



WORLD DISCOVERY
— HISTORY CULTURE WILDLIFE —

Everest Foothills Trek



Glorious scenery near Thyangboche (Day 7)

DAY 1 – Depart UK.

DAY 2 – Arrival in Kathmandu.

On arrival in Kathmandu you will be met by a representative of World Discovery outside immigration and customs. You will then be taken by private car direct to your hotel. The rest of the day is at leisure.

DAY 3 – Kathmandu Sightseeing.

After a leisurely breakfast, you will meet your World Discovery guide and spend the morning visiting the highlights of Nepal's fascinating capital, located at 1,337m (4,390ft) in a valley beneath the towering peaks of the Himalaya. Walk through the atmospheric medieval centre of this ancient city, visiting **Durbar Square** with its many temples and monuments, including the old Royal Palace, home to the famous 'Living Goddess'. Continue to the dramatic Buddhist stupa of **Swayambhunath**, located on a hilltop overlooking the city. The afternoon is at leisure, with the opportunity of taking an optional excursion to Patan, the second city of the Kathmandu Valley, with its superb collection of ancient temples.

Meals included: Full breakfast.

DAY 4 – Fly to the Everest Region.

In the morning fly to **Lukla**, gateway to the Everest foothills. Here you will be met by your trekking crew and begin your week of trekking in this spectacular area of Nepal. Stop for lunch at Phakding before taking the track to Monjo where you will stay for two nights.

Meals included: Full breakfast, lunch, dinner. *Walking time: approximately 5 hours.*

DAY 5 – Monjo (2,850m).

Today there will be an excursion to Thakcho Hill.

Meals included: Full breakfast, lunch, dinner. *Walking time: 4 hours.*

DAY 6 – Monjo to Tashinga (3,450m).

Your walk continues to Tashinga where you will stay for two nights.

Meals included: Full breakfast, lunch, dinner. *Walking time: 4 hours.*

DAY 7 - Tashinga.

Today you will walk to Thyangboche Monastery, returning to Tashinga in the late afternoon.

Meals included: Full breakfast. *Walking time: 6 hours.*

DAY 8 - Tashinga to Mende (3,700m).

Your trek continues through superb scenery to Mende.

Meals included: Full breakfast, lunch, dinner. *Walking time: 5 hours.*

DAY 9 – Mende.

Walking in and around Mende includes a visit to the village of **Thame**, birthplace of Tenzing Norgay, the first man to climb Everest, and also a visit to the Karag Monastery at **Thamo**.

Meals included: Full breakfast, lunch, dinner.

DAY 10 – Return to Monjo.

Return along the same route to Monjo.

Meals included: Full breakfast, lunch, dinner. *Walking time: 5 hours.*

DAY 11 - Onwards to Lukla (2,860m).

On this last day of the trek, retrace the trail at a very comfortable pace to Lukla, stopping for lunch beside the Dudh Koshi River.

Meals included: Full breakfast, lunch, dinner. *Walking time: 5 hours.*

DAY 12 - Return to Kathmandu.

After breakfast transfer to Lukla Airport for the flight back to Kathmandu.

Meals included: Full breakfast.

DAY 13 - Kathmandu.

At leisure. In the evening you will be taken (unless you are already staying there) to the unique **Dwarika's Kathmandu Hotel** for a special farewell banquet.

Meals included: Full breakfast, dinner.

DAY 14 – Depart for home.

Private transfer to the airport for your international flight home.

Meals included: Full breakfast.