

Lower Khumbu and Gokyo 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 Phaplu
- Day 4: Trek to Chyalsa
- Day 5: Trek to Najing
- Day 6: Trek to Nele
- Day 7: Exploration day
- Day 8: Trek to Budi Dada
- Day 9: Trek to Bhasa
- Day 10: Trek to Kharikhola
- Day 11: Trek to Surke
- Day 12: Trek to Phakding
- Day 13: Trek to Namche Bazaar
- Day 14: Exploration day
- Day 15: Trek to Dole
- Day 16: Trek to Machhermo
- Day 17: Trek to Gokyo
- Day 18: Exploration day
- Day 19: Trek to Dole
- Day 20: Trek to Namche Bazaar
- Day 21: Trek to Lukla
- Day 22: Fly to Kathmandu
- Day 23: Depart Kathmandu

Region:	Everest	Max. Alt:	5,360m/17,580ft
Starting point:	Kathmandu	Trek grade:	Moderate/Adventurous
Finishing point:	Kathmandu	Type of trek:	Camp Support/Homestay
Duration:	23 days	Group size:	Minimum 4 Maximum 6



Join Ariel Estulin on a unique opportunity to experience Nepal through the eyes of a photographer. This Photography Workshop and Trek begins in the less travelled area of the Lower Khumbu in the Everest region. The area is known for its forests of rare and colourful flowers—an enchanting area of Nepal both rich in culture and spectacular vistas. The trek traverses lands inhabited by Sherpas, Newaris, Tibetan refugees and many others ethnic groups. In the Lower Khumbu, the trek passes through agricultural lands with a backdrop of snowy peaks. As we make our way higher into the mountainous terrain of Gokyo, we will be immersed in the culture of the high Himalaya.

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.

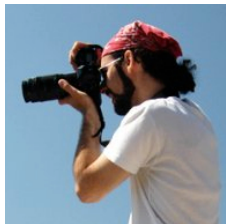
This workshop focuses on capturing the story and experience of being in Nepal rather than a snapshot record of it. And most importantly, we will have lots of fun and laughs along the way.

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 both culture and landscapes of Nepal
- Awe-inspiring mountain terrain of upper Everest
- Trekking on less travelled trails



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 Phaplu

Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner. Alt. 2,710m. Trek 1½ hours.

An early morning mountain flight to Phaplu (2,710m) with spectacular views of PK Peak and Mount Numbur (6,959m). Phaplu is a pretty village from where we will have pleasant views of the rich green Salleri valley and Solu River. Our first trail takes us along an easy wide flat trail that descends slightly before ascending to the famous apple farm, a community/educational hub for apple orchard development. Not only a fabulous area to commence our photography workshop with Mount Numbur (6,959m) in the distance and views of surrounding villages, but an opportunity to sample the delicious produce of the farm. These include: freshly picked apples, dried apple, apple pickle, apple wine, apple juice and apple cider.

Day 4 Trek to Chyalsa

Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner. Alt. 2,870m. Trek 5 hours.

Leaving Phaplu behind we walk into the heart of the Salleri valley. The trail climbs alongside orchards (mainly apples) and via agricultural fields that mainly grow potatoes, corn and buckwheat. Continuing onwards through an impressive pine forest brings us to Chyalsa, a small village enclosed by forest, lying on flat ground. In Chyalsa there is an opportunity to visit an old Tibetan refugee camp and a Nepali carpet factory. As in many outlying areas the number of residents is decreasing as opportunities are sought in the towns and cities.

Day 5 Najing

Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner. Alt. 2,330m. Trek 5 hours.

As we leave behind the pine forests surrounding Chyalsa, we become immersed in the unique world of Nepal's diverse villages, cultures and agriculture lands. Gently descending on established grass, dirt and stone paths we are able to take in the stunning scenery of the villages below us. This area is mostly inhabited by Hindus (80% Hindus and 20% Buddhists). Walking through many of these villages, both big and small, allows us to gain a real understanding of the culture, and the way of life, of the local people. We will have fantastic photography opportunities here. We finish the day in Najing, an attractive agricultural village where farming is the main way of making a living.

Day 6 Nele

Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner. Alt. 2,300m. Trek 4 hours.

The trail today is mostly along level paths. The scenery on the other hand is a constant change of agricultural produce providing an array of colour for our photographs. There is a great sense of stepping back in time as we see local farmers working the land using only the most basic tools and animals to assist them. Nele is one of the largest market villages in Lower Khumbu, a weekly market sees all its neighbouring villages descend here to sell and buy their wares.

Day 7 Nele

*Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner.
Alt. 2,300m. Trek 4 hours.*

Nele is inhabited by many ethnic groups including the Chhetris, Rai, and Tamangs, providing amazing cultural frames. For our landscape scenes we visit Kangel Dadha, a nearby village famous amongst Hindus for its many Hindu temples. A short climb to a hilltop, we witness an incredible panoramic view of all the villages and agricultural terraced fields in the region. There is plenty of time to work on your photography from this vantage point.

Day 8 Budi Dada

*Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner.
Alt. 1,770m. Trek 6 hours.*

As we head away from the market village, the first 3 hours see us head upwards on grassy trails surrounded by large trees; the further we trek the fewer villages we come across. Shortly thereafter, a slightly steeper ascent and we are rewarded with an outstanding view of all the villages and fields we have just walked through over the past few days. The remaining part of our day is spent walking downhill towards Budi Dada through similar scenery as we saw in the morning. Budi Dada is an affluent village; situated at a lower altitude, the soils are more fertile which results in abundant crops and financially prosperous farmers.



Day 9 Bhasa

*Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner.
Alt. 1,680m. Trek 6 hours.*

From Budi Dada the trail descends gently towards a rhododendron forest; the trail through here is straight. After 2 hours we reach Ranem, a charming village with a population of about 200 people. We proceed along a descending path until we reach the surging Kuku River. Crossing the newly built bridge we then head towards Kaku village from where we will see the massive Dudh Kosi River ('Milk River'), whose source is Mount Everest. Continuing our climb we pass through a number of villages and farming areas, which bring us to Bhasa. This stunning village is surrounded by steep terraced hills providing excellent scenery for photography. Chhetri and Rai are the inhabitants of this larger village.

Day 10 Kharikhola

*Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner.
Alt. 2,040m. Trek 6 hours.*

If the weather permits we may see impressive distant views of snow capped peaks. Our morning begins with an easy walk along a flat trail to Thuldhunga, where we cross the Dudh Kosi. The trail climbs up through a thinly forested area where we may encounter jackals. Continuing upwards we arrive at Juving, which is situated beside a rushing river. To reach our destination we follow the trail through more agricultural lands. Kharikhola is a big village, which lies in a large green valley, it is the first village we come across that contains a monastery, and it is here we will get our first glimpse into the well known and interesting Sherpa culture.

Day 11 Surke

*Overnight Camp Support/Homestay. Included meals breakfast, lunch and dinner.
Alt. 2,290m. Trek 6½ hours.*

Bupsadada is our first village en route to Surke. With each step on the upward trail, the large villages we left behind dwindle to the point only clusters of houses are visible. Sherpa culture becomes more and more predominant; this is evident by the many prayer flags flowing in the breeze hanging from tree branches, homes and chortens (little Buddhist temples). Continuing upwards until Thamdana the trail turns flat and we make our way through a mixture of oak, pine, bamboo and birch forests, where Langur monkeys may be occasionally seen. Upon reaching Chheubas the trail descends to Surke that lies on the banks of Dudh Kosi.

Surke is the hometown of Pasang Llamu Sherpa, the first Nepali woman to reach the summit of Everest.

Day 12 Phakding

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 2,610m. Trek 4½ hours.*

Today our trail leads us to the heart of Everest's trekking area, our gateway to Mount Everest and Gokyo Lakes. The trail gradually ascends towards the Dudh Kosi; passing through Chaurikharka village and upwards to the milky glacial waters of Dudh Kosi. It is here we join the famous Everest trail and the stark contrast of what has gone before is extremely noticeable, more guesthouses, more tourists and more services available including internet. Along the east bank of the Dudh Kosi we descend to Ghat, followed by a gentle climb and level meandering walk to Phakding. Awaiting us are great views of Kusum Kanguru (6,367m) and Sherpa hospitality.

Day 13 Namche Bazaar

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 3,440m. Trek 6 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 14 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, walk up to the Everest view point or simply relax.

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 imposingly appears Khumbi Yul Lha, 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 15 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 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 16 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 17 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. On approaching 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. Continuing 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 18 Gokyo (Gokyo-Ri (5,360m) and Fifth Lake)

*Overnight Lodge/Teahouse. Included meals breakfast, lunch and dinner.
Alt. 4,790m. Trek 7 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, 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 take the rocky trail beside the Nagjumba Glacier to the Fifth Lake. This is the largest of the Gokyo lakes; 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 19 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 20 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 21 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 22 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 23 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"