

Everest Photography Workshop

ITINERARY

- Day 1: Arrive in Kathmandu.
Transfer to hotel.
- Day 2: Sightseeing around Kathmandu and
prepare for the trek.
- Day 3: Fly to Lukla and Trek to Monjo
- Day 4: Trek to Namche Bazaar
- Day 5: Exploration day
- Day 6: Trek to Dole
- Day 7: Trek to Machhermo
- Day 8: Trek to Gokyo
- Day 9: Exploration day
- Day 10: Exploration day
- Day 11: Trek to Dole
- Day 12: Trek to Namche Bazaar
- Day 13: Trek to Lukla
- Day 14: Fly to Kathmandu
- Day 15: Depart Kathmandu

Region:	Everest	Max. Alt:	5,360m/17,580ft
Starting point:	Kathmandu	Trek grade:	Moderate/Adventurous
Finishing point:	Kathmandu	Type of trek:	Lodge/Teahouse
Duration:	15 days	Group size:	Minimum 4 Maximum 6



Join Ariel Estulin on a unique opportunity to experience Nepal through the eyes of a photographer. Nepal, a land of pristine beauty offers unique opportunities for photographers interested in travel and landscape photography. We explore both a rich local culture and spectacular vistas of the Himalayas. The workshop traverses lands inhabited by the Sherpa people, known for their hospitality and incredible strength in high altitudes. As we make our way high into the mountainous terrain of Solu Khumbu, Everest, we climb west to the village of Gokyo and the five sacred lakes on the moraine beside the Ngozumpa Glacier where we will witness some of the highest mountains in the world all while taking in the magnificence of the place with our cameras.

During our trek, daily photographic sessions will include group and one-on-one instruction, demonstrations and critiques of your work. Instead of formal lectures, our workshop will be focused on providing support in the field to develop your photographic technique, skill and voice.

Topics we will explore are: using your camera to its full potential, capturing unique landscapes and natural portraits of local life. Our small group size allows personalized attention, with the goal of developing your technique, composition, and storytelling skills. At different locations on the trek, we will focus on cultural or landscape photography.

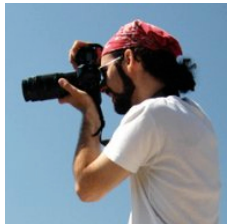
This unforgettable experience is perfect for those who predominantly wish to go trekking but, at the same time, improve their photography skills. This workshop is for **beginner** and **intermediate** photographers, who are looking for a trek of moderate difficulty.

This workshop focuses on capturing the story and experience of being in Nepal rather than a snapshot record of it. And most importantly, we will have lots of fun and laughs along the way.

A digital camera is recommended for this workshop.
A complete list of suggested photography equipment will be provided to all participants.

Highlights of the Photography Workshop and Trek:

- Small group with personalized attention
- Accompanied by professional photographer
- Explore and immerse in both culture and landscapes of Nepal
- Ascending Gokyo Ri for incredible panorama views of the world's highest mountains
- Climbing the remote valley trail to Gokyo and its sacred glacial lakes
- The artistic and architectural traditions of Durbar Square's monument and Swayambhunath



INSTRUCTOR

Ariel Estulin is an award winning photographer and graphic designer. Primarily interested in landscapes, he travels the world seeking out beauty in those wild and remote places on earth that still remain untouched by civilization and where nature commands ultimate attention. Self-taught as a photographer, he spent time with Freeman Patterson, Canada's renowned photographer, to learn the art of making great photographs. His training as a graphic artist continually shapes what he sees through the lens in order that elements such as light, shape and colour work in harmony. His work has been published in magazines and showcased with exhibitions.

Day 1 Arrive Kathmandu

Overnight Hotel. Included meals: breakfast. Alt: 1,350m.

At Kathmandu International Airport, you will be met by a Trek Nepal representative and transferred to your hotel. There will be a full tour briefing in the evening.

Day 2 Sightseeing in and around Kathmandu

Overnight Hotel. Included meals breakfast. Alt: 1,350m.

Morning: Walking tour of Kathmandu City, the "City of Glory" visiting Durbar Square and Swayambhunath, known as the Monkey Temple after the tribe of monkeys that look after the hill.

Afternoon: Free to explore more of Kathmandu and prepare for the trek.



Day 3 Fly to Lukla then Trek to Monjo

Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.

Alt. 2,840m. Trek 4½ hours.

An early morning mountain flight to Lukla (2,840m) with spectacular views of Gauri Shankar (7,135m), Melungtse (7,181m) and Numbur (6,959m). From Lukla we make our way to our gateway to Gokyo Lakes and the land of Sherpas and their renowned hospitality.

Our trek heads northwards through the village of Lukla, which descends to Ghat along the east bank of the Dudh Kosi ('Milk River'). A gentle climb and level meandering walk brings us to Phakding. With a slight incline in the trail we arrive at Monjo. The route passes through several villages and smaller settlements, ending with great views of Kusum Kanguru (6,367m) and Sherpa hospitality.



Day 4 Namche Bazaar

Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.

Alt. 3,440m. Trek 5 hours.

Continuing along the bank of Dudh Kosi, the trail climbs through forests of rhododendrons and giant pines to Jorsale. Shortly after completing check post formalities, we cross the Dudh Kosi via a suspension bridge to start a steep ascent to Namche Bazaar. During this ascend, weather conditions permitting, we encounter our first sight of Everest and Lhotse on foot. Namche Bazaar, 'Sherpa Capital', is situated in a crescent amphitheatre that towers above two great valleys – Dudh Kosi and Bhote Kosi, offering a stunning view of the mountains across the valley.

Day 5 Namche Bazaar

Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.

Alt. 3,440m. Trek 4 hours.

Today is an acclimatization day to allow us to adjust to the high altitude. We will use this day to explore the local market, observe the local culture and walk up to the Everest view point.

There is an optional excursion to either Syangboche where the world's highest airstrip is located, to the west stands Mount Kawande - trail takes a steep ascent along small pine trees and juniper shrubs, en route Khumbi Yul Lha imposingly appears, a black rocky mountain, which is sacred to the Buddhists; or the village of Thamo to visit Thamo Nunnery, to the north east looms the majestic Khumbi Yul Lha, whilst in the west waterfalls crash down the cliff face to the Bhote Kosi - trail is on the traditional route to Tibet, so you may come across caravans of yaks led by Tibetan merchants.

Day 6 Dole

Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.

Alt. 4,200m. Trek 5 hours.

The trail ascends out of 'Sherpa Capital' and follows a fairly flat path along the valley with stunning scenes of Everest, Nuptse and Lhotse coming into view. There is a steep descent taking us through a forest towards the bridge over the Dudh Kosi. After crossing the river the trail climbs through a rhododendron forest where we are likely to encounter musk deer and colourful peacocks. During spring the flowers are in full bloom and offer an array of colour providing a spectacular scene against the mountain backdrop. A steep climb on the left side of the Dudh Kosi brings us to Dole, where there are close-up views of Cholatse (6,335m) and Taboche (6,367m).

Day 7 Machhermo

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 4,470m. Trek 4 hours.*

The route today is steep in places as we follow the Gokyo Valley. The arid trail ascends steeply to Kele, shortly after this village we are compensated for the steep climb as the magnificent Mount Cho Oyu, one of the fourteen great eight-thousanders, looms before us. Thereafter, high above the river we gently ascend and descend for the remaining part of the trail encountering views of snow capped peaks. On passing the sand spurs we reach Machhermo. It was reported in 1974 a Yeti attacked a Sherpa girl and killed three yaks here! From the village there are extremely close-up views of Cholatse. There is an optional climb of a small peak, no more than 200 meters up, which offers superior views.



Day 8 Gokyo

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 4,790m. Trek 4 hours.*

The day starts with a climb to a ridge above Machhermo for tremendous views down the valley to Kangtaiga and up towards Cho Oyu. Beyond here the valley widens and the trail varies between gradual climbing and flat paths. An ascent up a staircase, which is carved into the trail, leads to a wooden bridge at the top. En route to the village we pass First Lake, the smallest of the Gokyo lakes and is the home to a family of Brahminy ducks; continuing we approach Second Lake, directly behind it is a 6,017m snow capped peak, Pharilapche - the snow capped peak combined with the turquoise waters of the lake composes truly breathtaking scenery; beyond here along a flat trail beside a small stream brings us to Third Lake where Gokyo village, a small settlement, lies on its shores. The Himalayan mountain scenery today is the most impressive we have witnessed so far.

Day 9 Gokyo Ri and Third Lake

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 4,790m. Trek 3 hours.*

Mountains always appear most spectacular when they are graced by dawn and dusk. With this in mind, we start early this morning to ascend Gokyo Ri (5,360m), a small peak above Gokyo village and lakes. The views on the way up are incredible but in no way prepares you for the 360° view at the summit. It is one of the best views in the world, and some would say the best in Nepal. In front of you are Everest, Lhotse, Makalu and Cho Oyu, four of the fourteen eight-thousanders on earth, dominating the myriad of 'smaller' peaks. As we pull ourselves away from this outstanding natural beauty we retrace our steps to the village. In the afternoon we explore Third Lake and the surrounding glaciers.

Day 10 Fifth Lake

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 4,790m. Trek 5 hours.*

We take the rocky trail beside the Nagjumba Glacier to the Fifth Lake. This is the largest of the Gokyo lakes and from here we will have a close-up view of the sixth highest mountain in the world Mount Cho Oyu at 8,188m. After developing our landscape composition and techniques we retrace our steps to the village.

Day 11 Dole

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 4,200m. Trek 4 hours.*

Coming away from Gokyo we retrace our steps passing First Lake and the family of Brahminy duck to Pangka. The descent continues high above the river through juniper bushes until we reach Dole where we have stunning views of Cholatse and Taboche.

Day 12 Namche Bazaar

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 3,440m. Trek 5½ hours.*

Passing through pastures that are used in the summertime to graze yaks we leave Dole behind. Our descent takes us through juniper and conifer woodland then into rhododendron forests until we reach Phortse Tenga. The trail ascends steeply to Mong Dada, followed by a descent to Sanasa. Namche Bazaar is reached on a trail with a series of ascents and descents.



Day 13 Lukla

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 2,840m. Trek 7 hours.*

On our final day of walking we start with a descent away from Namche Bazaar, then head along the banks of Dudh Koshi to Phakding. As we approach the village, many of the rocks along the trail's border are painted with interesting Buddhist mantras. From here we continue along the east bank of the Dudh Kosi to Lukla. A meandering level walk followed by a gentle decent to Ghat; with a final ascent bringing us to Lukla. Time to relax, and reflect on a truly magnificent workshop in the awe-inspiring Himalayas.

Day 14 Kathmandu

*Overnight Hotel. Included meals breakfast.
Alt. 1,350m.*

Flight back to Kathmandu; departure time is subject to weather conditions.

On your return to Kathmandu your time is free to further explore the city and its shops or simply chill out.

Day 15 Depart Kathmandu

Transfer to airport.

HOW TO BOOK

It is quick and easy to book your adventure with Trek Nepal Int'l and can be done on-line.

All bookings are subject to our booking terms and conditions which are detailed on our website www.treknepal.com. When making a booking you accept our booking terms and conditions.

It is strongly recommended that you read the tour itinerary, including essential information, specific tour and booking terms and conditions. Once you have made your decision you can make your booking in one of the following ways:

Website: complete the Reserve Your Trip form at www.treknepal.com.

Telephone: call our team on + 977 1 4701001 to check availability, answer any queries and book your tour.

E-mail: write to our team at sales@treknepal.com to check availability, answer any queries and book your tour.

OUR PRICE IN DETAIL

What Is Included

- All transfers to and from the airport accompanied by an English speaking representative
- Accommodation based on twin sharing as detailed in the itinerary. Twin rooms are provided for non-couples as well as couples
- Meals as outlined in the itinerary
- Services and expertise of photographer Ariel Estulin
- Activities as shown in the itinerary, note this may vary from day to day
- Sterilized drinking water during trek
- All necessary transportation, whether private or public
- All trekking related permits and fees
- All city and monument entrance fees
- Experienced English speaking guide
- Assistant guides and porters to support the group size

What Is Excluded

- International airfare, airport taxes, visa fees, passport costs, insurance premiums of any kind and excess baggage charges
- Personal Travel Insurance (cover your adventure activity as well as medical, emergency evacuation and personal belongings). It is imperative to be insured with suitable cover
- Personal clothing and footwear such as down jackets, waterproofs, hat, gloves, hiking boots
- Personal equipment, for example rucksack, day backpack, torch, water bottle, sleeping bag and mat
- Personal medical supplies and vaccinations
- Optional single accommodation supplement
- Personal expenses such as phone bills, room service charges, portorage, bar bills (meals exclude bottle and alcohol drinks), tips to guides, porters and drivers, laundry
- Expenses incurred during emergency evacuation due to any reason
- Optional tours, excursions and activities
- Any item not detailed in the "What Is Included"