

Everest Base Camp Trek

Everest Base Camp Trek offers a once in a lifetime experience to trekkers and proves to be an iconic trip to the Himalayas. Everest Base Camp Trek is exactly the route that has been used by scores of famous mountaineers during their expedition adventure to the highest point on earth. Although this is a quite crowded trekking route, thousands of trekking aspirants want to be in this route to be at the Base of the Mt. Everest and experience the joy of seeing the highest mountain peak of the world along with other numbers of gigantic peaks.

Several suspension bridges, prayer flags, mani walls and monasteries in addition to the magnificent mountains come across the trail add to your trek experience. A close look at the Sherpa lifestyle living in the higher Himalayan region with their distinct culture is an attraction of the trip.

The real thrill of the adventure begins with the flight to Lukla. The flight along the Himalayan peaks crossing various dotted settlements, forests and streams is adventurous. The overall experience of this trekking tour to the Everest base camp is inexpressible in mere words. It's a simply wonderful feeling that stays with you for the lifetime.

Itinerary in Detail:

Day 01: Kathmandu Arrival (1,300 m/4265ft):

Upon your arrival at Kathmandu international airport, where you will be greeted by our friendly representative and then we transfer to your pre-booked Hotel. Finish the check-in formalities and then go for a good rest. Depending upon your arrival time, you can take short walking tour around the Thamel – the bustling tourist town of Nepal. Thamel offers all services to tourists including world-class dining experience, Banks, Money changers, ATMs, Supermarket, Gear shop and others. In the later evening, we assemble you to our office for a trip briefing meeting. **Overnight in hotel.**

If your arrival is late today, this tour and trip briefing will be shifted for tomorrow.

Day 02: Kathmandu Sightseeing Tour - 4 Hours:

Enjoy your breakfast at the Hotel. Then be ready for a day tour of mystic and mysterious Kathmandu valley. The tour places include Pashupatinath Temple, and Boudhnath Stupa.

Pashupatinath Temple: It is the most famous Hindu temple devoted to Lord Shiva, located in the bank of Bagmati River. This is one of the most significant temples for the Hindu devotees from around the world and the UNESCO cultural heritage site. There are numbers of occasions festivities takes place in the temple complex and the cremation of dead body in the river bank can be attraction of the day.

Boudhanath Stupa: One of the biggest Stupas in the world in terms of height and expansion, Boudhnath is located on the ancient trade route between Kathmandu and Tibet. Beautifully decorated, and situated in peaceful square surrounded by shops, tour to this UNESCO heritage site will be unforgettable. The Stupa resembles the Mahayana philosophy.

You finish the tour in the afternoon. Later, you can prepare your gear, buy some gears if you want. Overnight in hotel.

Day 03: Kathmandu – Lukla (2,860 m/ 9,383 ft) / 30 mins Fly – Phakding (2690 m/8825) / 3.30 hrs walk:

You drive short to domestic airport terminal for an early morning flight to Lukla – small town developed after the Everest region became famous. Thrilling flight of about 30 minutes that offers spectacular view of the Himalayan ranges, riverbeds, terraced landscape, forest lands at the Lukla airstrip – notoriously famous for one of the most dangerous airports of the world.

You will meet with some crew members here (porters).

Trek for today is short, and easy to begin with as most of the trail descend or have little gentle uphill. After a three and half-hours to four hours' trek you reach the small village of Phakding on the bank of beautiful Dudh Koshi River. **Overnight local lodge.**

Day 04: Trek Phakding – Namche (3,440 m/11,286 ft) / 5-7 hrs walk:

After breakfast at the teahouse, we start our longer and tougher day to Namche than previous. The first part is along the river Bhote Koshi in the beautiful forest stretch. You cross several suspension bridges. The last part after lunch is steep uphill for about good two hours. This effort will be rewarded by spectacular beauty of Namche bazar and the view of the Himalayan peaks from here. This homeland of famous climbing tribe Sherpas who migrated to the Everest region crossing the Himalayas centuries ago.

Arrive Namche. Check-in to your Hotel. **Overnight at Namche Bazar.**

Day 05: Excursion Day to the Everest View Hotel (3,880 m/12565ft) – Namche /1.5 – 5 hrs walk:

After breakfast, you set out for acclimatizing hiking. First, visit around Namche Bazaar – to the top of Namche where Sherpa Museum is located. You will then visit the Sagarmatha National Park's headquarter from where the breathtaking panoramas of the mountains. The peak you can view includes Mt. Everest (8,848 m /29,029 ft), Mt. Lhotse (8,516 m/ 27,940 ft), Mt. Ama Dablam (6,812 m/ 22,349 ft), Mt. Thamserku (6,608 m/ 21,680 ft), Kantenga (6,782 m/ 22,251 ft), Cho-Latse (6,440 m/ 21,128 ft), Tawache or Taboche (6,542 m/ 21,463 ft), Kongde Peak (6,187 m/ 20,298 ft) and others.

If you are still energetic and want to go higher then we hike up the **Syangboche Airport** (Old Airport) and Everest View Hotel. You can enjoy the magnificent view of the Himalayan

panorama from this high hill-top. The luxury Hotel located at an altitude of 3880 m offers tea/coffee for the trekkers as well, if you want to rest. From here, you can decide to return back to your Hotel the same way, or make a trip to the biggest Sherpa village in Everest region - Khumjung village, where the Hillary school sits.

Back to your Hotel in the later afternoon, and **Overnight local lodge.**

Day 06: Trek Namche – Tengboche (3,860 m/12,664 ft) / 5-7 hrs walk:

Trek to Tegboche both comprises of uphill, downhill, and gentle stretch. First stretch for couple hours is beautiful with rewarding view of the Himalayan peaks. You will walk down to the river in Phungi Tenga, your lunch place, and walk steep uphill for about two hours.

On reaching Tengboche and checking into a teahouse, you will explore the surrounding area and Tengboche Monastery – the largest monastery of Khumbu region where Tibetan Buddhism is practiced and known for fascinating festival of Mani Rimdu that falls in the month of October-November (date is fixed according to lunar calendar).

Awe-inspiring view of the Himalayan peaks including incredible Mt. Everest, Mt. Lhotse, Mt. Ama Dablam, Mt. Thmasreku, Gokyo Ri, Kongde Peak, Kantenga, Tawache etcetera make your day. **Overnight local lodge.**

Day 07: Trek to Dingboche (4,410 m/ 14,468 ft) / 5 hours walk:

On this day we follow the trail into beautiful forest and trek down to the Imja Khola and continue passing through the village of Pangboche (3,900 m/12,795 ft). The hike is not that strenuous, and the view of the peaks make the day breathtaking. The sceneries along our path to Dingboche, known as the “summer valley”, is amazing. We spend our night at Dingboche.

Day 08: Dingboche to Chukung (4,710 m/15452ft) and return | 5 hrs trek:

Today you are spending another day of acclimatization. After breakfast, walk to Chukung valley along the Imja River upwards. The trail is scenic with the view of Lhotse Shar’s massive south wall and Amadablam on both sides and Island Peak straight ahead. Enjoy lunch at Chukung and return to Dingboche in the evening. **Overnight local lodge.**

Day 09: Trek to Lobuche (4,910 m/ 16,108 ft) / 5 hrs walk:

Trek starts to be tougher from here. As you are approaching to higher altitude and deserted alpine glacial land, you will struggle to breathe more than earlier days.

On this day we pass through beautiful pastureland, and a village of Pheriche where Trekkers Aid Post that offers treatment and consultation to trekkers on altitude sickness can be seen along the river bed. We trek our way to the yak pastures of Lobuche (4,910m) crossing Dhugla pass where memorials of those who lost their life in the Himalayas is situated. Overnight at the lodge in Lobuche.

Day 10: Trek to Everest Base Camp (5,364 m/ 17,598 ft) then back to Gorakshep (5,164 m/ 16,942 ft) / 9 hours walk :

After breakfast your big day begins. You set for the Everest Base Camp.

You will walk in the moraines parallel to Khumbu Glacier which is visible from near to Gorakshep – small town where you are sleeping for tonight.

Once you reach Gorakshep, eat some meal and get ready for the Base Camp. The trail is winding in the glacial moraines and on the rocks. It takes about 3 hrs of hiking to reach the base camp from where you take a closer look of Khumbu glacier and even walk crossing it.

This Base Camp located in the southern face is used by the expeditions. If you reach here in March -May, you will see hundreds of colorful tents by climbers.

You will then return back to Gorakshep after spending some time at the Base Camp. Stay at the lodge in Gorakshep for the night.

Day 11: Hike up to Kalapatthar(5,545m/18,192ft)-Trek down to Tengboche(3860m/12664ft) | walk 8 hours:

You start the thrilling day at pre-dawn by steep climb to Kalapatthar – takes about 2.5 hrs – to catch the sunrise over the Himalayan peaks. Kalapatthar offers 360⁰ views of the mountains including the tallest south face of the Mt. Everest, Lhotse face, Nuptse, Ama Dablam, Taboche, Cholatse, Lobuche East and Pumori.

Enjoy the view of the Sunrise, mountain peaks, Khumbu glaciers and others, take photos, and then climb down to your hotel for breakfast.

After breakfast, you will start your trek towards Tengboche and when you reach Tengboche, you will check into the hotel and overnight there

Day 12: Trek back Pheriche to Phortse (3800 m/12467ft) / 3.30 hrs walk:

This day is comparatively short and rewarding day. Phortse is a Sherpa village, off the trail to base camp that remains less explored. Explore the unique cultural identity and spend night in this village at a local lodge.

Day 13: Trek Phortse to Monjo (2835 m/9301ft) / 6 hrs walk:

After breakfast, we trek all the way to Namche Bazar for lunch. Then we trek down the trail reach Monjo. The trekking is steeply down routed. We spend our night at a local lodge in Monjo.

Day 14: Trek from Monjo – Lukla (2,840 m/ 9,317 ft) / 4 hrs walk:

From Monjo we trail alongside Dudh Koshi passing the beautiful Phakding on our way. Upon reaching Lukla we thank our crew members and celebrate the completion of our trip. We spend our final night in the mountain air residing at a local lodge.

Day 15: Lukla – Kathmandu (1300 m/4265ft)/ fly 30 mins:

We take a flight to Kathmandu. The flight will be an adventure and thrill in itself given the landscape. Heading towards Kathmandu valley will bring changes in air and leave mountain fresh air back, but you get to rest your body after a long trek. You will get good food after weeks of meal in the Himalayas.

We transfer you to hotel and leave you for the day to explore nearest market and relax. You will spend the night at hotel.

Day 16: Love Kathmandu Tour (Hidden places in Kathmandu and Durbar square):

Kathmandu city comes with a century long history of markets, trading spots, various arts, and buildings with architectural and cultural affluence. On your last day, you will be exploring the local market of Asan, Indrachowk and Newroad, only to discover the historic and cultural identity of this beautiful city. You will then reach to Kathmandu Durbar Square; centre to accumulate Kathmandu's architectural prominence. Here, you will experience an unique culture of "living goddess", visiting her temple could make your trip informative and exhilarating given the cultural differences. After this eventful day, you will spend your night at hotel and prepare for the departure next day.

Day 17: Departure Day:

We will drop you to airport and bid our adieu. You will be taken to airport 3 hrs before the scheduled flight.

Cost Includes:

- Airport Pick up and drop.
- Nepal's three-star standard hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation (Inside toilet expect 2 nights)
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- A professional trekking guide, Porter (Helper) and assistant guide for group size above 5 trekkers
- Air ticket (Kathmandu- Lukla –Kathmandu)
- All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff
- Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)
2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
3. Daypack
4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

1. Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck.
2. Warm wool or synthetic hat that covers your ears.
3. Balaclava - lightweight, thinner variety.
4. Glacier glasses-
5. Headlamp
6. Some people like earmuffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
7. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

1. A pair liner gloves, thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth.

2. One pair warm glove
3. Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be sufficient (optional).

Core Body

1. T-shirts (2).
2. Light and expedition weight thermal tops.
3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).
5. Waterproof (preferably breathable fabric) shell jacket.
6. 2 women sports bras, Synthetic, no cotton!
7. Long shirts (2)

Lower Body – Legs

1. Two pairs nylon hiking shorts - Quick drying type, not cotton!
2. Underwear, stay away from cotton (4).
3. Two pairs lightweight long underwear - capilene or other synthetic.
4. One pair soft shell pants - synthetic, full zip from top and bottom preferable.
5. Two pairs trekking pants, preferably that zip on/off at the knees so they double as shorts.
6. One pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day.
7. One pair cotton pants (loose jeans/khakis).
8. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

Feet

1. Two-four pairs of liner socks, synthetic or capilene.
2. Two-three pairs heavy weight socks to be worn over liner socks.
3. One pair light weight sock, a good option for the lower / warmer parts of the trail.
4. One pair light to medium weight water proof hiking/trekking boots. Ensure a good fit with layered socks and you have worn them before to get used to it (otherwise you will get lots of blister).
5. One pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
6. One pair sandal (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However, we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.
3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.
4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
5. One small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous

1. Passport and extra passport photos (4 copies).
2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
3. Durable wallet / pouch for travel documents, money & passport.
4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. Two bandanas.

Optional

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods
3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.