

## Everest Base Camp Trek



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Everest Base Camp Trek has been listed as number one trekking trail by National Geographic. The trek takes you to the base of Mt. Everest (8848m), the world's highest peak as well as to the top of Kalapatthar (5545m). The trail passes through the Namche Bazaar, the capital of Khumbu region and a cultural center of Sherpa people. You will have plenty of opportunities to learn Sherpa culture and appreciate their hospitality. Also, don't miss to visit the famous Tengboche Monastery, one of the biggest monasteries in the Everest region and a perfect viewpoint to watch the splendid and up close view of Ama Dablam (6812m).

The Trek to Kalapathar will be the most rewarding ever as it offer the best glimpse of Everest not from anywhere in the world. You will enjoy spectacular views of the highest mountains in the world including Mt. Everest, Mt. Lhotse (8516m), Mt. Cho Oyu (8201m), Mt. Nuptse (7861m) etc. The trek entirely takes place through the Sagarmatha National Park area, which is listed as UNESCO World Heritage Site, which is home to such endangered animals as Snow Leopard, Red Panda and Himalayan Tahr.

Our last leg of the trek takes us to Everest Base Camp (5364m) which affords a magnificent south face of Mt. Everest. Here you can interact with mountaineers who have arrived from all over the world.

Duration: 15 days

Price: \$1350

Rating: 5 Star

Group Size: Minimum Pax - 2

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

### **Itinerary:**

**Day 1:** Arrive in Kathmandu, transfer to hotel

**Day 2:** Sightseeing in Kathmandu city & arranges trekking permit.

Optional Trip: Mountain Flight in the morning which start form 6:40 to till 7:40 Mountain flight will cost extra US\$ 203/person will take you to show most of the Nepal's and Tibet's mountains including Mt. Everest

Today you will have a morning guided tour of Boudhanath and Pashupatinath. Boudhanath is a great white half dome with the Eyes of Buddha painted on it and is one of the most famous cultural icons of Nepal. It is a site of very active worship and nowhere on earth will you encounter such a concentration of varied Buddhist activity. Not far away you will visit one of the most holy and venerated of all Hindu temples, Pashupatinath. Non-Hindus are not allowed inside the golden-roofed pagoda-style temple, but you can glimpse the great golden bull through the doorway. A great pilgrimage occurs here in February, attracting Hindu ascetics and devout worshippers from all areas of the Hindu world. Rhesus monkeys are everywhere around the grounds, riverside cremations are often taking place and there is always a colorful group of ascetic pilgrim visitors encamped in the general area. If time permits you will visit the Tibetan refugee center and Patan, another of the old Kingdoms of the Kathmandu Valley.

**Day 3:** Kathmandu to Lukla - (2850m)35-45 minutes flight.-phakding 2640 m

After breakfast we take a drive for 10 to 20 minutes to TIA and take 35- 45 minutes flight to lukla . during the the flight you can see many mesmerizing moutain's profile from west to east. . after off flight , you proceed to phakding along the Sherpa village and natural beauty of dudhkoshi river view , some mountain views and landscapes of pharak.

**Day 4:** Trek to Namche 3440 m 5hrs

We start our trek to Namche after breakfast from where we can seeing beautiful scenery of Thamserku and khumbyula . After a walk of two and half hour, you will reach Jorsalle where will check your trekking and entry permt of sagarmatha nationalpark.your Lunch wille there by jorsalle .. After Lunch you will head towards namche . after one hrs walk you will cross bridge in hight over dudhkoshi and start climbing to namche. Stay at hotel and lodge.

**Day 5:** Acclimatizing in Namche

this day is for acclimatizing . During the day you can visit to syangboche , thame or khunde khumjung as side hike. And you can make your days more effective

**Day 6:** Trek to Tengboche - (3860m) 5 hrs Trek

After breakfast, the trip commences through the wonderful hills and glacial river Dudh Koshi. The views of blue pine forest attracts us and we reach Tengbuche via Phunki Tenga and Soso Kharka. The Tengbuche Monastery is located at 3860 meters altitude with its rich decoration. Overnight at Lodge.

**Day 7:** Trek to Dingboche - (4430m) 5 hrs Trek

In the morning, our trek continues to and we get the wonderful views of mountains, wilderness of flora and fauna as Musk Deer,

Blue Sheep and others. Crossing Syomare, Orsho and heading through the Imja Khola, we reach Dingbuche. Overnight at Lodge.

**Day 8:** Trek to Lobuche (4930mt) 5 hrs trek

After breakfast, we head by making the destination of Lobuche. Following the trail via Dusa and crossing the Dugla Pass, we reach to Lobuche with the tough walk through the Khumbu glacier. On the way, we can see the stone memorials for climbers, who have passed away on the nearby mountains. Overnight at Lodge.

**Day 9:** Trek to EBC – (5380m) 6 hrs Trek

Heading through the rugged trail gives you the adventure experience. It goes by another side of the Khumbu glacier. After about an hour, then we walk steep up to get the top and continue through the rough rocky trail. We reach Gorakshep through the Italian Research Center and Lobuche Pass. After a rest, we hike further to the Everest Base Camp through the new moraine route. On the way, we can see Pumori, Nuptse and other mountains on the background. Everest view is available only before reaching to Everest Base Camp. It is not that much difficult to walk because of trail, but the higher altitude makes it tough. Then, we descend back to Gorakshep. Overnight at Lodge.

**Day 10:** Trek to Kalapatthar and descend to Pheriche (4300m) 7-8 hrs

In the early morning, we hike to Kalapatthar, which is also a good viewpoint of the Everest range. The views of Mt. Everest, Lhotse face, Nuptse, Ama Dablam, Taboche, Cholatse, Lobuche East and Pumori on the background, which is just behind the Kalapatthar. The golden mountains during the sunrise period are fabulous, including the top of the world. Then we descend to Gorakshep, have breakfast and trek down all the way to Pheriche. Overnight at Lodge.

**Day 11:** Trek to Namche Bazaar - (3440m) 5-6 hrs Trek

After breakfast, we start to trek down to Naamche Bazaar via Taboche, Pangboche and Phunki Tenga. The views of the Himalayas and forest are wonderful. Overnight at Lodge.

**Day 12:** Trek to Lukla ( 2850m) 7- 8 hrs Trek

From Naamche bazaar, we continue to trek down to Lukla, the last trekking day of the trip. With the view of the waterfall and Sherpa villages, we cross the Phakding, Nurning and reach to Lukla. Overnight at Lodge.

**Day 13:** Fly back to Kathmandu

After finishing the Jiri to Everest Base Camp Trek, we fly back to Kathmandu from Lukla with the Everest scenarios. From the airport, we drive to the hotel and enjoy the whole day of shopping and rest. Overnight at Hotel.

**Day 14:** Rest in Kathmandu

**Day 15:** Departure to airport to back home

Final Departure. We take you to the airport for your final departure.

**Highlights:**

- Trek up to Everest Base Camp (5364m) and Kalapatthar (5643m)
- Enjoy magnificent views of Mt. Everest, Mt. Cho Oyu, Mt. Ama Dablam, Mt. Nuptse
- Visit Lukla, Namche bazaar and observe Sherpa culture

- Visit the famous Tengboche Monastery

### **Cost Include:**

- Airport / Hotel / Airport pick up & drop by private car / van
- Twin sharing accommodation on BB plan & single room for odd number at Hotel Blue Horizon or similar hotel in KTM - 4 nights
- Accommodation in local lodge during the trekking period
- Guided city tour in Katmandu by car / van for 2 days
- All meals (breakfast, lunch and dinner) at tea houses during the trek to and from Kathmandu
- 1 government licensed English speaking Guide for every 10 trekkers during the trek to and from KTM
- 1 porters for every two trekkers to carry the luggage during the trek
- Domestic airfare where applicable as per the itinerary
- TIMS card (Trekker's Information Management System) for trekkers
- Tax, VAT, official expenses and company profit
- Welcome and farewell dinner
- Rest of the land transport as per the itinerary
- All Government and local taxes
- First aid kit comprehensive
- Salary, allowances, equipment, clothing & insurance for all field staff including porters
- Trekking map for each trekkers

### **Cost exclude:**

- Lunch and dinner while in Kathmandu
- Your personal travel insurance and medical evacuation in case of emergency (compulsory)
- International airfare and airport taxes
- Excess baggage charges while domestic flight, hot shower, battery charge (during the trek), telephone etc.
- Nepal entry visa fee (US\$ 30 per person) you obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu
- Alcoholic beverages, hot and cold drinks, bottle and boiled water, laundry and hot shower in trekking lodge
- Tips and gratuities for trekking staff and driver
- Sightseeing/Monuments entrance fees in Kathmandu
- Any others expenses which are not mentioned on Price Includes section
- Personal gears & clothing (available on hire)
- Expenses incurred due to accidents, landslide, strikes, political unrest, etc..
- Entrance fees during the cultural sightseeing in city.
- Expenses incurred in emergency evacuation/road block due to any reason, table drinks, snacks while walking
- Service other then mentioned on above as "Your price includes" topic