



Fernwood Tuggeranong trip to Nepal - Everest Region

26 October - 8 November 2025

Itinerary subject to change

Sunday 26 October

Day 1: Arrive in Kathmandu.

Arrange for your flight to arrive in Kathmandu by Sunday. Our local team will meet you at the airport and take you to the accommodation - Hotel Thrive, Thamel.

Monday 27 October

Day 2: Kathmandu

Relaxing morning, followed by an orientation by Jigme, your guide, to Kathmandu. In the afternoon, we'll visit Bouddhanath, a World Heritage site and one of the holiest Buddhist sites in Kathmandu, followed by a welcome dinner.

Tuesday 28 October

Day 3: Kathmandu

We'll visit Project Didi's partner, Asha Nepal, a women-led organisation, supporting women and girls to rebuild after violence, through holistic care, education and pathways to employment. Here you'll see your donation at work. We'll learn about some of the challenges facing Nepali women and the solutions Asha Nepal is providing. You'll have lunch with the team, prepared by Asha Nepal's housemothers who provide critical care to survivors. You'll have some time free before dinner to buy anything you need before our trek or do a bit of shopping in Thamel (think pashmina scarves, felt toys, handmade paper!).

Wednesday 29 October

Day 4: Kathmandu

Today we'll visit the vibrant Asan Tole markets, a collection of busy old streets and small shops that have been selling vegetables, sweets, teas, spices, brass and copperware for hundreds of years. You'll have the opportunity to visit a tailor and have a custom piece made in traditional Nepali dress. We'll leave Kathmandu around lunchtime and drive 4-5 hours by private transport to Ramechhap, where we will stay the night. The flights to Lukla, where we start our trek, leave from Ramechhap.

Thursday 30 October

Day 5: Lukla - Phakding (2850m – 2610m)

Today's flight from Ramechhap to Lukla traverses the main range of the Himalaya to the East and enters the heart of one of the most famous mountain destinations in the world – the Mt Everest Region. On arrival in Lukla we'll be met by our World Horizons trek crew and then we'll be on our way. We will gently climb through Sherpa villages, cross the occasional suspension bridge and stop for a drink at one of the

many teahouses. Our first day is all about taking it slowly, enjoying the wonderful surroundings and getting used to the higher altitude.

Friday 31 October

Day 6: Phakding - Namche Bazaar (2610m - 3400m)

On the walk to Namche, if we're lucky, we'll glimpse Lhotse (the world's fourth highest mountain), Taweche and the impressive shape of Mt Everest. Today will also be the hardest day's walk as we climb steeply for 500 metres. Namche Bazaar is the traditional trading centre for the Sherpa people who migrated from Tibet many centuries ago. From high up in the village we can look down on a horseshoe of houses and lodges that has been described as something like an ancient Greek theatre.

Saturday 1 November

Day 7: Namche (3400m)

Today we'll wake before dawn to hike above Namche and view the sunrise on Mt Everest and the surrounding peaks. We then have time to visit the monastery, explore Namche village, the shops, cafes and narrow back lanes.

Sunday 2 November

Day 8: Namche (3400m)

Today we have the choice of hiking over the ridge above Namche to the twin villages of Khumjung, site of the Hillary School and Khunde, site of the Hillary Hospital, taking in more Himalayan views as we walk. Or we can take a fairly flat trail through forests and villages to Thamo for lunch with a view.

Monday 3 November

Day 9: Namche - Phakding (3400m – 2610m)

Today it's a very steady walk back down through the forest to the delightful riverside village of Phakding.

Tuesday 4 November

Day 10: Lukla (2850m)

Today's walk will have us in Lukla early in the afternoon with time to choose a coffee shop and take a stroll around town. This evening will be a farewell celebration with our trek staff.

Wednesday 5 November

Day 11: Return to Kathmandu

We'll wake early for our morning flight to Kathmandu. We'll have time to relax and unpack before an afternoon visit to the UNESCO World Heritage listed Swyambunath, the Monkey Temple at dusk.

Thursday 6 November

Day 12: Kathmandu

Today we'll head back to Kathmandu to have a hands-on cooking lesson and share lunch with Asha Nepal's housemothers in their homes, where they provide care for children recovering from trauma. In the afternoon we'll visit Kathmandu's Durbar Square to see the beautiful old temples.

Friday 7 November

Day 13: Kathmandu

Today we explore the city of Patan, to the south of Kathmandu within the Kathmandu Valley, visiting the ancient Durbar Square with its medieval buildings, beautiful temples, and museum in a beautifully

restored building.

Saturday 8 November

Day 14: Kathmandu

We spend our last morning in the old city of Thimi, which has been a major centre of pottery for centuries. The special clan of indigenous pot makers are well known within and beyond Nepal as expert artists. Depending on your flight, you can check out of our hotel late afternoon or World Horizons can arrange for an additional night of accommodation for you (additional cost).