

## Everest Base Camp Trek

The Everest region is the most popular trekking region in Nepal. Everest trekking brings you to the fascinating Khumbu valley, through the Sherpa villages, Buddhist monasteries, charmed forests, across high bridges, all the way to the base of Mount Everest, it is one of the most beautiful of all wildlife parks, the "Sagarmatha National Park".

Here, the landscapes and the views of Himalayas (Thamserku, Nuptse, Lhotse, and Ama Dablam) as well as the friendly people will take you away from life's concerns. You are now free to daydream of The Yeti. The Everest region, located in the eastern half of Nepal, offers a wide range of trekking possibilities. From the well-trodden trail to Everest Base Camp, to the remote semi-wilderness areas, there is a choice to be made to suit all trekkers alike.

This is the Solu-Khumbu district, home of the Sherpa people. The northern part of the district (Khumbu) is in the Everest National Park, which was established to protect the fragile environment of this alpine region. To the east of Everest National Park, is the Makalu Barun National Park, a remote and wild stretch of Himalayan peaks and densely forested valleys. To the west is the Rolwaling Valley, a well-protected microcosm of cultures and eco-systems. The southern part of the district, Solu, is less frequented by tourists and can be a very rewarding destination in its own right.

### **General Itinerary**

**Day 01:** Welcome assistance at the Tribhuvan International Airport and transfer to hotel. Relax at the hotel for a few hours and then our staff will brief you regarding the trip. This night will remain in Kathmandu at the hotel.

**Day 02:** An early morning to Lukla from Kathmandu and trek to Phakding. (2610m). The flight is 30 minutes and the walk to Phakding is about 3 hrs. This night we will stay in a guesthouse in Phadking.

**Day 03 Trek** to Namche Bazaar (3440m). Early wake-up today because this is a big-push day. The first part is relatively easy. Today is a higher altitude day so slow and steady will work the best. You can see Mount Everest (Chomo-lungma) from the bridge crossing at Dudh Koshi; we will continue on to Nauje (Namche Bazaar).

We will stop for hot snacks in Nauje which has many Sherpa shops, lodges, and restaurants. Nauje (Sherpa name for Namche Bazaar) is a fun place for both Sherpa's and trekkers to 'take a break'. It will take about 5-6 hours to reach Namche. Tonight we will overnight at a guesthouse here.

**Day 04:** Rest day in Namche Bazaar (acclimatization day) which gives us time for some sightseeing or an excursion towards the village of Thame or Khumjung. This area has fantastic views of Mt. Thamserku (6618 m), Ama-Dablam (6814 m), Mt. Lhotse (8516m), Mt. Everest (8848m), Mt. Nuptse (7864m), Island Peak (6189m), and Tobuche (6367m). We will overnight at the lodge again.

**Day 05:** Trek to Tengboche (3860m), apx. 5 hrs. Our journey will start with the sunrise and great views of Mt. Everest, Lhoste, Nuptse and Ama Dablam. Then a steep descent towards the bridge over the Dudh Kosi (3250m), which is the deepest valley after Namche and before Everest Base Camp. There are spectacular mountain vistas on the way to Tengboche (known for its legendary monastery; the largest in Khumbu).

**Day 06:** Trek to Dingboche (4410m). An easy descent through woods towards a suspension bridge over the Imja Khola river; then a steady climb up to Pheriche via Pangboche (3930m) which features the oldest monastery in the region. From here we will continue to Dingboche. Today is apx. a 5-6 hour trek and again we will overnight at a guesthouse.

**Day 07:** Dingboche, and another acclimatization day. We can explore the Chukung Village (4730m) with great views of Lhotse, Island Peak, Kali Himal and then back to rest and sleep in Dingboche. It will be an easy 4-5 hr. day. Or we can hike on some foothills (2-3 hrs.) in Dingboche if you feel you don't need the rest.

**Day 08:** Trek to Lobuje (4910m). This trail starts from an easy walk but is a bit more difficult because of the altitude. After 3 hrs. walking, the trail starts to climb up to the Memorial Camp and continues on to Lobuche. We will visit the Italian Research Camp, viewing such mountains as Nuptse, Pumori and the Khumbu Icefall. Today's trek is apx. 4-5 hours.

**Day 09:** Trek to Gorak Shep (5153m). We will walk through the Khumbu valley alongside of the Khumbu Glacier to reach Gorak Shep. The walking is apx. 3-4 hours. Overnight at a guesthouse of course.

**Day 10:** Trek to Everest Base Camp (5363m) walking along the glacier (or some times on the glacier!). We will take our time on this walk and practice proper breathing technique. Then we will spend some time resting at Everest Base Camp before returning to Gorak Shep. Today's trek time is apx. 5 hrs.

**Day 11:** Hiking up to Kalapathar (5545m) Wake up early morning and trek to Kalapatter for sunrise views of Everest, Nuptse, Lhotse, Pumori; all above the beautiful views of Khumbu Glacier. Then we will head back down to the lodge and walk down to Pheriche. We will overnight here at Pheriche (4210m). Trek time today is apx. 6 hrs.

**Day 12:** Trek back to Namche Bazaar. Most of the way is downhill to reach Namche. 5-6 hrs. trek time again. We will overnight in Namche.

**Day 13:** Trek to Lukla (2840m). Here at this altitude the air is much richer! We will take the same trail back to Lukla in reverse. Trek (walk) time is 5-6 hrs. Stay in Lukla overnight.

**Day 14:** An early morning flight back to Kathmandu from Lukla. Flight time is 30 minutes. Free day and trek end. In the evening we will go out for a group celebratory meal with a Nepalese culture show. Overnight at hotel in Kathmandu.

**Day 15:** After breakfast transfer to the airport for departure.

Note: Above itinerary includes FB (Full Board) which is Accommodations, Breakfasts, Lunches and Dinners.

### **Special note:**

Above itinerary can be designed according to your preferences. Please let us know whether you would like to make it a shorter or longer trek. Also, if you would like to stay more than 15 days, we offer city guided tours of Kathmandu, white water rafting, jungle safaris or Everest mountain flights.

### **Brief Package Highlights:**

In this package, we have included 2 nights hotel in Kathmandu at 3 star hotels on BB plan, meals and accommodations during trekking, farewell dinner in Kathmandu, domestic flights (round-trip) from KTM to Lukla, all ground transportation by private car, an experienced guide and porter and all of the government taxes and necessary permits.

### **Included in the cost:**

- Airport transfers (round-trip)
- 2 nights' accommodation in Kathmandu on BB plan.
- Meals (Breakfast, lunch and dinner) during trekking.
- Farewell dinner in Kathmandu.
- Fresh fruits during trekking.
- Double occupancy rate.
- Everest Trekking map.
- Round trip flight: Kathmandu / Lukla (tax incl.)
- Experienced Government licensed holder guide.
- Travel & Rescue arrangements.
- Porter / Sherpa who will carry your bags during the trekking.
- Food, accommodation, insurance, salary, equipment, transportation, local taxes for guide and porter.
- Group medical supplies (i.e. first aid provisions).
- All necessary paper work and national park permits.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charges.

### **Services excluded in the cost:**

Meals and drinks while in Kathmandu.

Your personal travel insurance.

Nepal entry visa fee.

Tips for trekking staff and drivers (tipping is expected but it is not mandatory).

Personal shopping and laundry.

Personal extra trekking equipment (i.e. custom poles).

For your information, you must stay one night in Kathmandu before and after the trek. That is why we have included them. They are 3 star hotels. You may upgrade your accommodations for a surcharge.

For the current pricing, please use the contact form.