



# Stand Up On Everest

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Arrival in the city is recommended at least 24 hours ahead of our flight to Lukla. Arrival in time for the pre-trek briefing is mandatory. For those who arrive early, there is plenty to do in this amazing city. Pre-Trek Briefing: 6th April, 1700hrs, Kathmandu Guesthouse.

## 6th April : Kathmandu

Arrive Kathmandu, transfer to hotel in Thamel area. We have a half-day exploring the city and discovering the sights, sound and smells! Kathmandu is a labyrinth of streets and markets, crowded with exotic produce and a mystifying blend of people. Visit the central Durbar Square, infused with a medieval atmosphere, overflowing with stupas and home to the Old Royal Palace. There is also the opportunity to hire/buy any last minute trekking equipment or haggle for your souvenirs at the many shops and stalls. Night hotel. (Dinner not respect to the local culture we pass them in a clockwise direction Night teahouse.

## 7th April : Kathmandu - Lukla - Phakding

We take a stunning early morning flight from Kathmandu to Lukla, 'Gateway to the Everest region, 'perched at 2840m above the Dudh Kosi or 'River of Milk' – so named because of the pale milky appearance of the glacier melt-water. We are now in the region of the legendary Sherpas and you will notice the difference in the faces of the people you meet here and those from the Kathmandu valley. After lunch we trek north down towards Phakding (2610m) along a meandering trail which is lined with mani stone walls, made with hundreds of stone tablets and giant carved boulders, brilliantly decorated with brightly-coloured paints. The Buddhists believe these to be sacred and so as a sign of respect to the local culture we pass them in a clockwise direction Night teahouse. **Trek approx 3 hours**

## 8th April : Phakding - Namche

We head onwards and upwards as the trail starts to rise through a forest of rhododendron, magnolia and giant fir trees. Our target this evening is Namche Bazaar (3440m), a delightful mountain village and the Sherpa 'capital', but first we must ascend Namche Hill; walking at a gentle but steady pace we finally arrive at the town that is itself an important meeting and trading point for the local people. Night teahouse. **Trek approx 5 – 7 hours**

## 9th April : Acclimatisation Day

We take a day to rest in Namche; we can explore the markets (which sell everything a trekker could require here!) or happily laze around in the sun. It is important to note that



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acclimatisation is extremely important and that by using these acclimatisation days correctly we greatly improve our chances of reaching our goal of Kalapatar, which lies at an altitude of 5545m.

## 10th - 12th April : Namche – Dingboche

The trail turns northeast from Namche along a tributary valley and the mountain views start to open up, becoming more dramatic as the climb approaches the holy ground of Tyangboche, which is surrounded by a protected juniper forest. From here, on a ridge above the much-photographed *gompa* (monastery) is a mountain vista with few equals: Everest, Lhotse, Nuptse, Ama Dablam, Kwangde and Kangtega all loom above us. When we reach the picturesque ‘summer village’ of Dingboche (4100m) it is time to take another acclimatisation day. Nights in teahouses. **Trek approx 3 – 6 hours daily.**

## 13th - 15th April : Dingboche – Kalapatar – Base Camp

Leaving Dingboche, the trails ascend gently but still the pace is easy, it’s important not to rush in the rarefied atmosphere. We reach Lobuche (4910m), often reached by walking past frozen rivers where stone houses sit in an icy wilderness of stunning beauty. We are en route to our final destination, Everest Base Camp. Over the next two days we climb to the look-out point of Kalapatar (5545m), which fills us with a real sense of achievement as we stare in awe at the spectacular surroundings. We can then head for the renowned camp where many a climber has set off to climb the world’s highest mountain, before returning to Lobuche. Nights in teahouses. **Trek approx 4 – 8 hours daily.**

## 16th April : Stand Up On Everest

Finally the big day has arrived. A later start than usual, but your day bag will be packed with additional cloths and cold weather gear. We will make our way slowly across the moraine deeper into the valley until we find Everest Base Camp nestled in amongst the rocks. Upon arrival you will be given the chance to look around and potentially meet some of the climbers attempting to summit Mount Everest in the coming weeks.

Once everybody is in Base Camp, we will begin – “Stand Up On Everest”. Basic refreshments will be laid on and we hope you enjoy what we hope to be the most unique stand-up performance in history. Following the performance we will return to GorakShep for a celebratory meal.



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## 17th - 19th April : Lobuche – Tengboche – Lukla

We retrace the trail with comparative ease to Lukla, via Tengboche, home to Khumbu's oldest *gompa* and yeti relics. Our bodies are acclimatised to the altitude and the further we descend the fitter we feel. Nights in teahouses. **Trek Approx 4 – 8 hours.**

## 20th April : Lukla – Kathmandu

Fly from Lukla to Kathmandu, and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating our achievements! Night hotel. (Dinner not included).

## 21st April : Free Day in Kathmandu & Celebration Party

Free time to explore Kathmandu before transferring to the airport for our flight back to the UK.

## 22nd April : Arrive at home Destinations