

High Altitude Trekking Expedition to Everest Base Camp (5554 mts)

Mount Everest Base Camp has been a popular destination for trekkers since the very first expedition to the Nepalese side of Everest in 1953. To reach this part of the Himalaya within a limited time, we have devised this two week trek to Everest Base Camp which runs directly to and from Lukla.

The Everest Base Camp trek, a very well known mountain trek, starts at the upper Phakding and follows the Dudh Kosi valley which climbs up to the Sherpa capital of Namche, a bustling bazaar that's a junction for trekkers, local Sherpas and climbers en route to the mighty Mt. Everest. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it the kind of walk you will remember for a long, long time.

From Namche, we trek along a high traversing path where we have our first good views of Everest and then head towards Thyangboche Monastery, which is a 2 hour climb. The monastery is located at 3867m in a clearing surrounded by dwarf firs and rhododendrons. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot (seen best in the morning) is absolutely mesmerizing and stunning and is rightly deemed to be one of the most magnificent in the world.

We then descend to the Imja Khola and continue to the villages of Pangboche and Pheriche before finally approaching the Khumbu Glacier. We then follow the glacier, first to Lobuche, a vantage point for some spectacular views of the Ama Dablam, Taweche and other peaks and then hike to Gorak Shep for a breather.

We also have the opportunity to ascend Kala Pattar [5554m] from where we can get some awesome views of the Himalayan giants which literally numb your senses with breathless admiration that beholds the eye; and makes up for the lung-bursting climb that took you up there. You soon realize it was absolutely worth it. This also includes fantastic views of the south west face of the colossal Mt. Everest. We then trek down to Everest Base Camp at the foot of the Khumbu ice fall before finally making our way back down to Lukla.

PROGRAMME DETAILS

Period	07 to 23 April 2012
Duration	17 days – Bangalore to Bangalore. * From B'lore to N. Delhi and back, the participants will have to make their own transport arrangements as per his/her convenience and the prog. is from Delhi to Delhi.
Nature of programme	Trekking & camping
Group strength	25 members team
Age group	18 to 60 years
Grade	Moderate to fairly challenging
Fees	Contact TS Siddalinga Swamy, Leader on 09448607602 (The fee includes air fare from Delhi to Kathmandu and back, vegetarian food, accommodation, administrative expenses, experienced instructors & guides and does not include porter charges & mineral water bottles and food & accommodation cost at N. Delhi.
Mode of payment	Cash / Cheque / DD drawn in favour of THE KARNATAKA MOUNTAINEERING ASSOCIATION
Cancellation charges	20 days before the date of departure: - 20% deduction from the participation fees paid. 10 - 20 days before the date of departure: - 30% - " 05 - 10 days before the date of departure: - 50% - " Less than 05 days: - 80% - "
Briefing	All details pertinent to the expedition like items to carry, bus/flight timings, reporting point, contact numbers etc., will be given on the day of briefing which will be held at least 15 days prior to the date of departure. All participants are required to be insured themselves, before leaving for the expedition.

DAY to DAY Itinerary

DAY	DATE	PROGRAMME	
01	07/04/2012	Depart from B'lore by flight to N. Delhi and stay (IMF)	
02	08/04/2012	Depart from N Delhi by 07.30 am flight to Kathmandu and stay	
03	09/04/2012	Stay at Kathmandu	
04	10/04/2012	Flight to Lukla (2840m) & trek to Phakding [2610m] – 3 – 4 hours	1
05	11/04/2012	Trek to Namche Bazar (3440m) – 5 – 6 hours	2
06	12/04/2012	Acclimatization at Namche Bazar (3440m)	3
07	13/04/2012	Trek from Namche Bazar to Thyangboche [3860m] – 5 – 6 hours	4
08	14/04/2012	Trek from Thyangboche to Dingboche [4410m] – 5 – 6 hours	5
09	15/04/2012	Trek from Dingboche to Lobuche [4930m] – 6 – 7 hours	6
10	16/04/2012	Trek from Lobuche to Gorak Shep [5160m] and to Everest B.C [5364m] and back to Gorak Shep – 6 – 7 hours	7
11	17/04/2012	Trek to Kala Pathar [5545m] and to Lobuche – 6 – 7 hours	8
12	18/04/2012	Trek from Lobuche to Pheriche [4240m] – 5 - 6 hours	9
13	19/04/2012	Trek from Pheriche to Thyangboche [3860m] – 5 – 6 hours	10
14	20/04/2012	Trek from Thyangboche to Namche Bazar (3440m) – 5 – 6 hours	11
15	21/04/2012	Trek from Namche Bazar to Lukla [2840 m] – 7 – 8 hours	12
16	22/04/2012	Depart from Lukla by flight and arrive at Kathmandu	
17	23/04/2012	Depart from Kathmandu by flight to N. Delhi and to B'lore.	

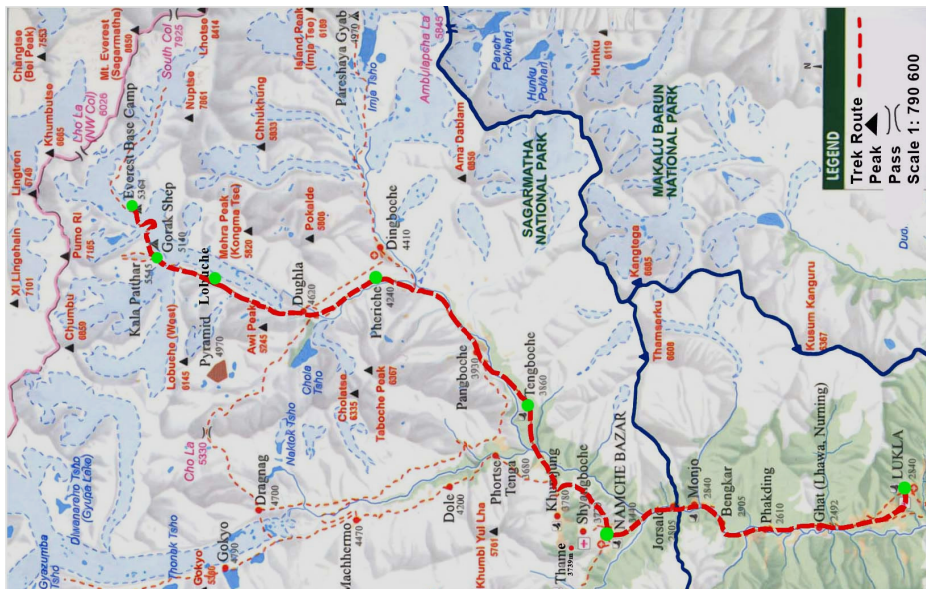
Check List

1. Rucksack (KMA will provide)
2. Torch with spare battery
3. Water bottle (1 lt. capacity)
4. Camp slippers
5. Sun cap
6. Sun glasses
7. Personal medicines, if any, prescribed by your Doctor and few band-aids and medicines for common ailments.
8. Light-weight rain coat/sheet
9. Good shoes with rubber sole
10. Clothing
 - a) Cotton pants / track-bottom (2 Nos.)
 - b) Cotton shirts, preferably full-sleeves (2 Nos.)
 - c) T Shirts (3 Nos.)
 - d) Others as per requirement
11. Wind-cheater
12. Warm clothing
 - a) One woolen sweater / thick jerkin
 - b) One pair woolen gloves
 - c) Two pairs of thick cotton socks
 - d) One pair of woolen socks
 - e) Monkey cap / balaclava
13. Camera, optional
14. Vaseline, sun-cream
15. Toilet-kit;
16. Tissue-paper role , if necessary
17. Lunch box to carry packed-lunch during trekking

Do's and don'ts

1. Don't wear or carry costly ornaments / things
2. While packing your rucksack, wrap all items in plastic covers.
3. Carry your photo-identity card, if you are traveling by AIR.
4. Rucksack should be returned on or before 30/04/2012.
5. Each group/family members are requested to carry small Medical-kit.
6. Carry only minimum required items.

**Participants are required to carry
Indian Currency notes of denomination
Rs.100/- and below only.**



THE KARNATAKA MOUNTAINEERING ASSOCIATION (R)

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For Details contact

Sri S. Srivatsa, Secretary (M) 9845093836
Sri TS Siddalinga Swamy, Leader (M) 09448607602

Office address

Room No.205, I Floor, Kanteerava Sports Complex-II
Kanteerava Stadium premises, Kasturba Road
Bangalore-560001
Tel. 080 22113333 (6.00 pm to 8 pm)
E-mail: kma1966@gmail.com