



H A R V A R D | B U S I N E S S | S C H O O L

MOUNT EVEREST BASE CAMP TREK

OCTOBER 15–NOVEMBER 3, 2018

Experience the epitome of mountain adventures by trekking through the largest mountain range on earth to South Base Camp at an altitude of 17,688 feet! Each step among the frozen giants of the Himalayas will keep you captivated by natural splendor, but you will also enjoy the simple, rich joys of the culture and people of Nepal. Paced appropriately for comfort and acclimatization, the trek is designed to let you take in all of the Solokhumbu (a UNESCO World Heritage site) as you make your way from village to village. You will enjoy having tea with local villagers, experience the spiritual culture, and become acquainted with the plants and animals that inhabit various elevations within the mountain range.

GROUP SIZE: 10 to 22 guests

PRICING: \$7,995 per person, double occupancy / \$1,495 single supplement



STUDY LEADER: Internationally renowned geologist, science historian, and author, **NAOMI ORESKES** is professor of the history of science and affiliated professor of Earth and planetary sciences at Harvard University. She received a BSc in mining geology from the Royal School of Mines at Imperial College in London and an interdisciplinary PhD in geological research and the history of science from Stanford University. She worked as an exploration geologist in the Australian outback and spent 15 years at the University of California, San Diego before joining the Harvard faculty in 2013. Oreskes is the author of both scholarly and popular books and articles on the history of earth and environmental science. For the past decade, she has been primarily interested in the science and politics of anthropogenic climate change. She has appeared on numerous television and radio programs, and her Ted Talk, [Why We Should Trust Scientists](#), has over 1,000,000 views.

Fresh off the June 2017 HBS Kilimanjaro Trek & Tanzania Safari program, Naomi is excited for the next trekking challenge.

SCHEDULE BY DAY

B=Breakfast, L=Lunch, D=Dinner

Please note: This is the proposed itinerary as of December 2017. The actual itinerary (and described activities) may vary.

MONDAY, OCTOBER 15

DEPART U.S. FOR NEPAL

The program officially begins in Kathmandu, Nepal on October 16, but most participants will need to depart a day early in order to meet the group. Please make your own air arrangements to Kathmandu. Several overnight flight options are available.

TUESDAY, OCTOBER 16

KATHMANDU (4,600')

When you arrive in Kathmandu, you will purchase a visa and go through customs. A representative will meet you and transfer you to the Yak & Yeti Hotel, about a 20-minute ride from the airport.

This afternoon meet with your tour director for a brief talk about Kathmandu, followed by an optional walking tour of nearby Durbar Square.

In the evening attend a welcome reception and six-course Nepalese dinner at Lal Durbar Restaurant.

Overnight: *Yak and Yeti Hotel (D)*

WEDNESDAY, OCTOBER 17

KATHMANDU (4,600')

After a buffet breakfast at the Sunrise Restaurant inside the Yak & Yeti Hotel, we will take part in an orientation and briefing with your WWTrek Lead Professional Western Guide. Afterward, head out to tour some of the main cultural sites in the city of Kathmandu with a local guide.

Visit the Bagmati River, which flows through the Kathmandu valley and separates

Kathmandu from Lalitpur. It is considered a holy river by both Hindus and Buddhists. The section you will visit today is important for the cremation rites Hindus perform along the banks.

Next, visit Swayambhunath, among the oldest religious sites in Nepal. Founded in the beginning of the 5th century BC, the Swayambhunath complex consists of a stupa (a mound-like structure used by Buddhists as a place of meditation) as well as a variety of shrines and temples. Although the site is considered Buddhist, the place is revered by both Buddhists and Hindus.

Stop for lunch at Mezze Rooftop Restaurant, which overlooks the Royal Palace from the era of the Kingdom of Nepal.

Return to the hotel in mid-afternoon for a gear check.

Overnight: *Yak and Yeti Hotel (B, L, D)*

THURSDAY, OCTOBER 18

KATHMANDU (4,600') /
PHAKDING (8,600') / MONJO (9,372')

This morning receive a boxed breakfast provided by the hotel and depart early to begin your trek.

The group will take a scenic flight via private helicopter(s) from Kathmandu to Phakding. This mode of transportation will allow the group to bypass Lukla, which commonly experiences flight delays due to cloudy conditions.



As you embark on the trek from Phakding to Monjo, you will pass through the lush pine forests of the Dudh Kosi River valley. Stop for lunch at a teahouse along the trail.

Your destination today is Monjo Teahouse where you will enjoy dinner and a night's rest.

Each evening, your tour director will hold a debriefing of the day's events, and a briefing of what to expect the next day. Each night, your guide will collect your breakfast order for the next morning.

Overnight: *Monjo Teahouse (B, L, D)*

Trekking Stats:

3 hours / 5 miles
Ascent: 759' / Descent: 200'



FRIDAY, OCTOBER 19

MONJO (9,372') / NAMCHE (11,500')

Today, trek from Monjo to Namche, home of the famous Namche Bazaar.

After entering Sagarmatha National Park, you will cross multiple suspension bridges over the Dudh Kosi River (Milk River). Also pass through groves of hearty oaks and see flourishing rhododendron, the national flower of Nepal.

Spend the night at the Namche Hotel.

Overnight: *Hotel Namche (B, L, D)*

Trekking Stats:

4 hours / 4.5 miles
Ascent: 2,128' / Descent: 330'

SATURDAY, OCTOBER 20

NAMCHE (11,500') / ACCLIMATIZATION DAY

You will have plenty of time to explore Namche today as you take the day to acclimate to the altitude.

Namche is the unofficial capital of the Khumbu region of Nepal, and is a major stop-off point for trekkers and climbers heading for Mount Everest base camp. It is very easy to get out and explore as your hotel is in the center of town and there are several shops nearby. Today is a great opportunity for intermingling with the local villagers.

In the afternoon take a day hike to see the Namche Monastery, the Sherpa and Cultural Museum, and the Namche Loop.

This evening take time to relax. There is laundry service available at the Hotel Namche.

Overnight: *Hotel Namche (B, L, D)*

SUNDAY, OCTOBER 21

NAMCHE (11,500') / TENGBOCHE (12,700')

In the morning visit the bazaar itself. This is on Saturday. We will visit the local trading market on Saturday morning and then make our way out of Namche.

Depart Namche this morning and make your way to Tengboche Monastery. Along the way, admire the wide-open expanses as the trails cut around the curves of the mountains. Today we will have incredible views of Mt. Everest, Amadablam, Nuptse, Lhotse and the upper Khumbu Valley as we trek. This is the first day we trek along and see the big mountains

When you arrive in Tengboche, attend the afternoon call to prayer at the monastery, and then take a short hike down to Deboche teahouse where you will spend the night.

Overnight: *Deboche Teahouse (B, L, D)*

Trekking Stats:

6 hours / 6.5 miles
Ascent: 1,275' / Descent: 795'



MONDAY, OCTOBER 22

TENGOBOCHE (12,700') /
PANGBOCHE (13,100')

Today continue through the Khumbu Valley, passing through forests and barren rock-lands, with views of flowing glacial rivers below and Ama Dablam above.

Your destination today is Pangboche, the second-highest permanent settlement on the trail to Mount Everest base camp.

There will be a special private blessing for the group at Pangboche Monastery, one of the oldest centers of Sherpa learning and culture.

Spend the night at a Pangboche teahouse.

Overnight: *Pangboche Teahouse (B, L, D)*

Trekking Stats:

3.5 hours / 4 miles
Ascent: 437' / Descent: 160'



TUESDAY, OCTOBER 23

PANGBOCHE (13,100') / PHERICHE (14,250')

On your way out of Pangboche, the trail opens up to reveal spectacular views of Mt. Everest, Lhotse, Nuptse, and Ama Dablam. Surrounded by these mountains, trek into the first glacier-carved valley. The landscape becomes more austere each day, with low-lying juniper and bilberry bushes amid the boulder-strewn landscape.

This afternoon arrive at Pheriche, another popular stop for trekkers and climbers. Pheriche was primarily a farming village raising potatoes and buckwheat, and keeping yaks. Now many of its men are employed by trekkers as guides and porters. Thanks to a recent change in status, Pheriche is now the highest permanent settlement on the trail to base camp.

Spend the night in one of Pheriche's teahouses.

Overnight: *Pheriche area teahouse (B, L, D)*

Trekking Stats:

3 hours / 2.7 miles
Ascent: 1,024' / Descent: 100'

WEDNESDAY, OCTOBER 24

PHERICHE (14,250') / ACCLIMATIZATION DAY

Spend another day acclimatizing, resting, and exploring. A group walk in the Pheriche area will be arranged.

This afternoon attend a medical lecture from the Himalayan Rescue Association regarding high-altitude safety. Also visit the Mount Everest Memorial Sculpture.

Spend a second night at the Pheriche teahouse, where there is laundry service available.

Overnight: *Pheriche area teahouse (B, L, D)*

THURSDAY, OCTOBER 25

PHERICHE (14,250') / LOBUCHE (16,200')

On your way to Lobuche the trail will meander next to a many-fingered river before turning

sharply northward toward Thokla Pass. Stone memorials, or *chortens*, pepper the landscape here. They have been hand-built to memorialize both victories and losses on Mt. Everest. The slope will become less steep as you approach Lobuche.

Spend the night in a Lobuche teahouse.

Overnight: *Lobuche Teahouse (B, L, D)*

Trekking Stats:

5 hours / 6 miles
Ascent: 2,310' / Descent: 0'



FRIDAY, OCTOBER 26

LOBUCHE (16,200') / GORAK SHEP (16,800')

Today trek to Gorak Shep, named for the raven-like birds that careen through the air currents of the Nepalese highlands. Gorak Shep was the original base camp for the early Everest expeditions, including 1953 when Sir Edmond Hillary and Tenzing Norgay summited Everest for the first time. (They used Gorak Shep as the original base camp. Further up the valley at what we now refer to as base camp now was an advanced base camp).

From Gorak Shep you will take your Everest-view hike, and you will also have the option to summit Kala Patthar (18,514 feet).

Tonight you will stay at a Gorak Shep teahouse.

Overnight: *Gorak Shep Teahouse (B, L, D)*

Trekking Stats:

4 hours / 3.5 miles
Ascent: 825' / Descent: 0'

SATURDAY, OCTOBER 27

GORAK SHEP (16,800') /
EVEREST BASE CAMP—LOBUCHE (16,200')

Rise early to make your way to South Base Camp, the rudimentary campsite that mountain climbers use during their ascent and descent when climbing Mt. Everest via the southeast ridge. Trek over ice and rock as you make your way up the Khumbu glacier. You will have incredible views of the Khumbu ice fall and the summit of Mt. Everest itself as you make your way into base camp.

Arrive at "Harvard Base Camp", your exclusive sub-section of South Base Camp. Enjoy tea service and a snack, and take a group photo to commemorate the high point of your trek.

Your tour director will talk about life at base camp and the climbing process on Everest.

Begin the descent to Gorak Shep. Continue on to Lobuche, where you will spend the night.

Overnight: *Lobuche Teahouse (B, L, D)*

Trekking Stats:

6 hours / 2.5 miles
Ascent: 660' / Descent: 660'

SUNDAY, OCTOBER 28

LOBUCHE (16,200') / PANGBOCHE (13,100')

Today continue to descend the Khumbu Valley. The pace will be more leisurely in order to take in all of the details of the scenery.

Stop in Pheriche for lunch, and spend the night at a teahouse in Pangboche.

Overnight: *Pangboche Teahouse (B, L, D)*

Trekking Stats:

7.5 hours / 8.7 miles
Descent: 3,334' / Ascent: 100'

MONDAY, OCTOBER 29

PANGBOCHE (13,100') / NAMCHE (11,500')

From Pangboche, descend to Namche and spend the night at Namche Bazaar Teahouse.

Overnight: *Hotel Namche (B, L, D)*

Trekking Stats:

9 hours / 10.5 miles
Descent: 1,712' / Ascent: 955'

TUESDAY, OCTOBER 30

NAMCHE (11,500') / MONJO (9,372')

Passing back through lush forests as you continue your descent, exit Sagarmatha National Park today and head to Monjo Teahouse for the night.

Overnight: *Monjo Teahouse (B, L, D)*

Trekking Stats:

3.8 hours / 4.5 miles
Descent: 2,128' / Ascent: 330'

WEDNESDAY, OCTOBER 31

MONJO (9,372') / LUKLA (9,000')

This will mark your last day of trekking as you head from Monjo to Lukla. On your last night in the Khumbu Valley, enjoy a warm stay at the comfortable Yeti Mountain Home deluxe lodge.

Overnight: *Lukla Teahouse (B, L, D)*

Trekking Stats:

3.2 hours / 3.8 miles
Descent: 2,186' / Ascent: 416'

THURSDAY, NOVEMBER 1

LUKLA (9,000') / KATHMANDU (4,600')

A Twin Otter fixed-wing airplane will take you from Lukla back to Kathmandu this morning. You will be transported to the luxurious Hyatt Regency Hotel, where we have requested early check-in.

While your rooms are being prepared, take a short ride to the nearby village of Thamel, the

ultimate shopping area in Kathmandu. Gentlemen can enjoy a hot shave and haircut, and ladies can get an exfoliating foot scrub and foot massage. There is also some good shopping in Thamel.

You can spend the day relaxing or take a guided tour to Boudhanath Stupa, a temple that lies on the ancient trade route from Tibet. Lunch will be on your own.

This evening, attend a farewell reception and dinner on the beautiful grounds of the Hyatt, followed by a private party in the garden with complemented by Nepalese musicians.

Overnight: *Hyatt Regency Hotel (B, D)*



FRIDAY, NOVEMBER 2

DEPART KATHMANDU

We have requested late check-out today so you can enjoy the hotel amenities and do any last-minute shopping. A guide will be available if you choose to take a tour of Boudhanath Stupa today.

Most international flights depart from Kathmandu in the late evening. You will be transferred to the airport for your departure.

(B)

SATURDAY, NOVEMBER 3

ARRIVE U.S.