



EXPERIENCE

# Everest Foothills Camping Trek

NEPAL



ITINERARY AND INFORMATION

## OVERVIEW

This stunning trek takes you on an exclusive, camping-style trek into the green foothills below the mighty Mount Everest. If this is your first time trekking in Nepal, this is a great opportunity to experience a moderate trek with spectacular views of the entire Himalayan range from east to west in Nepal.

Though famous for offering the best view of Mount Everest (according to none other than the esteemed Sir Edmund Hillary himself), this off-the-beaten track route is little-used by trekkers, meaning you'll have the trails to yourself, while nights will be spent in the comfort of our exclusive camp with incredible meals prepared by your guides.

## HIGHLIGHTS

**Explore the foothills of the world's highest mountain range, with incredible views of**

**Everest and spectacular east-west vistas of the Himalayan range in Nepal**

**Enjoy tea house accommodation and camping with three local Nepalese-style meals daily**

**Visit local Buddhist monasteries and be absorbed by the lived reality of this ancient faith**

**Take in the view of Mount Everest from Pikey Peak**

**Trek on secluded trails far from the tourist crowds**

**Experience a true luxury camping experience with first-class service**

**All bookended with a 4-star hotel stay in Kathmandu at the start and end of your trip**



## DETAILS

**Destination:** Nepal

**Number of days:** 11

**Accommodation:** Kathmandu Guest House, tea houses

**Starting point:** Kathmandu

**Ending point:** Kathmandu

**Max elevation:** 4984m with option to climb to Tsergo Ri (5,033m)

**Total days trekking:** 6

**Trekking per day:** Between 5-8 hours

**Season:** Sept/Oct

**Grade:** Moderate to challenging

**Meal arrangements:** Bed and breakfast in Kathmandu, all meals on trek

**Mode of travel:** Drive in/drive out in private vehicle



## ABOUT

The Lower Solu Khumbu Region is home to many endangered animals and birds like the elusive and mysterious snow leopard, the Himalayan thar, and many more – if you're lucky, you may experience the chance to witness them as they move about in their natural environment.

Throughout your 10-day journey, you'll also encounter various local peoples and their villages, including the Sherpa, Rai, Chhetri, and Gurung people, making the Everest Foothills Camping Trek provides a sublime introduction to the culture and traditions of this remote and beautiful region.



## AT A GLANCE

A compulsory pre-trekking briefing is held on day 2 of your trip at Kathmandu Guest House. Please see itinerary for further details.

### | Day 1

Arrival date o/n at Kathmandu Guest House

### | Day 2

(Client sight-seeing day) Overnight stay at Kathmandu Guest House

### | Day 3

Fly to Phaplu. Explore the village and surrounding area

### | Day 4

Start trek to Tenkharka (3,000m, 4-5 hours' walking, 9km)

### | Day 5

Trek to Suke Pokhari (3,600m, 3-4 hours' walking, 8km)

### | Day 6

Morning ascent of Pikey Peak (4,067m) followed by trek to Pamu Danda (3,500m, 5 hours' walking, 15 km)

### | Day 7

Trek to river camp (2,700m), followed by hike to Thupten Chöling Monastery before return to camp (3-7 hours' walking, 8km/16km)

### | Day 8

Trek to Ringmu camp (2,805m, 4-5 hours' walking, 15km)

### | Day 9

Trek to Phaplu (2,500 meters 4-5 hours' walking, 16km) and overnight stay at local guesthouse.

### | Day 10

Fly to Kathmandu and overnight stay at Kathmandu Guest House

### | Day 11

International departure

## DAY 01

**Arrival Day in  
Kathmandu (1,400m)**

Upon arrival at Tribhuvan International Airport, one of our team will greet you and transfer you to The Kathmandu Guest House in Thamel by private vehicle. As you peer out the window, the bright sunshine will reveal the soaring range of Himalayan peaks to the north. At the hotel, you'll enjoy an easy check-in process, and can let any tiredness from your flight melt away in the comfort of your private room.

Note: Airport pick-ups can be arranged within 3 days prior to the trip departure date. Clients must inform Women Want Adventure at least 4 weeks prior to departure with their flight arrival number and time. Please make your own way to the hotel outside this timeframe.

**Included: Airport pick-up and 1-night's accommodation in Kathmandu at Kathmandu Guest House (private room).**

## DAY 02

**Kathmandu Valley  
Sightseeing (1,400m)  
and trek Preparation  
Day**

Kathmandu is a wonderful mix of the ancient alongside the modern. Crowded, busy streets, cars, motorbikes, and buses thread their way between ancient temples, crumbling shrines and modern offices, as picturesque palaces slowly sag into dereliction and Buddhist stupas gaze over the bustling scene with their all-seeing eyes. Although a crowded, noisy, and polluted city, it is also friendly, fascinating and vibrant.

Today is free time for you to explore and enjoy sight-seeing in your own time. Join up with other women on the trip, or enjoy experiencing these sites individually.

If you're looking to get the most from your time here, we recommend the following:

**Pashupatinath** – The largest Hindu Temple of Nepal, dedicated to the supreme Hindu God, Shiva, situated on the banks of the Bagmati River. At Pashupatinath, you'll see exceptionally carved statues and idols of Hindu deities, as well as a long row of Shiva-Lingas. This complex of small temples – and the golden hood at the top of the main Temple – are truly fascinating. Moreover, you'll get the opportunity to witness a Hindu death ritual at Pashupati Aryaghat – a unique cultural experience that will linger long in your memory.

**Boudhanath** – A site that holds huge religious significance among the Tibetan Buddhists of Nepal. A major shrine on the ancient Indo-China trade route, traders and scholars would visit Boudhanath seeking blessings for a safe journey through the high Himalayan passes to Tibet. Even today, saffron-robed monks practice daily circumambulations of Boudhanath, as colourful prayer flags touch the skyline from the dome pinnacle to the base of the large monument. The centre of Tibetan culture in Nepal, Boudhanath is a truly special place.

**Durbar Square** – Located before the old royal palace of the former Kathmandu Kingdom, the exemplary wooden and stone craftsmanship of this site makes it a prominent attraction. Stone-paved streets and pagoda-style religious monuments displaying different Hindu deities reveal the cultural delights and exquisite craftsmanship of ancient and medieval Nepal at Kathmandu Durbar Square.

**Swayambhunath** – High atop a hill in the Kathmandu Valley, the ancient religious complex of Swayambhunath is home to a stupa and various temples honouring the 'Self-Created' nature of the valley, over which the painted eyes of the Buddha maintain an eternal watch. As one of the oldest religious sites in Nepal and the second-most sacred site in Tibetan Buddhism after Boudhanath, you'll get to experience an authentic taste of one of the world's greatest, most beautiful faiths here at Swayambhunath.

In the evening, we'll meet as a group at Kathmandu Guest House for our pre-trek briefing with the Guiding Team. The time will be confirmed closer to departure. The briefing will be approximately 45 minutes in duration and will include:

- Opportunity to meet the other women on the trip over a complimentary beverage
- Overview of the Langtang Valley itinerary
- Cross-check of required gear and clothing
- Distribution of duffle bags to place additional items not carried in your daypack
- Distribution and packing of additional items into the duffle bags
- Explanation of what is best to bring and what to leave at the hotel
- Outline of inherent risks of the trip and our emergency procedures
- Explanation of best hygiene practices while trekking
- Forecast weather conditions
- Confirmation of pick-up times for the following morning
- Opportunity to ask questions

**Included: Hotel in Kathmandu (private room) with breakfast, complimentary beverage at briefing**

Today we check out of our hotel in Kathmandu and catch a 30-minute internal flight from Kathmandu to Phaplu. You will be awestruck by the magnificence of the mountains you'll observe from the air before you even 'hit the ground running' on this wonderful trek. Following your flight and lunch in the village, in the afternoon, you'll have the chance to explore this beautiful, remote village and its mountainous surrounds with an option to trek to Chiwang Danda (Hilltop) or Gompa with fabulous views of the mountains.

**Included: Internal flight to Phaplu, mountain tea house accommodation (twin share), all meals**

We begin the trek early with a steep descent through the pine forest and paddy fields towards Tenkharka. After approximately one hour, we reach the Solu Khola river, from which we follow the newly established road for a little bit, before turning off on a small trail up to the village of Boldok. After a steep climb above Boldok, we'll enjoy a simple but filling lunch.

From here, the trail continues steeply up through the pine forest. Between the trees you'll glimpse stunning views of the verdant Phaplu Valley, with Mount Numbur and Gaurishankar – named for the Hindu goddess Gauri and her consort Shankar – to the north. Another 3-4 hours on from the river, our camp site awaits on the top of the ridge, from which you'll experience your first views of the imposing Everest massif.

**Included: Mountain camping (twin share tent), all meals**

The following morning, we'll rise early to catch the first morning rays as they kiss the Himalayas. Enjoy tea and coffee served in your tent as you absorb your stunning surrounds. After a hearty breakfast we begin the day with a gradual ascent along the ridge, passing through more pine forest interspersed with rhododendron and open meadows.

We arrive at camp early in the afternoon, at a site used by local herders to shelter during the evenings. There are a few dried-out lakes in the area, which hold water only during the monsoon season. Together we'll enjoy lunch in camp, though light snacks will be provided on the way. Spend the afternoon exploring the area, reading a book, or perhaps lend a hand preparing the campfire – the quicker we can get that set up, the more pleasant our evening will be!

**Included: Mountain camping (twin share tent), all meals**

## DAY 03

**Fly to Phaplu, explore the village and surrounding area (2-3 hour's walking, approx. 10km)**

## DAY 04

**Start trek to Tenkharka (3,000m, 4-5 hours' walking, approx. 9km)**

## DAY 05

**Trek to Suke Pokhari (3,600m, 3-4 hours' walking, approx. 8km)**

## DAY 06

**Morning ascent of Pikey Peak (4,067m) followed by trek to Pamu Danda (3,500m, 5 hours' walking, 15 km)**

Next morning, we begin our ascent of Pikey Peak along a wide trail of stone steps. While an easy path, it's likely you'll be experiencing the effects of the altitude here which may slow you down a little. Rest assured, we'll take plenty of small breaks on the way to catch our breath and to allow us to enjoy the panoramic views of Mount Everest and Lhotse, as well as Makalu and Kanchenjunga to the east, among other iconic peaks. After witnessing these stunning views of the Himalayas, we start the descent towards Jase Bhanjyang.

Our camp for the night is located at an altitude of 3,500 meters on the side of the mountain, where a big meadow provides a beautiful space for our tents, with the surrounding green forest protecting us from the wind – a superb place to light up a campfire and share epic travel stories with one another.

**Included: Mountain camping (twin share tent), all meals**

## DAY 07

**Trek to river camp (2,700m), followed by hike to Thupten Chöling Monastery before return to camp (3-7 hours' walking, 8km/16km)**

Today we walk a beautiful forest trail from Panbu Danda (hill-side) to Taktor. The trail from Taktor to the riverside camp (around an hour's walk) is a part of the road, but vehicles run very infrequently here. After reaching the camp site, we encourage you to visit the Thupten Chöling Monastery, around 1.2-2 hours' walk away. This gumpa is one of the largest in the Everest region, and is home to a small community of all-female Buddhist disciples.

**Included: Mountain camping (twin share tent), all meals**

## DAY 08

**Trek back from Kyanjin Gumpa to Ghoda Tabela (3,020m), 4-6 hours' trek**

After breakfast, we retrace our route back to Ghoda Tabela. Walking will be pleasant and scenic at a leisurely pace, taking between 4-6 hours to reach our destination, depending on stops and rests along the way. After lunch, we'll continue the steep descent to Lama Hotel.

**Included: Mountain tea house accommodation (twin share), all meals**

## DAY 09

**Trek to Phaplu (2,500 meters 4-5 hours' walking, 16km) and overnight stay at local guesthouse**

Today we trek from Ringmu camp back to Phaplu along a relatively easy village trail. After reaching Phaplu, we invite you to visit the Salleri market – known as the capital of Solukhumbu and a true melting pot of diverse local peoples and cultures – which is approximately a 2-3 hour return walk.

**Included: Mountain teahouse accommodation (twin share), all meals**

## DAY 10

**Fly to Kathmandu and overnight stay at Kathmandu Guest House**

After breakfast, we fly back to Kathmandu. Please note that due to the high variability in weather conditions, it's best to fly home 1-2 days post trek to allow for any changes in the trip itinerary.

**Included: Hotel in Kathmandu (private room) with breakfast and farewell dinner with drinks**

## DAY 11

**International departure**

This is your last day in Nepal, if you choose. While our scheduled trekking has come to an end, you may decide to increase your stay in Nepal, venture on another trek, or rest in Kathmandu for a few more days. Whatever you choose to do, you'll be left with a sense of accomplishment and community, and a lifetime of memories from your time visiting the roof of the world with likeminded, adventurous souls.

**Included: Hotel breakfast. Airport transfers can be arranged privately at the hotel**

## WHAT'S INCLUDED

- Airport pick-up and transfer to hotel
- 3 nights' stay at Kathmandu Guest House (KGH) on B&B-basis (private room)
- Return local airfare - KTM/Phaplu and Phaplu/KTM
- All meals (breakfast, lunch and dinner) with tea, coffee and hot water during camping
- 2 nights' accommodation in a local guesthouse during the trek (twin share room) at Phaplu
- 5 days' camping services with all meals and accommodation in tents (2 persons per tent)
- Experienced English-speaking, government-licensed guide plus Sherpas and porters and all their expenses during the trek (including their transfer, insurance, salary, meals and accommodation)
- The company of a Women Want Adventure guide
- All communal camping equipment (sleeping tent, dining tent, chairs, tables, toilet tent, etc.)
- Seasonal fruits after dinner on the trek
- Personal warm sleeping bag and liner
- First Aid kit and duffel bag
- Local guides/portage team's food, clothing, salary and their insurance
- Trekking permit and Langtang Area Permit for the trek
- Complimentary duffel bag and map of trekking area as souvenirs
- Women Want Adventure trekking gift
- Farewell dinner in Kathmandu
- All applicable government charges

## WHAT'S NOT INCLUDED

- Nepal Visa
- International flights and tickets
- Travel Insurance – must cover helicopter evacuation, medical expenses, and Trip Cancellation charges (compulsory)
- Meals in Kathmandu, except for breakfasts at hotel and farewell dinner
- Personal equipment and other expenses such as beverages, confectioneries, laundries, etc.
- Extra meals, extra porterage service (if required)
- Personal snacks (we highly suggest bringing these from home) – see additional information for applicable Customs requirements
- Chlorine solution/tablets for water purification on the trek
- Additional meals outside breakfast, lunch and dinner on the itinerary at tea houses
- All kinds of cold drinks – Coke, Fanta, beer, whisky, bottled water, etc.
- Wi-Fi, charging of your electronic devices, etc.
- Bottled water
- Entrance fees for monuments and tourist/sightseeing sites
- Laundry services at hotel
- Tips for your guide, porters, driver and other field staff as a token of appreciation
- Any other expenses or charges not mentioned in the “Trip Includes” list

