

Trek to Everest

The worlds highest mountain has lured visitors from all over the world ever since its discovery. Attempting its summit is dangerous and requires special skills and experience, but the trek to its Base Camp in Nepal can be completed by well-prepared walkers of any age - safely and enjoyably. The views from the route are breath-taking, and the trek is punctuated by intriguing Buddhist monuments and monasteries. In the aftermath of the earthquakes in April/May 2015, Nepal needs trekkers more than ever. The authors focus on the popular route from Lukla to Base Camp, and also cover the trek to the beautiful Gokyo Lakes with the challenging option to link the two valleys over the Cho La. They provide background on Sherpa culture and religion and on wildlife and geology. There's a wealth of practical information on preparation, including how to prevent and manage altitude sickness. The guidebook contains everything you need to plan and enjoy your trek: details of each section showing trekking time and altitude gain/loss show to choose a tour operator background on Nepal, Sherpa culture, geology and wildlife nine pages of detailed mapping at 1:50,000 of all trekking routes lavishly illustrated, with over 90 colour photographs rucksack-friendly, weatherproof format.

We often get asked how hard is the trek to Everest Base camp and quite often people think they need to climb Kilimanjaro first but in all honestly Kilimanjaro is a Trek to Everest Base Camp with REI. Hike in the footsteps of legends to the Himalayas with full sherpa support a trip of a lifetime. Mount Everest and the Khumbu Glacier in Sagarmatha National Park. Image by Dan Rafla / Getty Images. But today, the trek to Everest Base Camp has become an achievable goal for people from all walks of life who want a glimpse of the worlds highest peak. - 12 min - Uploaded by Kara and Nate Bhaktapur to -- Kathmandu Airport to -- Lukla Airport to -- Phakding This adventure made Trek to the foot of breathtaking Everest, the worlds highest mountain. Set out on challenging hikes to Kala Pattar (18,192), Nangkartshang Peak (16,672). and Everest Base Camp (17,590). Explore Sherpa villages and the ancient Thami and Tengboche monasteries. The classic Everest Base Camp Trek starts in Lukla and leads you through the Khumbu Valley to the Everest Base Camp situated on the south-side of Mount Everest. Most trekkers adventures, however, begin in Kathmandu where the international airport for Nepal is located. Get ready to immerse yourself in the wonder of the Great

Everest Himalayas. The Everest Base Camp Trek is one of the most beautiful as well as famous Everest Base Camp Trek is a famous challenging trek in Khumbu, Nepal. - 22 min - Uploaded by John Beede Subscribe for more adventure videos! ** Experience the journey to Mount Everest basecamp The Everest Base Camp Trek is not for tourists. Trekking to Everest base camp is an adventure of a lifetime and life changing for many people. It is achievable for Wondering just how hard it is to trek to Everest base camp- find out more from Kandoo the experts in high altitude trekking.