



South Col Expeditions

Kala Pattar, Gokyo & Rhenjo La October 13th to 29th 2016



Map of the Everest Region

- This trek covers the best of the Everest region: Kala Pattar, the high altitude lakes of Gokyo, Gokyo Ri, and finally across the scenic Rhenjo la back to Namche and down to Lukla.



The Kala Pattar & Gokyo Lakes Trek 17 days (Kathmandu to Kathmandu)

- This is the dream Everest trek with good lodges where possible!
- The seventeen day trip from Kathmandu has been carefully designed to provide proper acclimatization so as to ensure the least discomfort for the trekker. On many days we walk only 3-4 hours and rest in the afternoon to ensure that we do not gain altitude too quickly.
- The costs of this trek is INR Rs 80,000 for Indians and **USD 1450/- for foreigners** Taxes included. Exclusions apply For details please check page 8.



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The Kala Pattar & Gokyo Lakes Trek - Itinerary 1

- **Day 1: Flight from Kathmandu to Lukla and walk to Phakding or Benkar (4 – 5 hours)**
We take the early morning flight from Kathmandu and land at Lukla airport in 30 minutes. After breakfast at a lodge in Lukla we begin the easy first day's walk to Phakding (2800 metres) or if the flight is on time carry on further for an hour to Benkar
- **Day 2 : Phakding /Benkar to Namche Bazar (3450 metres) (5 to 6 hours)** We leave Phakding around 7.30 am after breakfast and walk up the valley with tantalizing views of Thamerku to the National Park gates at Monjo. After checking of our permits we descend in 20 minutes to Jorsale where we stop for an early lunch. From Jorsale we cross the Imja Khola and start the steep three hour climb to the Sherpa capital Namche Bazar.
- **Day 3 Acclimatization Day in Namche Bazar** We have our first acclimatization day at Namche. Many of us would sit at the bakery and have apple pie while the more intrepid would go for an acclimatization walk to the top of the hill!
- **Day 04 Namche Bazar to Devoche (3790m) (2-3 hours)** We leave Namche and follow the trail to Kyanjuma and then drop into the valley to Phunki Tenga. From Phunki it is a two hour climb to Thyanboche. From Thyanboche the lodges of Devoche are 20 minutes down the valley.
- **Day 5 Devoche to Dingboche (4350m) (5 to 6 hours)** The trail leaves Devoche and then crosses the river over a suspension bridge which offers a great view of Ama Dablam above the crashing waters of the Dudh Kosi. It then passes a large mani wall in the middle of the trail and finally levels out to reach Pangboche. The trail follows the Imja Khola and passes the yak grazing areas of Shomare and then the small tea house of Orsho. The trail then crosses a bridge over the river. The right path leads to Dingboche about 45 minutes from the bridge.



The Kala Pattar & Gokyo Lakes Trek Itinerary 2

■ **Day 06 Rest Day at Dingboche** The rest day at Dingboche can be used for a day walk upto Chukung with fabulous views of the Lhotse/Nuptse wall and Ama Dablam as well. Alternatively a half day walk can be made to the Nangkartshang peak or the Ama Dablam lakes across the moraine.

■ **Day 07 Dingboche to Lobuche (4940m) (5 to 6 hours)** We climb the ridge behind the village and then come onto a level plain with enormous views of Taboche in the background. The trail continues along the plain and then crosses a bridge and climbs gently to Dugla 4600m. We stop at the Yak Lodge for an early lunch at Dugla. The hill to climb after Dugla can be hard especially if you are having problems with altitude. At the crest are the "Everest memorials" for sherpas and climbers who did not make it down from Everest. From the memorials the gradient eases off and in about an hour you can spot the lodges of Lobuche.

■ **Day 08 Lobuche to Gorak Shep (5170m) (3 to 4 hours)** The trail follows the moraine of the Khumbu glacier and there is a lot of hard walking over boulders and scree slopes. Pumori comes into view as one approaches Gorak Shep. We usually reach Gorak Shep by 11 am in the morning. If the weather is good we can make it to Kala Pattar in the evening.

■ **Day 09 Gorak Shep to Everest Base Camp /Kala Pattar (5554m) and back to Lobuche**

The climb to the view point of Kala Pattar would take around two hours depending on the level of acclimatization. From this high point a, magnificent 360 degree view unfolds with all the major peaks of the region visible. We come down in an hour to Gorak Shep and after a quick lunch head down the valley to Lobuche which is usually reached by evening. This is a long day but a better alternative to spending two nights at Gorak Shep.

■ **Day 10 Lobuche to Phortse (3800m) (6 to 7 hours)** The path leaves Lobuche and heads down the valley the same way to Dugla, Pheriche and then to upper Pangboche. We stop in Pangboche for lunch and then walk the three hours or so to the village of Phortse .

■ **Day 11 Phortse to Gokyo (4750m) 8 to 9 hours** This is a long and tiring day and an early start is advisable. We follow the not so well trodden trail to the village of Na which is about four to five hours from Phortse. We stop for lunch at Na and then complete the three hour walk to Gokyo post lunch. As we are well acclimatised this long day should not be difficult for us. hours down to Thangnak (4850 metres) where we can stop for the night.



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The Kala Pattar & Gokyo Lakes Trek Itinerary 3

- **Day 12 Rest Day at Gokyo Gokyo (4850m)** We take a rest day at Gokyo and can either climb Gokyo Ri or visit the 5th lake. From here we will have a panoramic view of Cho Oyu, Gyachung Kang, Everest, Lhotse, Makalu, Cholatse and Tawache.
- **Day 13 Gokyo to across Rhenjo La pass to Lungden (4700 metres) (7 to 8 hours)** The path to Rhenjo La skirts the third lake for about an hour and then follows a series of steep zigzags uphill. It then crosses a snowfield and there is a steep climb just before the pass. In snowy conditions follow the cairns uphill. There is a long staircase down to the valley from the top which is often snow covered. The trail passes a lake, often frozen, until it enters the valley and meets the path to Lungden.
- **Day 14 Lungden to Thami to Namche Bazar (3850 metres) 6 to 8 hours** The walk from Lungden to Thami is mostly downhill. Fit hikers could press on the Namche Bazar on the same day after lunch. Thami is the village of Tenzing Norgay and the monastery here is worth visiting.
- **Day 15 Namche Bazar to Lukla (7 to 8 hours)** Have an early breakfast in Namche and then head down to Monjo. The trail descends steeply to the bridge across the Dudh Kosi. From the bridge the trail passes through Jorsale and reaches the Sagarmatha Park headquarters where you need to show your permit and check-out of the park. Monjo is five minutes from the Park gates. From Monjo it would be around five hours to Lukla.
- **Day 16 Buffer Day to be adjusted somewhere along the trek depending on the situation.**
- **Day 17 Lukla to Kathmandu - by morning flight**



The Kala Pattar Gokyo Trek Costs 2016

- **USD 1450 for foreign passports and INR Rs 80,000 for Indians (meals excluded)**
- Please budget an **additional USD 500** for meals, hot water in flasks, battery charging, wi fi charges, gas showers in lodges for **seventeen days trekking**.
- The cost is per person for Kathmandu to Kathmandu (17 days) as per the itinerary given
- Costs given above are at current rates of 2016 and may change without notice . Changes if any will be notified 3 months before the trek.

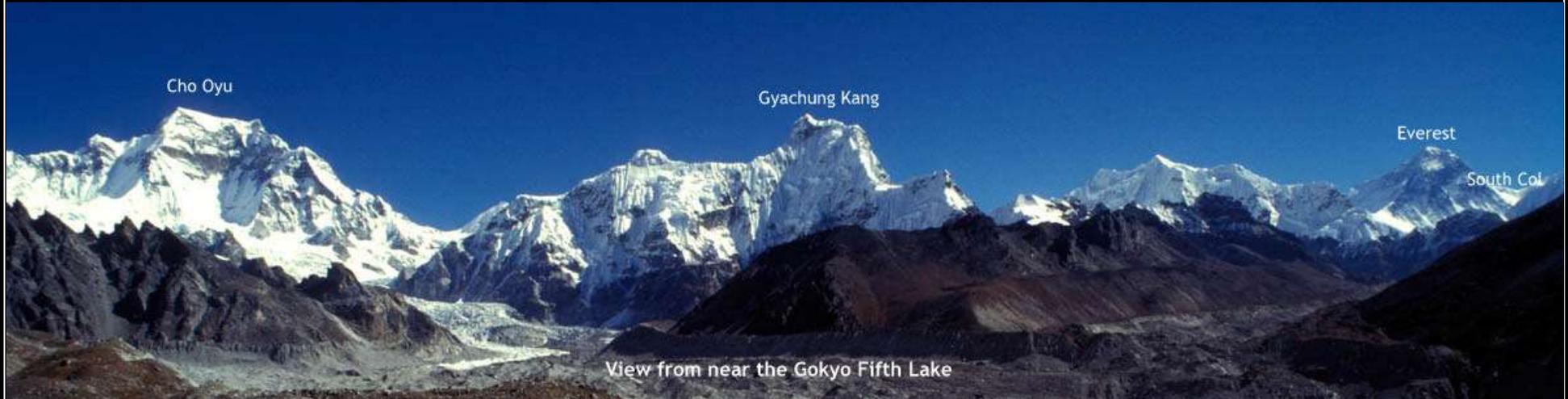
Costs include:

- Taxi fare from hotel in Kathmandu to airport and back for Lukla flight
- Sagarmatha National Park permit and TIMS permit for trekking in the Everest region.
- Flight cost Kathmandu Lukla to Kathmandu presently USD 350 return.
- All accommodation on the trek on twin sharing basis. **In Namche Bazar for two nights top end deluxe rooms with attached bathrooms and hot showers will be provided and on return on Monjo similar facilities will be provided.**
- Hotel accommodation in Kathmandu one night on the way in and one night on the way out is covered in good Thamel hotel with breakfast.
- Cost of porters/guides for the trek. Please note that porters will carry one duffel bag or backpack not exceeding 10 kgs weight for each trekker comprising of personal items, clothing, sleeping bag etc.

Costs not included

- Meals in Kathmandu and Lukla.
- Breakfast lunch and dinner on the trek is not included. Desserts, drinks, and exotic items listed in the lodge menus are not included. Alcohol, cold drinks (coca cola, sprite, beer), juices, ice cream etc on the trek and in Lukla.
- Client travel and medical insurance of any kind. Emergency evacuation costs if needed.
- Video camera fees in National Parks (where applicable).
- Bottled drinks; boiled, filtered or bottled water; alcohol; snacks etc
- Hot showers (Rs 300 per shower) is not included at lodges with shared toilets.
- Personal clothing and equipment; sleeping bag; down/ goretex jacket, medicines for personal use etc.
- Air fare from residence country to Nepal and back
- Tips to porters at the end of trek estimate @ **US 50 per trekker** to the common pool.

Why trek the Everest Region with South Col?



- South Col is a small, personalized firm specializing in treks in the Himalayan region.
- Every single trek done by South Col till date has been lead by Sujoy Das himself.
- We are keenly aware of the fragility of environment and cultures in which we trek and recognize our responsibility in maintaining them. "Take pictures, leave only foot prints" is our motto.
- Trekkers get personalized attention both in the planning stage as well as during the trek itself.
- Support team of guides and porters as needed are personally supervised by Sujoy to ensure that the clients are comfortable and well looked after.
- Sujoy has intimate knowledge of the trekking trails so can advise on the best stops for photographs and local culture etc.
- Lodges for night stops and camping sites if needed are selected to ensure the best views, food and comfort.
- Due to low overheads, cost are far less than other companies offering similar treks.

The Kala Pattar/Gokyo Trek FAQ #1

How fit do I have to be to do a trek? Whilst you do not need to be super-fit, you need to be fit enough to comfortably walk for 5-6 hours per day in the mountains on reasonable trails. The Gokyo trek has some trails in the upper reaches beyond Macchermo and again upto Lhenjo La pass which is rough and entails walking on the moraine of the glacier. You will definitely need to walk for around an hour at least every day to get fit. If you can spend some time in the gym it would help. Walking uphill/stairs etc also helps a great deal.

What is a typical group? Will I fit in? Groups range in size from 8 up to 12, and typically comprise a range of nationalities and experience. We have also had a group upto 14! So far, all of our groups have got along very well. One of the attractions of such a trip is the chance to meet people with different backgrounds and personalities.

Do I need to buy special equipment? Usually our clients simply bring their existing clothing and equipment and if necessary supplement this with some extra items purchased cheaply in Kathmandu.

I am a single trekker. How does this work? Normally single trekkers have no problems fitting in with a group. Normally single trekkers share rooms or lodges with other trekkers of the same sex, but if we have an odd-number we ensure that a room or lodge is organized accordingly.

Will I be able to deal with the high altitude? Our itineraries are designed so that our clients ascend at a sensible and safe rate. The effects of altitude are felt by everyone, even the guides and Sherpas, but most people find that gentle acclimatization allows them to reach their high point without any problems. We will be monitoring this closely on the trek and in the event of any problems we will ensure that there is no compromise on safety. For details on AMS visit http://www.ismmed.org/np_altitude_tutorial.htm#prevention

What are the Tea Houses like? Tea houses are a way of life for almost all trekkers. They are the combination of guest house, restaurant, and social hang out. . Our many years of experience along these routes have helped us find the friendliest, cleanest, and most enjoyable tea houses with the best views.



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The Kala Pattar/Gokyo Trek FAQ #2

What is the accommodation at the tea houses? Private rooms are available in most tea houses except for those at very high altitudes. Most bathrooms are shared but in some of the nicer lodges we have attached bathrooms with running water. Usually hot showers will be available every evening.

Where do we eat our meals? If you are on a tea house trek you will eat breakfast and dinner at your tea house. We will stop for lunch at one of the various trail side restaurants. And snacks are always easy to find at tea stalls including tea and coffee.

What type of food is served on the trek? Almost every tea house serves the traditional Nepali meal Dal Bhat (rice and curried lentils). All tea houses we stay at have a variety of different foods on the menu including noodles, rice, potatoes, vegetables and soup. Some have Nepali versions of western food such as pizza, lasagna, pasta etc. Sodas and beer are available at most of the tea houses and of course tea and coffee is served everywhere.

Where do we get water during the trip? It is our suggestion that in order to save money, trekkers carry iodine tablets or lugols solution with them so that they can purify the water every day. Though tea houses will have bottled mineral water available it is likely to get expensive as one goes higher up. Iodine is available in Kathmandu.

What type of shoes or boots should I wear? The proper foot wear depends on the trek. The Everest trek should be done in boots with firm ankle support. Having said that you will find locals and porters trekking in sneakers! Shoes and boots are best purchased before your arrival for the trek with proper break in.

What will the weather be like? Weather affects everything in Nepal and trekking is no exception. Sudden rain storms or snow flurries are always a possibility at higher altitudes. The weather during the trekking season is somewhat more stable. We pay close attention to weather reports during the trekking season. April weather is usually sunny mornings with cloudy afternoons and chance of snow above 4000 metres.

How should I give my equipment to the porter? Ideally the gear should be given to the porter in a duffle bag locked and this will be returned to the client in the evening. As you may not be able to access the duffle bag during the day please carry the essentials like water, jacket, camera, sweets etc in your daypack.

Terms and Conditions #1

■ **CANCELLATION POLICY**

■ The cancellation policy and refunds available are given below:

- 0-7 days before the start of the trek =75%
- 8 -15 days before the start of the trek = 50%
- 16-30 days before the start of the trek = 35%
- 31-45 days before the start of the trek = 25%
- 46 days and above = 15%

■ **IN CASE OF LEAVING THE GROUP**

■ If due to illness or any other reason a client has to leave the group and go down or wait at a lodge for the group to pick him/her up on the way back, all expenses including lodging, fooding and any porter/guide related expenses if any are to be borne by the individual client over and above the trek fees paid for the trek. There are also no refunds for leaving a trek before completion.

■ **HIRING OF PONIES ETC**

■ In the eventuality of a client needed the services of a pony to come down to lower altitudes, the cost of hiring the pony will be paid by the client.

■ **EVACUATION BY HELICOPTER**

■ In the eventuality of not being covered by emergency helicopter evacuation insurance and an evacuation is considered necessary, the cost of the evacuation will be paid by the client in advance to the helicopter company/travel agent etc as deemed necessary.

Terms and Conditions #2

CANCELLATION OF LUKLA FLIGHTS

- In case the Kathmandu to Lukla flight is cancelled, the additional cost for hotel accommodation in Kathmandu is to be paid by the client over and above the contracted days accommodation provided.
- In case the Lukla to Kathmandu flight is cancelled, the client has the following options:
 - Continue to remain in Lukla at the client's cost (both fooding and accommodation) and try for a flight the next day or day after.
 - Depart from Lukla if possible using the services of a helicopter usually US \$ 500per person. In this case the one way flight cancellation charges will be refunded to the client.

LODGES ON THE TREK

- The choice of lodges to be used on the trek will be decided by South Col and clients will have to stay at these designated lodges. Clients are not permitted to choose their own lodges on the route.

TREK ROUTE

- The trek route and day wise schedule will be fixed by South Col and will have to be followed by the client.

RISKS AND LIABILITY

- The trek is in a remote mountain area and has certain additional dangers and risks, some of which include: physical exertion for which the client should be prepared; weather extremes subject to sudden and unexpected changes; remoteness from normal medical services; evacuation difficulties.
- In the event of injury or illness South Col Expeditions (Sujoy Das) or its Staff can, at the clients cost arrange any medical treatment and emergency evacuation service as it or they deem necessary for the health and safety of the client.

Trek Leader Profile

Sujoy Das has been trekking and photographing in the Himalayas for the last thirty years.

His notable treks include: Winter ascent of Kala Pattar peak (Everest region) Dec 2003; Everest Base Camp 18,500 feet (2001); Thorung-la pass/Annapurna Circuit 17,746 feet (2000); Annapurna Base Camp 14,300 feet (1999); Gokyo Ri peak Everest region 18,275 feet (1998); Rupkund Lake, Garhwal 16,200 feet (1996); Kangchendzonga Base Camp North and Green Lakes 16,875 feet (1987); Dorji La peak North Sikkim 18,644 feet (1986); crossing of Lhonak-la pass North Sikkim (1987).

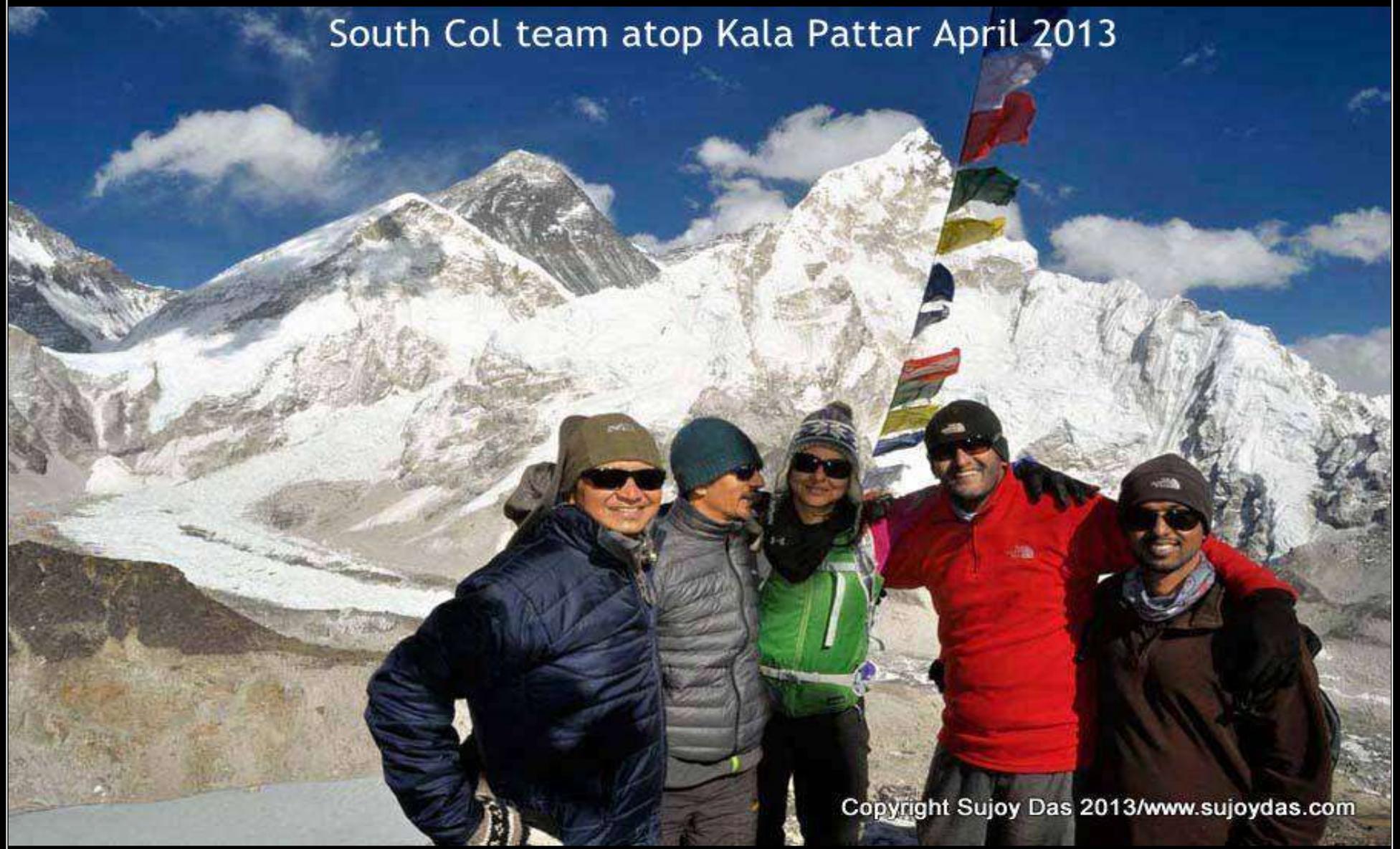
He has visited the Annapurna region six times including two visits to the Base Camp and the entire circuit of Annapurna. He has trekked in the Everest region eight times including the winter of 2003-04. In the Eastern Himalaya he has trekked the Singalila ridge of Sandakphu and Phalut six times and made four visits to the alp of Dzongri in West Sikkim.

In September 2009 he trekked across seven passes in Ladakh from the monastery of Lamayuru to Padum in Zaskar. In April - May 2011 he led a successful trek with twenty one persons to Thyanboche Monastery and upto Kala Pattar and Everest Base Camp.

He is the joint author of Sikkim- A Travellers Guide and author & Lonely Planet - Nepal for the Indian Traveller. His essays and photographs have been published in books and magazines worldwide. He is currently working on a book on the Nepal Himalaya and organizing treks and photo expeditions. For a view of his photographs of the Himalaya please visit www.sujoydas.com. He can be contacted at sujoyrdas@gmail.com



South Col team atop Kala Pattar April 2013



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Om Mani Padme Hum!

Hail to the Jewel in the Lotus



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