



Your summit awaits...

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Ronnie Muhl



Itinerary

- Day 01 Arrive in Kathmandu, transfer to hotel and trek briefing
- Day 02 Half Day Tour around Kathmandu & trek preparations
- Day 03 Fly to Lukla (2800m) ; trek to Phakding (2800m).
- Day 04 Trek to Namche Bazaar (3440m). Weather permitting; we will see Everest for the first time.
- Day 05 Rest/Acclimatisation day, optional day hikes - Khumjung, Khunde (3790m).
- Day 06 Trek to Tengboche (3870m) ; visit monastery. Stunning views of Everest, Lhotse and Amadablam
- Day 07 Trek to Dingboche (4410m).
- Day 08 Rest/Acclimatisation day in Dingboche, optional day hikes.
- Day 09 Trek to Lobuche (4930m).
- Day 10 Trek to Gorak Shep (5160m) & climb Kala Pattar (5545m). Overnight at Gorak Shep.
- Day 11 Trek to Everest Base Camp (5300m).
- Day 12 Everest Base Camp.
- Day 13 Everest Base Camp to Lobuche
- Day 14 Trek to Pangboche (3630m).
- Day 15 Trek to Namche (3440m).
- Day 16 Trek to Lukla
- Day 17 Fly to Kathmandu
- Day 18 Kathmandu
- Day 19 International departures

Arrival Dates in Kathmandu – 01 April 2010

Alternative dates available on request.

(This itinerary is subject to change)

Join our international team of climbers for the opportunity of a lifetime.

EVEREST EXPEDITION 2010

Make your dream a reality, put on those boots and set off on an adventure to the Base Camp of the world's highest mountain.

The trek will be facilitated and managed by Ronnie Muhl and expertly guided by experienced Sherpa staff.



Trek to the base of the world's highest peak with an international team of climbers aiming to summit Mt Everest in April/May 2010.

Our 15 day trek allows for proper acclimatization to afford everyone the best opportunity of achieving their goal of reaching Everest Base Camp and the summit of Kala Pattar.

Explore the exotic city of Kathmandu before flying to the remote mountain town of Lukla where our adventure into the Khumbu area of the Himalaya begins.

We follow an ancient route through tiny Sherpa villages, high mountain passes and deep gorges and the views grow increasingly more spectacular as we venture further up the Dudh Kosi ("Milk River").

We visit Namche Bazaar, the gateway to the Khumbu region and its administrative capital as well as Tengboche with its magnificent Buddhist monastery.

A strenuous yet non-technical climb of Kala Pattar highlights the truly spectacular panorama of Sagarmatha (Mt Everest), the "Mother Goddess of the World" and many other of the planet's highest mountains. We will then spend two nights at Base Camp with expeditions from around the world preparing for their assault of the world's highest mountain.

This blend of outdoor adventure and cultural exploration will leave you with lasting memories and a great sense of accomplishment!

On the trek you will be accommodated in lodges/teahouses and at Base Camp in a two-man tent. For further information about Kathmandu, equipment, accommodation, food, drinking water, first aid, acclimatization, illness & evacuation, please contact Summit Strategies.

COST

US\$ 1 995 PER PERSON

Non-refundable Deposit of US\$ 500

Excludes the cost of international airfare