



# Everest Region

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## Best Side Trips

- ➔ Ama Dablam Base Camp (p83)
- ➔ Upper Bhote Kosi Valley (p103)
- ➔ Chhukung Ri (p84)
- ➔ Hillary Memorial Stupas (p76)

## Best Sherpa Villages

- ➔ Phortse (p97)
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- ➔ Khunde (p76)

## Why Go?

Mt Everest has been calling out to trekkers and climbers since it first appeared in the telescopes of mountain surveyors. Like the Annapurna region, the districts of Solu and Khumbu boast well-maintained trails and comfortable lodges, but the trekking routes here start higher and stay higher, offering unrivalled views of the world's highest peaks. The 2105 earthquakes caused some damage here, but the trails were surveyed following the quake and all routes are expected to be open by the time you read this.

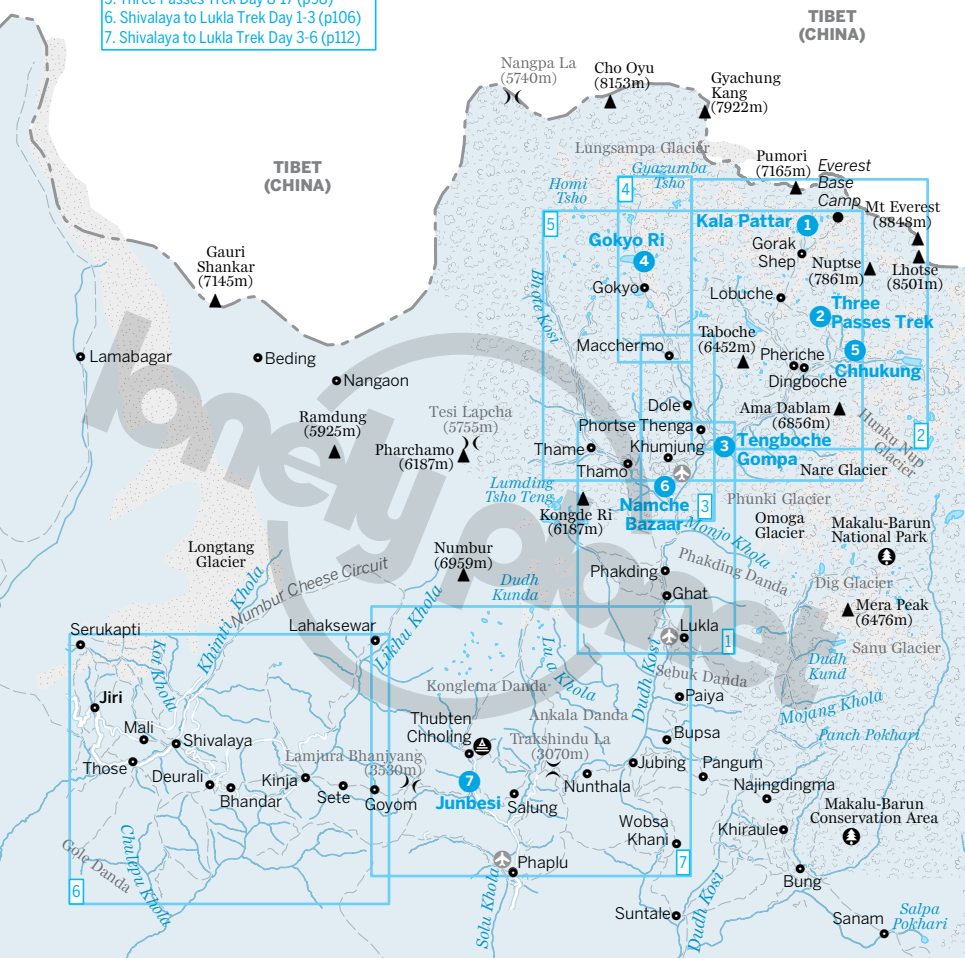
Solu Khumbu is the homeland of the Sherpa people, who have become synonymous with guiding and mountaineering. The Buddhist monuments of the Sherpas – stone stupas, carved mani walls (built of stones carved with Buddhist prayers) and Tibetan-style monasteries – add a further layer of charm to the landscape.

A regular on many people's bucket lists, Everest is what most trekkers are naturally fixated on. The real draws of the region, though, are its side valleys, mountain passes and lesser-known (but far more beautiful) surrounding peaks. Don't overlook these in your rush to the world's highest peak.

## When to Go

- ➔ The best weather and the biggest crowds are in autumn (October and November), when skies are clear and temperatures are bearable at higher altitudes.
- ➔ Spring (March and April) is a quieter time to visit, though cloud and rain become more frequent in the build-up to the monsoon.
- ➔ It is theoretically possible to trek in the Khumbu year-round. The most serious obstacle to trekking in winter is the cold. Days can be comfortable but nights are freezing.
- ➔ At some time during the season from October to March there is certain to be a storm or two that will blanket the countryside with snow. Check the weather conditions locally before attempting any high-altitude passes.

1. Everest Base Camp Trek Day 1-4 (p69)
2. Everest Base Camp Trek Day 5-14 (p80)
3. Gokyo Trek Day 3-7 (p93)
4. Gokyo Trek Day 8-9 (p95)
5. Three Passes Trek Day 8-17 (p98)
6. Shivalaya to Lukla Trek Day 1-3 (p106)
7. Shivalaya to Lukla Trek Day 3-6 (p112)



## Everest Highlights

**1** Sneaking a peek at the highest peak on earth from **Kala Pattar** (p88).

**2** Scrambling over the rugged Kongma La pass for views of Makalu on the challenging **Three Passes trek** (p100).

**3** Joining the monks for morning prayers at **Tengboche Gompa** (p77).

**4** Viewing the turquoise Gokyo Lake and the Ngozumpa Glacier from **Gokyo Ri** (p96).

**5** Detouring off the main trail and exploring the

excellent excursions from **Chhukung** (p84).

**6** Enjoying the cafes, pizza parlours and gear shops of **Namche Bazaar** (p119).

**7** Escaping the crowds and exploring the monasteries around **Junbesi** (p109) on the Shivalaya to Lukla trek.