

# Old Nepal Treks

luxury trekking

with

BASANTA ADVENTURE  
TREKS & EXPEDITIONS

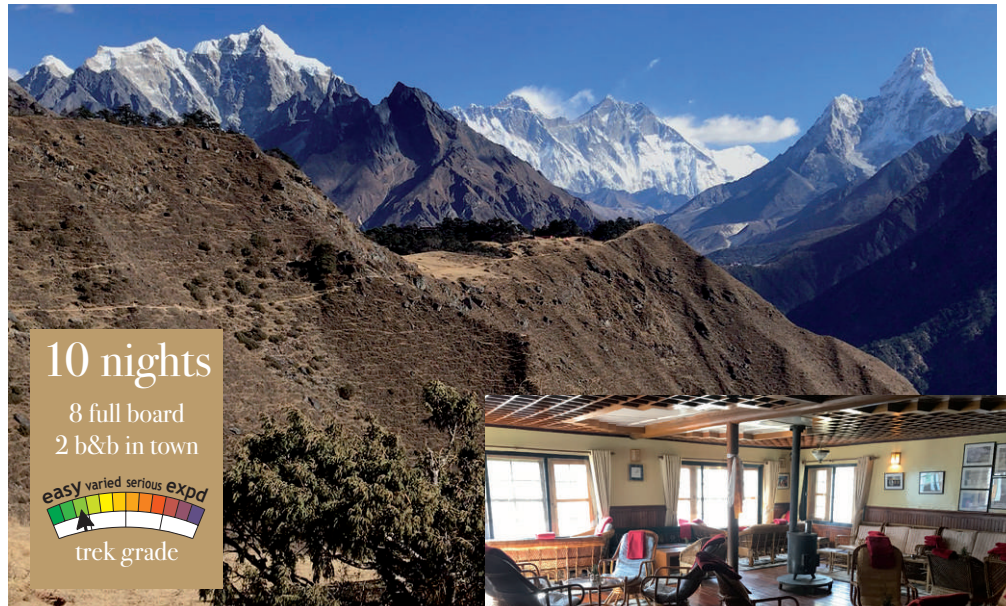


Our Old Nepal itineraries capture the unique feeling of trekking in Nepal in the early days. Staying at our truly comfortable 'hidden gem' locations we access the 'real Nepal' that the tourist trails miss: unspoilt villages, traditional foothill farmland, stunning forests and panoramic views of the whole Himalaya. Be in no doubt - this is the greatest mountain landscape on the planet, and you really don't have to stick to the tourist trails to see the very best of it. Our secret Nepal is as gorgeous as ever. Walking days are designed to be easy enough for all casual walkers, linking our wonderful night stops through beautiful countryside and stunning views. Every detail of these itineraries is carefully crafted to give the richest experience of the gorgeous foothills and culture that only Nepal has to offer. Being here... in these incredible inspiring landscapes... staying in such fabulous locations - surely the most rewarding holiday available on earth. This is our beloved Old Nepal.

## Old Nepal Everest View the best short trek in the world

*stunning but accessible  
Everest views in amazingly  
comfortable lodges*

Our Old Nepal option to see the world's most famous mountain is still relatively easy. Above 3000 metres does need proper acclimatisation, so we walk up slowly and sensibly. But when you are staying at our Old Nepal comfortable lodges, ensuite rooms, relaxing fireside lounges and wonderful hospitality, you are really making it easy for yourself. And it is so worth it.



10 nights

8 full board  
2 b&b in town

easy varied serious expd  
trek grade

The short flight to Lukla, and we are immediately among the Khumbu peaks in the beautiful Dudh Kosi valley with its giant Buddhist manes stones and prayer wheels lining the route. For most of this trek we stay at the fantastic Yeti Mountain Home lodges, quite simply the best on route, and our first in Monjo is one of our favourites - lovely rooms, great atmosphere, excellent food.

We walk slowly up to the famous Namche Bazaar, the old Sherpa trade route capital. Our lodge above this thriving village is the perfect comfortable place to gently adapt to the new altitude, with fantastic previews of the peaks all around us. Our first excellent viewpoint of Everest itself and beautiful Ama Dablam, visiting the monasteries in the unspoilt Sherpa villages of Kunde and Khumjung, happily is all part of fully establishing our acclimatisation.

This sets us up perfectly for our high-point, 2 nights at the incredible Hotel Everest View, at 3880 metres, the highest hotel in the world. With its sensational location up here in beautiful craggy pine forests and its astounding panorama of Khumbu peaks including the best view of Everest on the whole base camp approach, this is Old Nepal at its very best. The hotel, built in local style with Japanese simplicity back in 1971, is not only a design masterpiece, utilising natural landscape features, it is simply an excellent place to stay: great food, great ambiance and astounding views all round.

The return to our last YMH lodge in Lukla is split into 2 easy days with a night back in Monjo. Back in Kathmandu we relax at one last hidden gem in the valley - the serene Gokarna Forest Resort where, for all the enjoyment of its fantastic facilities, the highlight is the forest itself, the former hunting reserve of Nepal's rulers. A dawn walk here with the roaming deer makes our departure day truly memorable.

### Best season for this trek:

October to mid-November, and mid-March to May. All of November and March are possible if prepared for some lower temperatures.



Kathmandu:  
gokarna forest  
६ the patan inn

Yeti Mountain Home lodges: लोन्जे, नाल्चे बजार ६ पुर्ला



Khumbu: दृष्टादृष्ट ६ the hotel of the the the the the



### day 1: arrive Kathmandu, transfer to Patan Inn (B&B)

Patan is the most rewarding of the old cities of Kathmandu with the best preserved Durbar Square, small streets rich in traditional architecture, a marvellous museum and the very best of the beautifully restored Newari inns for us to stay in. If your international flight is an afternoon arrival it is well worth adding an extra night at the wonderful Patan Inn to really make the most of it. This fabulous converted Newari town house has delightful rooms centred around a richly carved traditional courtyard with an excellent restaurant, one of many that are highly recommended in Patan.

### day 2: Patan historical walk, Patan Inn (B&B)

There is so much to see, right here in Patan, exploring its marvellous little streets and hidden courtyards. We start with an early visit to the famous Golden Temple, the Hiranya Varna Mahavihar, in fact a monastery with the unique Newari fusion of Buddhist and Hindu features. This is a very devout place and we do our best to be unobtrusive to the daily rituals that are the life blood of the temple. The intricacy of the copper gilt work introduces us to the incredible artisan skills that Patan is famous for. We go on to the Patan Durbar Square itself, densely packed with very diverse and beautifully crafted temples, now the best restored of any of the Kathmandu Durbars. There is so much here to see, but we will end at the award-winning Patan Museum which is full of fabulous treasures, intricately carved windows and historical narrative. For those interested, in the afternoon, we can also visit some artisan workshops - it is the centre for much of the best woodcarving and metalwork that Nepal is famous for.

### day 3: drive/fly Lukla, trek to Monjo, Yeti Mountain Home Lodge

The Lukla flight now departs from Ramechhap for most of the season, which is several hours drive from Kathmandu so involves a very early start. Arriving in Lukla (2860m) we are immediately among the Khumbu peaks in the beautiful Dudh Kosi valley. Along the trail there are fantastic carved manes-stones, chortens and monasteries so special to this Buddhist Sherpa area. A 3 hour morning walk gets us to Phakding (2600m) where we have an excellent lunch at the first of our Yeti Mountain Home lodges on this trail. These are the most comfortable in Khumbu with great en-suite rooms, gorgeous dining rooms with lovely warm stoves and plentiful provision of delicious food served by such dedicated and welcoming staff. In the afternoon we carry on gently up valley for 2 hours to Monjo (2850m) where our favourite YMH lodge awaits us with warm drinks. All these lodges provide electric blankets on their very comfortable beds - we are doing this in style and comfort!

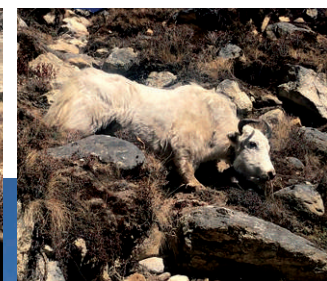
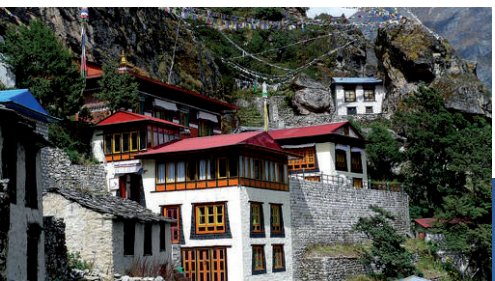
### day 4: trek to Namche Bazaar, Yeti Mountain Home Lodge

An hour up valley we come to the thrilling high suspension bridge over the Dudh Kosi gorge that is the start of the climb to Namche. Everyone on any Everest trail has to plod their way up the Namche hill. There is no getting round it, it's the only way up to those fantastic Everest views. Sensible walkers like us know to really take our time. Enjoy it, these are beautiful pine and rhododendron forests with wonderful views of the peaks through the trees. It can take us 3 hours, or more if we like, finally arriving at the famous amphitheater of the Sherpa capital. Our lodge (3340m) is perfectly placed well above the lively hub of the village, enjoying the best of views of the peaks and well-placed for our acclimatisation walk tomorrow. On our arrival night we should be sure to completely relax and get used to the altitude, there is no more comfortable or welcoming place than this wonderful lodge to do just that.

### day 5: Acclimatisation walk to the Hillary Memorial viewpoint, Kunde & Khumjung monasteries, Namche Yeti Mountain Home Lodge

Walking up to this fabulous viewpoint is absolutely the best way to fully establish our acclimatisation. After breakfast we gently wind up the ridge path just above our lodge. Already we are getting some pretty good views of Everest and all our surrounding peaks. We stroll over the disused Shyangboche airfield and then ascend another good ridge path up the Kunde ridge which leads us to the Hillary viewpoint at just over 4000 metres with its evocative chortens built in honour of the great climber who did so much for the Sherpa people. Now the view is really fantastic, and most likely to be clear at this early hour: Everest, Lhotse, beautiful Ama Dablam and so many near peaks. From this great location we can see in all directions, Namche and back down valley, up to Thame to the west and over to the great monastery of Thyangboche. We then descend by another good path to Kunde, home of the first school built by Hillary and Lowe, and contour on to Khumjung, visiting both wonderful little village monasteries. These important Sherpa villages are little affected by tourism and give us a real insight into Khumbu life. We then complete this perfect walk, looping round to descend to Namche for lunch. A fantastic morning, and the afternoon to put our feet up in style, or maybe stroll down into Namche for a little light souvenir shopping?

ਠਾਂਡੀ ਟਰਾਵਰਟ ਚੋਟੀ



thamche monastery & kongde lodge



### day 6: short trek to Hotel Everest View

Having acclimatised well yesterday, we are now safe to actually stay at the 'world's highest hotel', the remarkable Hotel Everest View (3880m). Truly 'Old Nepal', having opened in 1971, the more recent addition of electricity has transformed this into the really rewarding destination it deserves to be. Now it's primary inspiration, it's awesome panoramic views, Everest and Ama Dablam right there from many of the windows, can be enjoyed in genuine comfort. It is only an hour or so up from Namche, so we can settle in for lunch and a truly memorable stay.

### day 7: Hotel Everest View, total enjoyment day!

Today we aim to do little but enjoy just being here. The hotel itself is a design masterpiece, all local materials but with an inspirational twist from the original Japanese owners. Dining rooms feature existing stone crags, corridors wrap around natural outcrops, surprise windows reveal the stunning views again and again. You can fully immerse yourself staying up here at the top of the world, it is sensational. When you want to stretch your legs, just take a stroll in the fabulous craggy pine woods that surround the site.

### day 8: trek to Monjo, Yeti Mountain Home Lodge

The return to our lovely lodge in Monjo takes much less time on the way down, so we don't have to leave too early - time to thoroughly enjoy one last morning of our fabulous Everest view. After settling in at Monjo, we can visit the small monastery here, the local 'gompas' as they are known, the perfect place for a moment of spiritual calm as we reflect on the incredible depth of experience our short Everest trek has given us. Back at the lodge we might indulge in a more traditional celebration.

### day 9: trek to Lukla, Yeti Mountain Home Lodge

Nicely away from the relative hubbub of the airport, this lodge is yet another of our favourites, spacious and welcoming. We get here with plenty of time to unwind and enjoy, while our flights are reconfirmed for the morning.

### day 10: fly/drive to Kathmandu, Gokarna Forest Resort

After the return journey, we arrive at the Gokarna Forest Resort in its protected 470 acre forest, a haven of peace and beauty nestled in the Kathmandu valley. The hotel is comfortable and luxurious, with indoor pool, spas, golf course and fantastic restaurants, but the highlight will always be the forest itself. Huge mature fig trees dominate the site, and fallow deer and myriad other wildlife roam these former private hunting grounds of Nepal's rulers.

### departure day: early forest walk, drive to airport and depart Kathmandu

The dawn walk in the forest, the best time to see wildlife, makes one last fantastic memory of this unforgettable Old Nepal itinerary.

## ठोदे नेपाल एवरेष्ट चिह्न, variations:

### *2 variation options: 'Off the beaten trail' & 'One step beyond'*

For groups who want to get further 'Off the beaten trail', two additional nights in Thame on the old trade route to Tibet, gives a deeper insight into the real Sherpa homeland, visiting its fascinating rock face monastery, along with stunning views all the way to Cho Oyu. This variation then returns to enjoy 2 nights at the Hotel Everest View as well, before returning by the main itinerary.

But for more serious walking groups, who are looking for the maximum reward for a more challenging trail, there is the 'One step beyond' alternative return, the 4000 metre route from Thame to the fantastic Yeti Mountain Home lodge at Kongde. This then returns directly down via Phakding (our first day's lunch stop) to Lukla. The day to Kongde is long by necessity, needs a good head for heights, and even involves some basic scrambling on a high but well renovated trail. This variation has however, without doubt, the very best Everest views of all, looking out over the Namche valley at all the amazing Khumbu peaks.

# variation option is: off the beaten trail

This variation has two fantastic additional days for those who really want to enjoy getting further away from the tourist route.

Days 1-5 are the same as the main itinerary:

day 1: arrive Kathmandu, transfer to Patan Inn (B&B)

day 2: Patan historical walk, Patan Inn (B&B)

day 3: drive/fly Lukla, trek to Monjo, YMH Lodge

day 4: trek to Namche Bazaar, YMH Lodge

day 5: acclimatisation walk, Namche YMH Lodge

then:

## day 6: trek to Thame, Yeti Mountain Home Lodge

This Everest View option is all about really getting away from the beaten tourist trail and experiencing the unspoilt Thame valley, the original Sherpa trade route with Tibet. Our morning's walk of about 3 hours is through beautiful pine forests with views through to Kongde peak, reaching the lovely village of Thamo for our lunch stop. The 1.5 hours gradual ascent in the afternoon brings us to the bridge over the dramatic Bhote Kosi river falls and the final rise into Thame (3800m) where we check into our very comfortable lodge, every bit as nice as our previous ones.

## day 7: day walk, Thame monastery and Sumdar Peak Cho Oyu viewpoint

On the hillside behind our lodge is the fantastic rock face location of the Thame monastery, and we start our day walk winding up to the chorten and mane-stone trail that leads to it. Visiting the monastery is very rewarding, it's walls richly painted with the multiple aspects of the Buddhist creed. It is home to a small dedicated group of monks and novices, who will patiently show us round and explain the significance of the scenes depicted. Continuing on directly from the monastery, a good trail winds us up the easy lower slopes of Sumdar Peak. Shortly this gains the ridge line and the view up valley all the way to the magnificent 8000m peak of Cho Oyu opens out spectacularly. This is the perfect destination viewpoint for most groups, and we will descend to the lodge for lunch, with maybe a short walk in the afternoon to the small farming villages north of Thame, truly the land that tourism forgot. However, for the more adventurous of us, there is always the option, taking a packed lunch, to continue further up Sumdar Peak. It gradually becomes more rocky, but the trail is excellent all the way to near the top, where our reward is the most fantastic view of Everest.

## day 8: trek to Hotel Everest View

Heading back down valley, we bypass Namche and cut across the Shyangboche airfield to the Hotel Everest View, and the itinerary then continues the same as the main itinerary:

day 9: Hotel Everest View, rest day

day 10: trek to Monjo, Yeti Mountain Home Lodge

day 11: trek to Lukla, Yeti Mountain Home Lodge

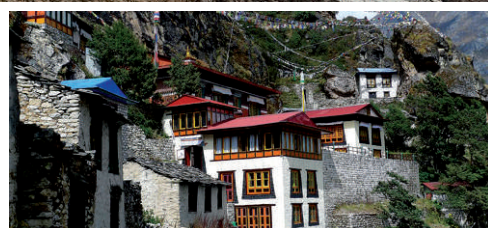
day 12: fly/drive to Kathmandu, Gokarna Forest Resort

departure day: early forest walk, drive to airport and depart Kathmandu



12 nights

10 full board  
2 b&b in town



## variation option 2: one step beyond

This variation is strictly for more adventurous trekkers who are comfortable with one long day on an exciting and challenging mountain trail. You will need a good head for heights. The reward is the best Everest view of all from a fantastic high altitude lodge.

Days 1-7 follow the same itinerary as variation 1:

day 1: arrive Kathmandu, transfer to Patan Inn (B&B)

day 2: Patan historical walk, Patan Inn (B&B)

day 3: drive/fly Lukla, trek to Monjo, YMH Lodge

day 4: trek to Namche Bazaar, YMH Lodge

day 5: acclimatisation walk, Namche YMH Lodge

day 6: trek to Thame, Yeti Mountain Home Lodge

day 7: Day walk, Thame monastery and Sumdar Peak acclimatisation

We recommend all trekkers aim to get as high up Sumdar Peak as they can for good acclimatisation, then:

### day 8: high level trek to Kongde, Yeti Mountain Home

The trail to Kongde is well made but takes a good 7 hours with the afternoon section particularly adventurous. The morning's walk is actually delightful, gradually ascending slopes beautifully forested with birch, rhododendron and bamboo as we gain height. We start getting Everest views mid-morning, becoming particularly spectacular as we stop for lunch at some carved stone tables. In the afternoon we first descend a little into a wide cwm, and crossing the waterfalls at the head of this is where the route becomes more challenging. The trail clings to a steep rock face with some sections protected by fixed cables, and for a good hour we need to take particular care and proceed as directed by our guide. Finally we emerge onto a wide easy moorland and can relax for the last hour to arrive at our fantastic lodge at Kongde (4250m). Every bit as comfortable as our previous ones, this is the highest of the Yeti Mountain Home lodges in truly the most spectacular location. The view spread out before us is awe-inspiring, across all the valleys of Khumbu, with Everest dominating above the Nuptse ridge. All the peaks are there for us as we sit for 'happy hour', stove-side in the comfortable lounge.

### day 9: short morning walk up to Farak Ri viewpoint

A small peak behind the lodge is the best place for a morning's gradual ascent to really get the best of the view. From here we can now see Everest all the way down to the South Col - this is actually a better view of the great mountain than from anywhere on the tourist trail to the base camp.

### day 10: trek to Lukla, Yeti Mountain Home

The well-made trail coming down from Kongde and rejoining the main Dudh Kosi valley trail just above Phakding, is a real delight. It winds down past high crags, with lammergeiers circling overhead, to reach the forests below with huge valley views down to the south. About 3 hours steady descent brings us to the Yeti Mountain Home lodge in Phakding for lunch, and a further 2 brings us back to Lukla.

From here the itinerary returns to the same as the other variations:

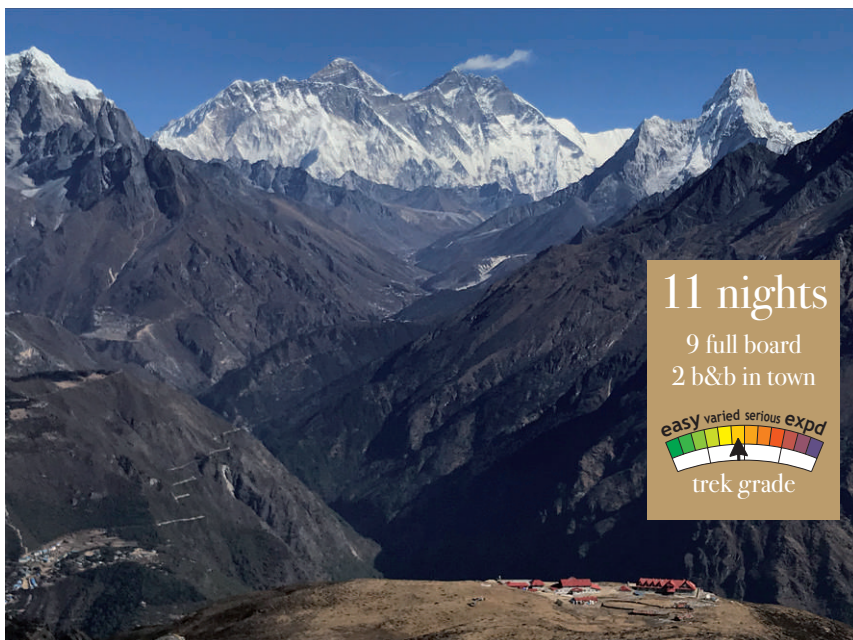
day 9: Hotel Everest View, rest day

day 10: trek to Monjo, Yeti Mountain Home Lodge

day 11: trek to Lukla, Yeti Mountain Home Lodge

day 12: fly/drive to Kathmandu, Gokarna Forest Resort

departure day: early forest walk, drive to airport and depart Kathmandu



11 nights

9 full board  
2 b&b in town

easy varied serious expd  
trek grade

