

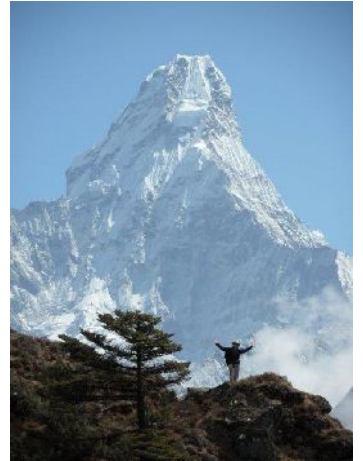
# Luxury Lodge Trek to view Everest

*18th March to 1st April 2012.*



Across the northern borders of Nepal stretches the mighty Himalaya. Here are the world's biggest mountains, the upper watershed for some of the mightiest rivers, and home to a diverse range of cultures which add a colourful foreground to the magnificent peaks. The most well known area is the “Khumbu”, home to Mt Everest and the Sherpa people living within it's shadow.

Our tour uses luxury accommodation throughout the trek and in Kathmandu. This trip is well suited to anyone wanting a bit of luxury and a relaxed itinerary. The trek is set at an easy pace and we have allowed plenty of optional rest days en route. You will only be ascending to moderate altitudes, the highest you will sleep will be 3700mt. On the trail you need only carry a light day pack, your main baggage is carried for you.



Upon arrival in Kathmandu, we spend two nights at a luxury resort located in the scenic hills overlooking the greater Kathmandu valley. Here we have a full day for introductory walks in the area & rest time to recover from your international flights. After the Everest trek we will be staying in a 5 star hotel, located close to the city centre.



To begin the trekking we fly to Lukla at the doorstep of the Everest area. The trek follows the Dudh Kosi river valley, ascending to the colourful Sherpa town of Namche Bazaar (3440mt) which sits on an ancient trade route from Tibet. From Namche onwards you will have several chances to catch a glimpse of Mt Everest & Mt Lhotse at the head of the Valley.

We visit the magnificent Thyangboche Monastery, famous for its beautiful painted murals. Outside the monastery you have a stunning view of Mt AmaDablam. Later on the trek we visit Thame where you may see some colourful Tibetans, bringing their goods to trade in Namche.



The trek traverses a wide range of Himalayan environments, you will be walking through rhododendron forests, pine forests, alpine meadows & you should see some wonderful wild flowers including daphne, primula, rhododendron, and perhaps wild orchids and irises. You will see Yaks, mules and tough little Tibetan ponies, we can even organise a ride for you if you are brave !



After the trek we fly back to Kathmandu, the “city of temples”. Our abode in Kathmandu will be a centrally located 5 star hotel, it's an ornate former neoclassic palace, built in 1885 for the Rana ruler of Nepal. Though a historic building, it is a modern hotel with all the facilities you will need. We have a full day available for sightseeing and shopping before the trip concludes.



Mick & Jenny Sullivan trekked this route in March-April 2011 & inspected most of the lodges we use on this trek. The lodges are beautifully designed, and well run. We shall be accompanying the trek as your escorts along with a Nepali crew. Particular attention will be paid to food hygiene on the trek. The business side of the tour is handled by Judy Tenzing who is a licensed NSW Travel Agent based in southern Sydney.



We can run this trek at any time in the trekking seasons as a private group, provided we have 4 or more people. Just let us know of your interest and we can provide more detailed information.

To view more detailed information, the itinerary and pricing options, please ask for the information pack on this trek.

*Kind Regards*

*Mick & Jenny Sullivan*

Email: [info@smoothadventures.com](mailto:info@smoothadventures.com)

Website: [www.smoothadventures.com](http://www.smoothadventures.com)



NATURALLY NEPAL  
ONCE IS NOT ENOUGH

This adventure is conducted by:  
Himalayan Travel Centre - trading as: Tenzing's Journeys.  
NSW Travel Agents Licence: 2TA 4690