



Nepal - Kathmandu and the Trek to Everest Base Camp

Kathmandu, Changa Narayan and Bhaktapur



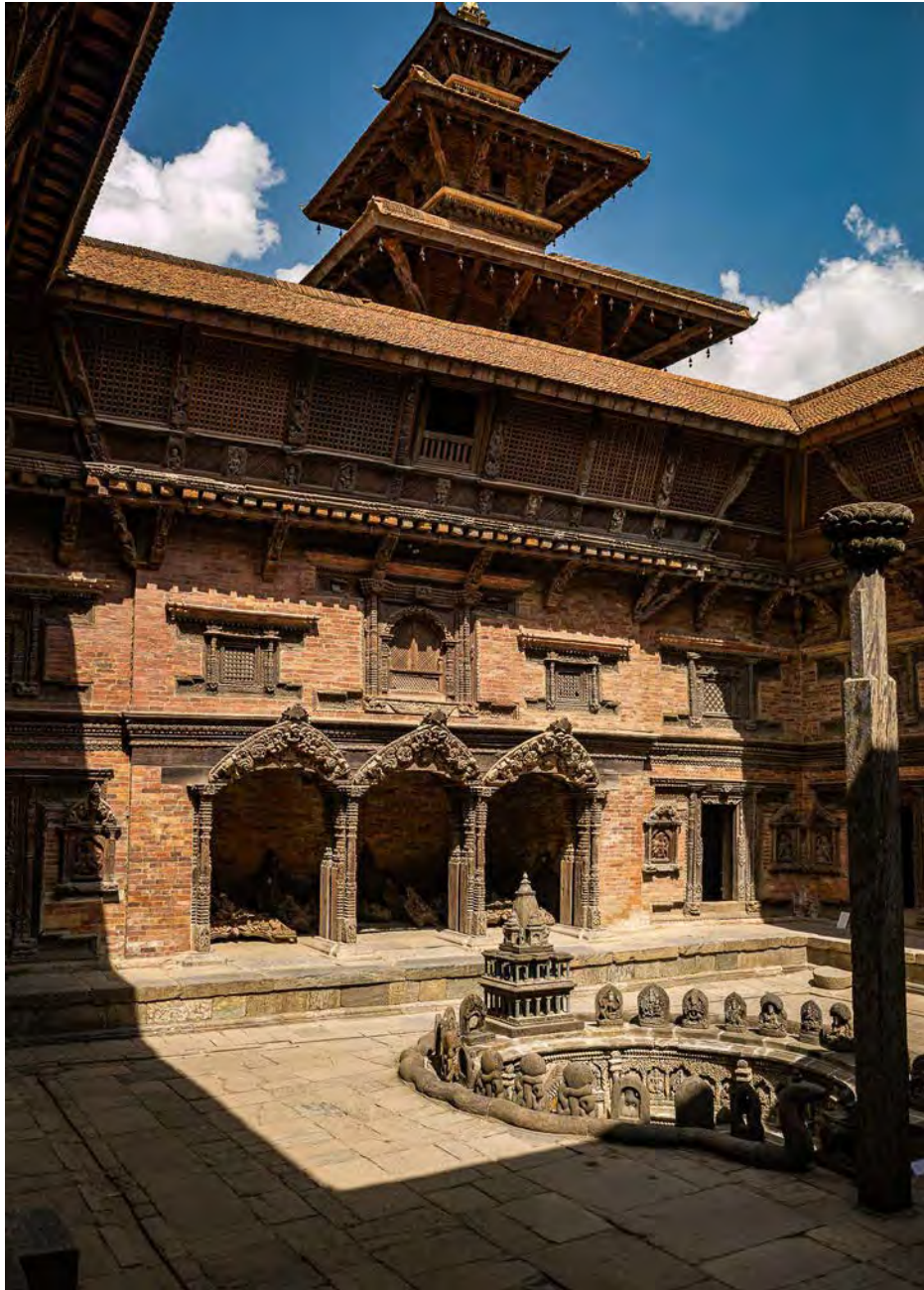
The streets of Kathmandu



Durbar Square



Hanuman Dhoka





Bhandarkhal Garden and Water Tank



Basantapur Durbar Square



Durbar Square showing the repair of Krishna Mandir and Bhimsen Temple following the 2015 earthquake



Getting out of the sun



Monkey statue in Patan Golden Temple



Painting a mandala



The entrance to Swayambhu



Swayambhunath Stupa



Buddha Statue at Swayambhunath



Swayambhunath Stupa



Vendor selling souvenirs outside of the Monkey Temple



Two women making butter lamps



Visiting Swayambhu



The crematoria area at Pasupatinath



Preparing for a cremation ceremony



Pashupatinath Temple complex



Pashupatinath Temple complex



Pashupatinath Temple and the Bagmati River



Tourists



Monastery in Kathmandu



Temple



Monastery guardian



Boudhanath Stupa



Shopping for scarves



Open market in Kathmandu



Entrance to Changu Narayan



Changu Narayan Temple



Changu Narayan Temple





Bhaktapur



Bronze lion guardian



MAYUR RESTAURANT
ASIAN FUSION RESTAURANT
(OPENS DAILY 10am to 9pm)
CHEF SPECIAL 
PAD THAI NOODLES
CHEESE & SPINACH MOMO
CLUB SANDWICH
CHICKEN SATAY
CHICKEN KUNG PAO NOODLES

our selection for you

- ESPRESSO
- MACCHINATO
- AMERICANO
- MACCHIATO
- MOCHA
- CREAM CAPPUCCINO

SHOWROOM
GUEST HOUSE



Bhaktapur



Shop keepers minding business



Nyatapola Temple Taumadhi Square in Bhaktapur





Separating the grain from the chaff



Bhaktapur

The Trek to Everest Base Camp
Phaplu to Gorak Shep



Our trek begins in earnest





Our ride from Kathmandu to Phaplu



Starting the trek in Phaplu



Phaplu Airport



Solu



Phaplu Airport



Phera



Ringmu



Ringmu sign post



Taksindu



The gate at Taksindu La



Starting down the pass at Taksindu



The monastery at Taksindu



The stupa at Taksindu



A young monk doing his devotions



Manidingma



Early morning at Manidingma



Resting in the shade in the hot sun





Judhing



The entrance to the monastery at Kharikhola



The stupa and monastery at Kharikhola



The monastery at Kharikhola



Kharikhola



Crossing the Kharikhola on a suspension bridge











Paiya





Prayer wheel and painted prayer stones at Chhuthawa



Chhuthawa



Monjo



Waiting for our permits at Sagarmatha Park entrance



Jorsalle



Early morning at Nirvana Lodge in Jorsalle



Waiting to cross the suspension bridge



The mountains above Namche Bazaar



Namche Bazaar



The view from the terrace at Hotel Himalaya in Tengboche



Leaving Tengboche



Ama Dablam



Looking back at Tengboche



Imja Khola river and Orsho



Dingboche



Stupa at Dingboche



Sunrise at Dingboche



Early morning at Dingboche



Dingboche



Above Dingboche looking towards Island Peak





Ama Dablam and Pheriche



An old stone house at Dusa



Waiting for the porters to catch up to us above Dingboche



Memorials and tombstones above Thukla



Memorials and tombstones for those that died on Everest



Yaks coming down from the Khumbu valley



Gorak Shep and Lho La



Nuptse and Lho La



Everest peeking out from behind Nuptse



The end of the trek above Khumbu glacier







Fantastic sunset over Nuptse at Gorak Shep



Ama Dablam and Pheriche



At Tengboche on our way home







Prayer stone and Stupa





Lukla



Lukla Airport



Our support team

This book contains images taken of Kathmandu and surrounding area and the trek from Phaplu to Gorak Shep in the fall of 2017. The trek followed the section of the old Jiri trail to Everest Base Camp. We joined the Jiri trail at Phaplu.

Nepal - Kathmandu and the Trek to Everest Base Camp © by Henry Bommer

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