest and ferns to the Dudh Koshi (1240m, Milk River, flowing south from Nepal's longest, Ngozumpa Glacier). Cross the long suspension bridge and ascend through terraced fields to Jubing (2680m, a Khaling Rais settlement). Then climb to a ridge and the village of Khari Khola (2010m) overlooking the river valley. Bupsa can be seen on the opposite ridge. to reach it, descend to Khari Khola (2840m), cross the river near water-driven mills, then climb steeply through terraced fields to the colorful village. Overnight at guesthouse.

Day 07 : Trek Bupsa to Ghat (2590m) 6/7 hrs.

Today's trail crosses from the Solu to the Khumbu Sherpa District. From Bupsa the track climbs gently through dense monkey and bird-filled oak forest to Kharte (2680m). It then ascends the Khari La (2840m), for 1½hrs: with panoramic views over the valley – including landmark Khumbila (the sacred Sherpa mountain above Namche Bazaar) and further north Cho Oyu (8201m – source of the Ngozumpa Glacier). Drop through the forest, into a canyon to cross the Paiya Khola then climb, for an hour to the Paiya La (2805m) before descending gently to Surkhe (2290m). (Beyond the village a stone stairway head up to Lukla.) Follow the lower path which rises through small villages to

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meet the Lukla – Namche Bazaar trail at Cheplung (2700m). Continue, above the river, through Thado Kosi to the comfortable village of Ghat. Overnight at guesthouse.

Day 08 : Trek Ghat to Namche Bazaar(3440m) 6/7 hrs.

Walk through pine forests along the Dudh Koshi, crossing tributaries, to the Sherpa villages of Benkar (2710m), Chumoa (2820m), Monjo (2840m) and Jorsale (2830m). This is the gateway and permit checkpoint to the Sagarmatha National Park. Thamskerku (6618m) glistens east of the village. Follow the river to its confluence with the Bhote Koshi: the major rivers draining the Khumbu District. Climb steadily, crossing the high Tenzing-Hilary Bridge, to the first glimpses of Everest and the Nuptse-Lhotse ridge. A further 3 hr forested climb leads to the region's administrative and trade center at Namche Bazaar. Overnight at guesthouse.

Day 09 : Acclimatization in Namche Bazaar.

Acclimatization is most important before proceeding higher. Today you can take a day hike through the villages of Khunde and Khumjung. Start with a steep one-hour climb to the Shyangboche airstrip (3790m) which is world highest airstrip, from where you can slowly ascent towards Khunde passing numerous chorten. From Khunde follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here follow a steep switchbacking trail descending to Namche Bazaar. Overnight at guesthouse.

Day 10 : Trek Namche Bazaar to Tengboche (3860m) 6 hrs.

Your route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the tea shops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. Pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche at 3870m. The view from here is rightly deemed to be one of the world's most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablan, Kantega and Thamskerku provide an inspiring panorama of Himalayan giants. Overnight at guesthouse.

Day 11 : Trek Tengboche – Dingboche (4360m, 5/6 hrs.

Descend to the scattered stone village of Debuche (3820m): with a nunnery. Cross the Imja Khola to the north and gradually ascend to Pangboche (3860m) with rear views of towering Ama Dablam (6856m). The trail follows the river to its confluence with the Lobuche Khola and continues to Dingboche. Terraced fields protect barley, buckwheat, and potatoes from icy winds and marauding animals during the short growing season at this altitude. Overnight at guesthouse.

Day 12 : Acclimatization and exploration day

To acclimatize head north to the Nangkartshang Gompa ridge (4800m) for views of the Nuptse, Lhotse, Imja Tse (6189m). Further east, along with the Mahalangur Himal Ridge, is imposing Makalu (8463m). Towards the south is, Amphu Lepcha's fluted ridge (5845m) and the unusual view of Ama Dablam's north face and glaciers. Overnight at guesthouse.

Day 13 : Trek Dingboche to Lobuche (4910) 4/5 hrs.

Ascend slowly to a ridge and the hamlet of western views of Taboche and Cholatse. Continue through kharkas to Thukla (4620m). Then ascend the Khumbu Glacier's huge stony terminal moraine (1 hr). Landmark balanced-stone memorials to lost climbers have been placed along its rim. To the north, border peaks along the Mahalangur Himal include Khumbutse, Lingtren, and Pumori. Everest is hidden by the imposing Nuptse-Lhotse wall. Overnight at guesthouse.

Day 14 : Trek Lobuche to Gorak Shep (5181m) (EBC 5365m.) 6/7 hrs.

Today is a long-awaited and rewarding day. From Lobuche, we follow the glacial moraine up and the views keep on getting better. Eventually, we rise to the lodges of Gorakshep our overnight point for today, but other than to leave our gear in our rooms and enjoy a lunch, we continue on to base camp. The terrain on the way to Everest Base Camp is otherworldly. Finally, we reach the ultimate destination of this trek and we are as close as possible to the world's highest peak without being a climber. Savor the moment and our congratulations on the effort it took to make it here! We take in the views including the renowned Khumbu Icefall. After some time we head back to Gorakshep for the evening. It's been a wonderful day after all. Overnight at guesthouse.

Day 15 : Hike up to Kala Patthar (5,550m) early in the morning and trek down to Pheriche (4200m) - 6 hrs.

This will be one of the most difficult yet rewarding days of the trek. Most of the morning, in this day, is spent climbing Mt. Kala Patthar, a small peak Himalayan standards at 5,550m. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at (8,848 m), towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep, a tiny hamlet at 5,180 m then trek down to Pheriche. Overnight at guesthouse.

Day 16 : Trek Pheriche to Namche Bazaar (3,440m) 5/6 hrs.

From Pheriche, we take a route down to Orsho then to Pangboche village. Here is the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti or abominable snowman. Leaving mountains behind us our descent takes us through

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the Tengboche Monastery at an elevation of 3,860 m before continuing back to Namche Bazaar. Overnight at guesthouse.

Day 17 : Trek Namche bazer to Lukla (2,804m) 6/7 hrs.

Finally, we return to Lukla where we started our trek, which might seem like a lifetime ago. We'll spend some time enjoying and reflecting on the trek as a group and the personal achievement of all those who took part. We also have some spare time to explore the town some more. Overnight at guesthouse.

Day 18 : Morning flight back to Kathmandu.

On your flight back to Kathmandu as you leave Lukla, you can enjoy some last-minute glimpses of the mountains you just recently visited. Upon arrival, You will transfer you to your hotel from the airport. Overnight at hotel.

Day 19 : Departure from Kathmandu.

This is your final day in Kathmandu before catching your flight to home, ensure you have all the stuff packed and arrive at the airport, Fly to home.