

# Mt. Everest Himalaya



**VISUAL TRAVEL TOURS**

Maps Show You Where... We Show You Why!

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# Tour Summary

From lush, forested valleys to barren glaciers, trekking in the Everest Himalaya offers beauty and wonder in its most extreme forms. The tour begins with the flight from Kathmandu and continues to the sacred lakes of Gokyo, the high mountain pass of Cho La, and culminates in a visit to Everest Base Camp itself. This landscape ranges from surreal to jaw-dropping, and is unlike any other place on earth. Moderate fitness and great willpower are the most essential ingredients for trekking through rarefied air, in the shadow of “the roof of the world.”

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# Introduction & Overview





Few places on the planet carry the mystique and majesty of the Himalayas, and fewer still inspire the awe of its highest peak.



The Everest Region of Nepal, known locally as Solu Khumbu, attracts throngs of adventurous tourists. Most are hoping to catch a glimpse of, and come close to, Mt. Everest.



After days of walking along roaring milky-blue rivers, and



taking in the lush hillsides of tall birch and rhododendron trees,



the landscape transforms into a series of otherworldly glaciers.



Rivers of ice and glacial moraines line the valleys of the Himalayas, stretching into the horizon.



The looming snow-capped peaks grow steadily larger, and yak traffic increases as the air thins.



Nature-formed ice sculptures line the trails leading to Everest Base Camp, where all but mountaineers finish their ascent.



The path to Everest includes the 5,000-meter-high sacred lakes at Gokyo, with its picturesque village,



and the solid white expanse of the challenging Cho La Pass that crests a ridge between mountains.



The Sherpa villages, seeming at times to come from another century, offer a friendly embrace and budget accommodations for tourists.



The magnificent Tibetan Buddhist monasteries throughout the region offer cultural beauty to match the splendor of the mountains.



Everest itself dominates the horizon and promises not to disappoint, with its cruel, black crown.



Looking out from "The Roof of the World" may seem to be a daunting task, but reasonable fitness, a strong spirit, and a short flight from Kathmandu will carry you to extraordinary heights.

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