



Everest Base Camp Trek

USD 1500



Trip Day(s): 15

Difficulty level: Moderate

Max elevation: Not available

Accommodation: 3 Star Hotel in Kathmandu & Tea house during the trek

Country: Nepal

Group Size: Min.2-16 Max

Type: Trekking

Meal: Full meal set

Trekking to Everest Base camp can be a thrilling and adventurous journey for those who seek pleasure in hiking and exploring nature through mountainous trails. Reaching the base of the world's tallest peak, the Mount

Everest that stands 8,848 m/29,025ft., is once in a lifetime experience. The exotic beauty of snow-capped peaks and icy trails once marched through by Sir Edmund Hillary and Tenzing Norgay, will surely leave you with a sense of fulfilment and achievement after days of walking.

The journey starts with a flight from Kathmandu to Lukla. From Lukla, the expedition on foot begins. One must be in sound health with good physical fitness to start out on an arduous journey. As the trek is off 14 days, carrying your bags considering the weight is a must. Our travel guide and porter will accompany you along the way to ensure your safety, comfort, and fun.

The trail to Everest Base Camp passes through Sherpa villages where you will receive warm hospitality from the Sherpas, often known as mighty climbers. Local hot beverages are served at tea houses along the way with traditional Nepali cuisine. They are sure to fill your taste buds with some unique flavours. Although the community life is not so prosperous, the service they provide is homely and welcoming. Ancient monasteries are seen decorated with prayer wheels and prayer flags which exhibit the religious inclination of Sherpa people towards Buddhist culture.

The vast expanse of the mountainous beauty of Mount Lhotse, Mount Makalu, Mount Cho yo among others, welcome you along the way. Red rhododendron bushes and pine trees add more colour to the walk. Rare species of flora and fauna can be spotted along Sagarmatha National Park, the UNESCO world heritage site. The park is home to rare and endangered species like red panda, wolf, snow leopard and musk deer. Being at the altitude of 5,364 m at the Everest Base Camp (EBC) gives you utmost pleasure and satisfaction accompanied by the thrill of being nearest to the world's tallest peak. The view of Mount Everest from Kala Patthar is closest and amazing. The breathtaking views with a blend of nature at this highest altitude leave you with serene joy. The panoramic beauty captured through your eyes once you reach the base camp is utterly amazing and defies words.

If you are seeking fun, thrill, and exhilaration, trek to Everest Base Camp, for, sure, will provide you more than you ask for.

What's included ?

- Insurance of Guide and Porter

What's excluded ?

- Personal expenses like additional food and drinks and alcoholic/beverages along the way

Detailed Itinerary:

Day 1: Arrival at Kathmandu (1,300m/4,264 ft)

We receive you from the Tribhuvan International Airport with a warm welcome and take you to the hotel in Kathmandu. After getting fresh and taking some rest, we host a welcome dinner for you at the finest restaurant in the city with Nepali cuisine. We brief the team of trekkers about the trip and take you back to the hotel for the nights' sleep.

Day 2: Sightseeing around Kathmandu Valley and Trek preparation (1,300m/4,264 ft)

We take a trip around world heritage sites in Kathmandu which are the major attraction points. Pashupatinath temple, Boudhanath stupa, Swayambhunath Stupa and Kathmandu Durbar Square are the areas we will be roaming around for the day. In the evening we pack our bags with proper clothing and trekking equipment. We stay overnight at the hotel in Kathmandu

Day 3: Fly to Lukla and head to Phakding (2,651m/8,700ft) 3-4hours

The flight from Kathmandu to Lukla lets you enjoy the beauty of green hills with a background of snowy mountain peaks. The trek begins from Lukla and we head towards Phakding passing through Cheplung village enjoying the sight of Mount Khumbila. We stay for the night at Phakding.

Day 4: Pakhding to Namche Bazar trek (3,438m/11,280ft) 5-6hours

We walk the trail passing through pine forest and crossing Dudh Koshi River. We then reach the entrance to Everest National Park. Moving ahead, we reach Namche Bazar, the famous Sherpa village. From Namche Bazar, we can have sight of Mount Everest and Mount Lhotse. We spend the night at Namche Bazar.

Day 5: Acclimatization at Namche Bazar (3,440m/11,284ft)

We stay for a day at Namche Bazar to adjust with the altitude condition. Namche Bazar is the main market area of the region with small local tea houses, restaurants, shops and trading areas around. We explore the areas observing the traditional and cultural Sherpa life. We can also choose to hike to Sagarmatha National Park from where the beautiful sight of Mount Everest, Lhotse, Nuptse, Ama Dablam and others can be visible. Rare species of flora and fauna can be spotted along the way. We end the day thus and get a good night's sleep in a hotel at Namche Bazar.

Day 6: Namche Bazar to Tengboche (3,870/12,694ft) 4-5hours

The trek passes through the Dudh Koshi river and along lush rhododendron forest. Heading ahead to Tengboche, the beautiful view of Mount Everest, Mount Lhotse, Mount Nuptse and Mount Ama Dablam greet you along the way. Reaching Tengboche we get to visit the most famous and largest monastery in the region called Tengboche monastery. We conclude the day's trek at Tengboche.

Day 7: Tengboche to Dingboche (4,360/14,300ft) 5-6hours

We start the trek walking through evergreen forests with pines and conifers. The area is also rich with colourful rhododendron bushes. We then take the trail to Pangboche, crossing Imja river. The trail takes us to famous Pangboche monastery. We again walk ahead and reach Imja valley and from there towards Dingboche from where we get to see a field of various kind of crops like barley, buckwheat, and potatoes, carefully protected from cold winds and animals. We spend the night at Dingboche.

Day 8: Acclimatization at Dingboche (4,360/14,300ft)

Dingboche is a beautiful village with a variety of mountain vegetation and domestic animals. We spend the day

at Dingboche for acclimatization. We roam around the village and hike to Nagarjuna hill or Chukkhung valley where we get to see breathtaking views of snowy mountain peaks.

Day 9: Dingboche to Lobuche (4,940m/16,207ft) 4-5hours

We start the trek climbing through Duglha and Chupki Lhara. The area is decorated with prayers flags as memorials for departed souls. We move ahead towards Khumbu glacier where the great peaks Pumori and Mt.Nuptse can be seen up close. We spend the night in Lobuche.

Day 10: Gorakshep -Everest Base Camp(5,364m/17,594ft)- Gorakshep (5,164m/16,940ft) 8-9hours

The trail to Everest Base Camp passes through Gorak Shep. The walk ahead takes us to Indian army mountaineers' memorial. Walking through rocky terrain in such high altitude can wear out the tired body. But upon reaching the Everest Base Camp, the spellbinding view of mountain peaks and colourful tents contrasted against the snowy beauty makes you forget the arduous journey. We might head towards Kala Patthar to enjoy the incredible sunset view or choose to head to Kala Patthar early next day.

Day 11: Hike to Kala Patthar(5,545m/18,192ft)and trek to Pheriche (4,288m/14,070ft) 8-9hours

We start the walk early in the morning and enjoy the closest view of Mount Everest. The magnificent mountain panorama lures you into taking more pictures. We head towards Pheriche for the night's sleep.

Day 12: Pheriche to Namche Bazar (3,440m/11,280ft) 6-7hours

The trek passes through brightly coloured rhododendron trees and juniper trees. Walking ahead we cross Dudh Koshi river and pine forests, enjoying mountainous views along the way. We then reach Namche Bazar and stay there overnight.

Day 13: Namche Bazar to Lukla (2,800m/9,186ft) 6-7hours

We take the rocky trail downward toward Dudh Koshi river. Upon crossing the river we head towards Lukla and give a rest to our aching body.

Day 14: Lukla to Kathmandu (1,300m/4,264ft)

We take a flight back to Kathmandu and upon reaching Kathmandu we might roam around the city for some souvenir shopping. We organize farewell dinner for you and celebrate the successful completion of trek and exchange final greetings and wishes.

Day 15: Departure day

Today is the final day and we get ready for the departure. We offer you the facility to drop at the Tribhuvan International Airport. We exchange final greetings and wishes and hope to see each other next time as well. We wish pleasant journey and bid the final goodbye.