

EVEREST BASE CAMP



ITINERARY/ INCLUSIONS/ EXCLUSIONS

Day 01:

Arrive and are met at Tribhuvan International Airport. Transferred to your hotel. Briefed on the process for the trip.

Day 02:

Kathmandu – Lukla – Phakding

Early breakfast, then picked up from the hotel and taken to the airport for the flight to Lukla 2865m (40 minutes). Start trekking to Phakding, 2650m (3 – 4 hrs)

Overnight lodge stay.

Day 03:

Phakding – Namche Bazaar 3446m (5 – 6 hrs)

Trek through blue pine forests, firs, rhododendron and junipers to Namche Bazaar.

Overnight lodge stay.

Day 04:

Acclimatization Day in Namche Bazaar.

Hike to Everest View Hotel, Hilary Village and School – returning to Namche (4 – 5 hrs)

Free Day to relax and explore the village, visit the museum, and rest.

Overnight lodge stay in Namche.

Day 05:

Namche Bazaar - Tengboche 3867m (6 hrs)

Trek down to Phunki (3hrs), enjoying stunning views of the famous peaks of Mt Everest, Nuptse, Lhotse, Cholatse, Kantaiga, Ama Dablam and Thamskerku. Then up to Tengboche (3hrs), a traditional Sherpa village; experience the Tibet Buddhist monasteries, chat with the monks.

Overnight lodge stay in Tengboche

Day 06:

Tengboche – Dingboche 4481m (4 – 5 hrs)

A short trek to Dingboche through forests of birch, conifers and rhododendron. Trek down to Deboche, across the bridge over the Imja River, trek up to Dingboche.

Overnight lodge stay in Dingboche.



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Day 07:

Acclimatization Day in Dingboche.

After breakfast, the guides will offer taking short hikes (2 -3 hrs), capturing more beautiful views of the Himalaya's. This is a high altitude resting place to stop, relax and enjoy.

Overnight lodge stay in Dingboche.

Day 08:

Dingboche – Lobuche 4930m (3 – 4 hrs)

Trek through the wide valley towards the foot of the Khumbu Glacier.

At the top of this climb are the memorial stone cairns, built to honour the many Sherpas who have died while climbing Mt Everest.

Overnight lodge stay in Lobuche.

Day 09:

Lobuche – Gorak Shep 5160m – Base Camp 5365m

Our trek follows the Khumbu Glacier to Kala Pattar, then onto Gorak Shep. A very early start to reach the Everest Base Camp, the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier.

Overnight lodge stay in Gorak Shep.

Day 10:

Gorak Shep – Pheriche 4283m (6 – 7 hrs)

4:00 am Start, before breakfast. A must do 2 hr climb to Kala Pattar for the most up-close and stunning sunrise views of Mt. Everest and Pumori.

Return back to our lodge for breakfast, a short rest, then trek back to Pheriche.

Overnight lodge stay in Pheriche.

Day 11:

Pheriche – Namche Bazaar 3500m (7 hrs)

Trek down through the valleys to Tengboche. Enjoy a rest stop and lunch. Continue through to Namche Bazaar.

Overnight lodge stay in Namche Bazaar.



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Day 12:

Namche Bazaar – Lukla 2800m (7 hrs)

Our final days trekking takes us back through the blue pine forests to Lukla.

Overnight lodge stay in Lukla.

Day 13:

Lukla – Kathmandu (40 minute flight)

After a final breakfast on the mountains, enjoy the last views of the Himalayas from the sky on your flight back to Kathmandu.

Day 14:

Kathmandu

Final day of the trek package is a Free day for you to explore, shop, rest before your departure from Nepal.



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Cost Includes

- ✓ Airport – Hotel - Airport pick up & drop off.
- ✓ 3 nights accommodation in 3 star hotel in Kathmandu's tourist centre.
- ✓ All Tea House (lodge) accommodation during the trek.
- ✓ All breakfast, lunch and dinner meals during the trek.
- ✓ Domestic flights from Kathmandu to Lukla to Kathmandu, including airport tax.
- ✓ An experienced Government Licensed Holder guide and porter(s) to carry your luggage during the trek.
- ✓ All guide and porter(s) accommodation, meals, drinks, insurance, salary, equipment's, transportation, local tax during the trek.
- ✓ Group medical supplies (first aid kit will be available).
- ✓ All necessary Government required paperwork and National Park Entry Permits and TIMS Card, etc.
- ✓ Travel & Rescue arrangement.
- ✓ All Government Taxes and Vat.

Cost Excludes

- × All meals other than breakfast, lunch & dinner during the trek.
- × All drinks – tea, coffee, other hot, water, soft drinks, alcoholic.
- × Hot shower
- × Your travel insurance.
- × International airfares to and from Kathmandu.
- × Nepal Entry Visa – obtained easily upon your arrival at Kathmandu Airport.
- × Personal shopping, laundry, etc
- × Personal trekking equipment.
- × Tips for trekking staff and driver. (Tipping is expected, but not mandatory)
- × All other tour, sightseeing and other activities outside of the main trek.



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