

Everest Trek November 17th -December 21st 2009

Participants: Richard Thewlis, Martin Naylor and Geoff Turner

Nov	Day	Notes	Altitude
17th	T	Depart Manchester 20.05 Hrs	
18th	W	Arrive Abu Dhabi 07.15 Hrs. Depart 10.05 Hrs. Arrive Kathmandu 15.50 Hrs	
19th	T	Drove Kathmandu to Shivalaya in Tibet Guest House 4 x 4.	1770M
20th	F	Trek day 1, Shivalaya to Bhandar via Deorali	2110M
21st	S	Bhandar to Sete, via new high ridge path	2520M
22nd	S	Sete to Junbesi via Lamjura La Pass (3530M)	2680M
23rd	M	Junbesi to Nhuntala	2220M
24th	T	Nhuntala to Bupsa	2360M
25th	W	Bupsa to Surkhe	2290M
26th	T	Surkhe to Jorsalle	2840M
27th	F	Jorsalle to Namche Bazaar.	3420M
28th	S	Acclimatisation day. Birded local environs. Overnight at Namche	3420M
29th	S	Namche to Khumjung	3790M
30th	M	Khumjung to Tengboche	3860M
Dec 1st	T	Tengboche to Pheriche. Attended altitude lecture at 3pm	4240M
2nd	W	Rest day. Climbed to Gompa overlooking Dingboche (4500M)	4240M
3rd	T	Pheriche to Duglha. PM climbed ridge towards Cho La pass (4800M+)	4620M
4th	F	Duglha to Lobuche. PM climbed East ridge (5050M) Khumbu Glacier below	4930M
5th	S	Lobouche to Gorak Shep, Kala Pattar (5643M) then back to Duglha	4620M
6th	S	Duglha to Pangboche.	3860M
7th	M	Pangboche to Phortse Thenga, via Tengboche and Phortse	3680M
8th	T	Phortse Thenga to Namche via Mong La (3975M), Khumjung and Khunde	3420M
9th	W	Namche Bazaar to Phakding	2610M
10th	T	Phakding to Lukla, then flight to Kathmandu, Tibet Guest House	1300M
11th	F	Greenline bus to Pokhara, Mum's Garden Resort	900M
12th	S	Pokhara. Birded Boomerang and Fishtail Hotel gardens	900M
13th	S	Pokhara. Vehicle to North Lake and walked back	900M
14th	M	Pokhara. Birded Damside and Fishtail	900M
15th	T	Pokhara. Vehicle to bottom of Peace Pagoda - forest, returned by boat	900M
16th	W	Pokhara. Boat to lakeside ravines. - PM Fishtail gardens	900M
17th	T	Pokhara. AM Fishtail gardens	900M
18th	F	Greenline bus to Kathmandu	1300M
19th	S	Kathmandu.	1300M
20th	S	Flight departs Kathmandu 21.10Hrs. Strike day, no vehicles	
21st	M	Arrived Abu Dhabi 00.30 Hrs. Depart 02.15 Hrs. Arrived Man 06.20 Hrs	