

## Everest Trek February 1st - March 3rd 2012

**Participants: John Metcalf and Martin Naylor**

**Porters: Bhakti Devkota and Bhuwan KC**

<b>Feb</b>	<b>Day</b>	<b>Notes</b>	<b>Altitude</b>
1st	W	Departed Manchester 14.00 hrs. Arrived Doha 23.55 hrs.	
2nd	T	Dep Doha 04.45 hrs. Arrived Kathmandu 11.45 hrs. Night Tibet Guest House	1300M
3rd	F	6am start Express Bus Kathmandu to Deorali Ridge via Jiri and Shivalaya.	2705M
4th	S	Deorali Ridge to Sete via Bhandar and new high ridge path.	2520M
5th	S	Sete to Junbesi via Lamjura La Pass (3530M)	2680M
6th	M	Junbesi to Nunthala.	2220M
7th	T	Nhuntala to Bupsa.	2360M
8th	W	Bupsa to Puiyan. Short rain interrupted day. Severe stormy weather pm with trees and power lines down and damage to property.	2770M
9th	T	Puiyan to Phakding.	2610M
10th	F	Phakding to Namche Bazaar. A number of fallen trees to negotiate on climb to Namche.	3420M
11th	S	Acclimatisation day. Birded Blood Pheasant sites at Khunde/Khumjung. Night Namche Bazaar.	3420M
12th	S	Namche to Tengboche.	3870M
13th	M	Birded Tegboche area am then on to Shomare.	4010M
14th	T	Shomare to Pheriche. Birded ridge overlooking Dingboche pm.	4240M
15th	W	Acclimatisation day. Walked over ridge to Dingboche and on towards Chhukung before returning to Pheriche for night at Himalaya Hotel.	4240M
16th	T	Pheriche to Dughla. Climbed ridge pm towards Cho la Pass (4800M+) Night Dughla.	4620M
17th	F	Dughla to Lobuche. Climbed east ridge pm for views of Khumbu Glacier.	4930M
18th	S	<b>Early start.</b> Lobuche to Gorak Shep, Kala Pattar ( <b>5650M</b> ) back via Goral Shep and Lobuche to Pheriche. Night Himalaya Hotel.	4240M
19th	S	Pheriche to Phortse taking high route through Upper Pangboche. Night Phortse Guest House.	3810M
20th	M	Phortse to Khumjung via Phortse Thenga and Mong La.	3780M
21st	T	Khumjung to Phakding via Namche.	2610M
22nd	W	Phakding to Lukla.	2800M
23rd	T	Flight Lukla to Kathmandu. Booked Greenline bus to Chitwan for tomorrow.	1300M
24th	F	Greenline bus to Chitwan. Dep 07.30 and arrived in Sauraha 13.30. Booked in to Chitwan Gaida Lodge owned by Tika Ram Giri a Nepalese birder Martin has known for over 10 years. Tika was away leading a tour so we birded with Bishnu Mahato the resident guide at Gaida Lodge.	
25th	S	All day on foot in Chitwan National Park.	
26th	S	20,000 Lakes area am. Birded Sauraha area on our own pm.	
27th	M	All day jeep ride Chitwan Nat Park.	
28th	T	Birded Sauraha area all day on our own.	
29th	W	Community Forest walk (Sauraha area) am. Bengal Florican grassland site around 5km east of Sauraha pm.	
<b>Mar</b>			
1st	T	Greenline bus Sauraha to Kathmandu. Night Tibet Guest House.	
2nd	F	Qatar flight dep Kathmandu 21.20.	
3rd	S	Arrived Doha 00.05 hrs. Departed Doha 02.05 hrs arrived Man 06.30 hrs.	

