Everest Base Camp from Lukla



Everest base camp is one of the most famous and highly fascinating trekking destinations in the world. Adventure and nature seekers want to go once in their life. Mt. Everest the highest mountain in the world and beside that Lhotse, Nuptse, Pumori, Amadablam, Thamserku and other beautiful mountains can be seen during the trekking along with many different verities of flora and fauna in different level and environment. This region is divided into three part as Solu, Pharak and Khumbu (as temperate, subalpine and Alpine in geological and vegetation system). Khumbu is most dominated sherpa inhabitant.After Sir Edmond Hilary and Tenjin Norge Sherpa concreted the summit of Everest it started streaming of elite and adventurous travelers in that Region.

Duration: 15 days

Price: $1304

Rating: 5 Star

Group Size: Minimum Pax - 2

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

Equiment Lists:

Footwear	Well broken-in walking shoes, thick socks, light socks, camp shoes.
Clothing	Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.
Other equipment	Sleeping bag (4 seasons), trekking holdall or stash sack with lock, daypack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve.

Other items	Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, tie cord, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit

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 from 6:40 to till 7:40 Mountain flight will cost extra US$ 203/person will take you to show most of 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 holiest 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 gold 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 profiles from west to east. . after off flight, you proceed to Phakding along the Sherpa village and natural beauty of Dudh Koshi 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 the beautiful scenery of Thamserku and Khumbila. After a walk of two and a half hour, you will reach Jorsalle where will check your trekking and entry permit of Sagarmatha nationalpark.your Lunch will thereby Jorsalle. After Lunch you will head towards Namche . after one hrs walk you will cross the bridge in hight over Dudh Koshi and start climbing to Namche. Stay at the hotel and lodge.

Day 5: Acclimatizing in Namche

this day is for acclimatizing. During the day you can visit 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 attract us and we reach Tengboche via Phunki Tenga and Soso Kharka. The Tengboche 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, the wilderness of flora and fauna as Musk Deer, Blue Sheep and others. Crossing Somare, 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 the trail, but the higher altitude makes it tough. Then, we descend back to Gorakshep. Overnight at Lodge.

Day 10: Trek to Kalapattar 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 Namche 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 Namche 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, Cheplung 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.

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
- National Park or Conservation area entry permits for trekkers
- TIMS card (Trekker's Information Management System) for trekkers
- Tax, VAT, official expanses 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