



Overview

Everest Base Camp trekking region is a trek from Lukla to Kala Patthar and Everest Base Camp. Everest Base Camp trekking is so popular because of the world's highest peak Mt. Everest, standing at a massive altitude of 8,848 meters. Everest Base Camp trekking is the lure of being on the lap of the highest mountain on the earth. Besides, it's also famous for the awe-inspiring scenery of its magnificent mountain peaks and the loyalty and friendliness of its inhabitants, the Sherpa people, and the numerous Monasteries and shrines on the way.

Everest base camp trekking is also known as adventure trekking, starting from Lukla. The 35-minute delightful mountain flight from Kathmandu to Tenzing-Hilary Lukla airports provides breathtaking Himalayan ranges views. From Lukla, the trail climbs gradually up the steep-sided Dudh Koshi valley, crossing from side to side and passing through a forest of green pine, fir, and rhododendron.

Following the ancient snow-free route used by Hillary and Tenzing, Norgay Sherpa for the expedition marches the trek of Everest Base Camp leads us through green fields, villages, lush forest, crossing streams and relaxing the night in comfortable lodges or in a tent-pitched in a quiet pasture right beneath the highest peaks in the world. To avoid altitude sickness and to take advantage of the sightseeing, we trek at a moderate pace. The trek to Everest Base Camp winds through some of Earth's most spectacular mountain scenery.

Trip Highlights

- Trekking Destination: Everest Base Camp
- Minimum altitude: 1,400m
- Maximum altitude:5,363m
- Grade: Moderate and Fairly Strenuous
- Season: Spring & Autumn
- Accommodation: Lodge Camping
- Duration:16 Days
- Cost: 1,500\$ 1-2 person, 1,350\$ 3-8 person, 1,200\$ 9-12 person, 1,000\$ 13-more person.



Itinerary

Day 1: Arrival at Kathmandu (1,400m)

Upon your arrival we will pick-up you up at Tribhuvan International Airport, meet with your guide, and transfer you to the Hotel. First impressions of Kathmandu – walk to medieval Kathmandu Durbar Square and explore the beautiful complex of palaces, temples, shrines, and courtyards built by the ancient Nepali kings between the 12th and 18th centuries. We also discover Thamel – the vibrant tourist area with hotels, restaurants, and outdoor shops. Briefing hotel where we will be discussing the technicalities of the trek. In the evening you enjoy a welcome dinner with cultural dance. Overnight stay at hotel.

Day 2: Flight to Lukla Airport(2850m) then Trek to Phakding(2640m)

In the early morning, we drove to Tribhuvan Airport to connect our flight to Lukla – the flight time app. 40 minutes from Kathmandu. After breakfast in Lukla (2,850 m) we start trekking through beautiful settlements to join the main trail in Churi Kharka. We follow the east bank of the Dudh Koshi- the River of Milk- where you witness the typical Nepal terrace culture, slate-roofed houses, and views on Kusum Kangaru (5,579 m). We will reach Phakding(2,640 m) after 3 – 4 h gentle walking. Overnight stay at lodge Phakding.

Day 3: Phakding to Namche (3,440m)

Today we made a challenging hike to Namche Bazaar (3,440 m), situated 6-7 hours walking from Phakding. We climbed up along the west bank of the Dudh Kosi to the tiny village of Toktok. We get our first glimpse of Thamserku peak (6,608 m) and reach Benkar (2,710 m). The cliffs above the village are decorated with huge paintings of Buddhist deities. We cross the colorful suspension bridge and enter the Sagarmatha National Park at Monjo (2,840m). After Jorsale we follow the riverbank over gravel, climb through a pine forest and cross the Dudh Kosi by a big suspension bridge. Then we face a continuous zigzag ascent of 2 hours through dense pine forests. In the early evening, we reach the vibrant center of Namche Bazar, one of the most attractive settlements of the Solu-Khumbu district.

Overnight stay at lodge Namche.

Day 4: Rest Day for Acclimatization and exploration around Namche Bazaar.

Rest day in Namche. Optional walk to the Sherwi Khangba Sherpa Culture Museum or day hike to the Hotel Everest View in Khumjung village (3,700 m) and Khundi Hospital in Khundi Village, the first hospital built in Khumbu Region by Sir Edmund Hillary and Himalayan Trust in 1966. Overnight stay at lodge Namche Bazaar.



Day 5: Namche to Deboche (3,860m)

Trek to Deboche (3,860 m), a 5–7-hour long hike from Namche Bazaar. The first part of the trail is a winding smooth path that offers fantastic views of Mount Everest (8 848 m), Thamserku (6,618 m), and Ama Dablam (6,814 m). After the trail goes down to the riverbank, halfway through our trek we stop for lunch. After lunch near the considerable river, we begin the long trek up the giant hill to a town named Tengboche. We stop at a military checkpoint after the guide manages, then we make a strenuous 2-3 hour ascend to Tengboche. We walk through rhododendron forests where musk deer and Himalayan ‘tahr’ or mountain goats live. At the resting place, you can enjoy the views of Kantega mountain (6,783 m). Tengboche is famed for the Buddhist Tengboche Monastery (where you can attend the daily puja), Cafe Tengboche, and the viewpoint. We will head now to the next town downhill that takes around 30 min. You can get a close view of Ama Dablam from Deboche. Overnight stay at lodge Deboche.

Day 6: Deboche to Dingboche (4,410m)

After breakfast, we cross the suspension bridge and look over the surging white waters of ImjaRiver. Soon after a snow-white stupa with gorgeous all-seeing eyes is mirroring the Ama Dablam, this is a marvelous place for a picture! Then the trail ascents gently to the village of Pangboche (3,860 m), where we climb above the treeline. After, the trail passes numerous farmer pastures with big yak populations before we reach Dingboche valley. Overnight stay at lodge Dingboche.

Day 7: Rest Day for Acclimatization and exploration of monastery.

Optional acclimatization trek (5-6 hours) to the remote village of Chhukung (4,730 m) and Chhukung Ri (top) located at 5,550 m. We have magnificent sights at Island Peak (6,189 m), Amphu Lapcha (5,663 m), Baruntse Base Camp (5,400m), and the white ice lake of Imja Tsho. Overnight stay at lodge Dingboche

Day 8: Dingboche to Lobuche (4,910m)

After ascending 150 m up to the main road, we reach a viewpoint where we have outstanding sights at Tawachee (6,495 m) and Cholatse peak (6,440m). After our lunch camp in Dugla (4,620m) the trail goes directly up the gravely terminal moraine of the Khumbu glaciers for about one hour. The trail leads to a row of memorial monuments of lost climbers and sherpas. The trail then drops a little and follows the western side of the valley to Lobuche. After four to five hours of hiking, we reach the small settlement of Lobuche which is situated at 4,930 m. Overnight stay at lodge Lobuche.



Day 9: Lobuche to Gorak Shep (5153m) - Everest base camp (5,364m)

The ascent to Gorak Shep (5,160 m) becomes steeper and rougher as we cross several moraines. Soon we see the peak of Pumori (7,145m). We also have our first views at Nuptse (7,864 m), Kala Pattar (5,545 m), and Mount Everest. On the right side, you look over the Khumbu Glacier, an enormous tongue of ice that marches down the slopes of Everest. We reach Gorak Shep by lunchtime and trek to Base Camp in the afternoon. In total, we hike six-seven hours today. We sleep in a lodge at Gorak Shep, a semi-permanent village at the bottom of the Khumbu Icefall. We enjoy our wonderful time in the shadow of the world's highest peak! Overnight stay at lodge Gorak Shep.

Day 10: Gorak Shep to Lobuche(4,950m)

Early in the morning, we climbed to Kala Pattar – the Black Rock – located at 5,545 m and marked by a tangle of prayer flags. At this viewpoint – one of the most astonishing views on earth- you have a 360-degree panorama of Himalayan giants from Pumori and Lobuche West to Nuptse, Lhotse, and Everest. We return to Gorak Shep via the viewpoints of the ice lakes of Pumori and Everest. After this, we make our way back to Lobuche with a slow east descent for a good night's rest which we truly deserve—ending our wondrous day by enjoying hot snacks and some steamy coffee. Overnight in a lodge at Lobuche.

Day 11: Lobuche to Deboche (4,371m)

We descend the valley of the Imja Khola and trek through the village of Dingboche with its stone-walled potato fields and the highest year-round settlement in the valley. The Pangboche Gompa (monastery) is the oldest in the Khumbu Region. From there we have a gentle climb to the tiny village of Deboche past mani walls deep in a rhododendron forest. Overnight at Deboche.

Day 12: Deboche to Namche (3,440m)

After breakfast, we walk along the trail and climb to Tengboche through a forest of birches, conifers, and rhododendrons. The singular beauty of Ama Dablam, standing isolated from all other mountains, provides a spectacular backdrop and reminder of the height of Himalayan peaks as we reach Pheriche. From Tengboche the trail drops sharply down to the Dudh Kosi and the village of Phunki, where we cross the river, and up toward Namche Bazaar, winding high above the river with views north towards Everest, Lhotse, and Nuptse. Overnight stay at Namche Bazaar.



Day 13: Namche to Lukla (2,840m)

We start this 6-hour trek with a strenuous descent from Namche Bazaar to the Dudh Kosi (hard work for the knees), after which the path climbs up to Monjo and then runs easily to Benkar, Phakding, and Lukla. Overnight stay at Lukla.

Day 14: Lukla to Kathmandu

After breakfast, we fly in about 40 minutes from Lukla to Kathmandu. Arrive at Tribhuvan Airport and transfer to the hotel.

Day 15: Kathmandu Sightseeing

After breakfast, a sightseeing activity in Kathmandu, from late afternoon, separate time for shopping and rest for departure to onward journey.

Day 16: Departure

Today is the day you will leave Kathmandu. We will transfer you to the Tribhuvan International Airport. We will then share your goodbyes as you head back to your home country. With this, we come to the end of our 17-day Everest Base Camp Trekking.

Your sweet trekking has ended however, you have the option of extending your journey or taking part in another trek. Also, you can book for next time if you like your journey with us.



What's Includes:

- Airport / Hotel / Airport pick up & drop by private Vehicle.
- Standard accommodation in star level hotel in Kathmandu.
- B&B (Bed and Breakfast in Kathmandu)
- Meals on full board (Breakfast, lunch, and dinner) during trekking.
- All accommodations during the trek.
- Everest Base Camp Trekking Map.
- Kathmandu to Ramechhap by bus then Fly to Lukla and Back to Kathmandu.
- An experienced Nepal Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipment, transportation, and local taxes for porters and guides.
- Group medical supply (first aid kits).
- UNO Travels and Adventure Duffle bag.
- All necessary paper works and national park entry permits.
- Travel & Rescue arrangements.
- All government taxes.

What's Excludes:

- Your Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kinds of drinks (Alcoholic, hot and cold drinks)
- Charges on treks, internets, hot water.
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- Personal shopping and laundry etc.
- Personal trekking Equipment.
- Tips for trekking staff and drivers.



Important Note

~No Refunds for any cause in Trekking.

~You are on your own when you trespass the borderline of the package/itinerary

~We have various activities according to various world issues, activities, topics etc. please join us.

Trip Note

Everest Base Camp trekking is safe and for the well-being of our groups. All of our trips are led by qualified professional guides who are well-trained by Nepal Government. Our responsibility is to ensure your comfort and safety as we take your holiday. In this regard, we work honestly and effectively to provide you with the Himalayan experience that suits your interest. We encourage you to question us freely and contribute to the planning stages of your adventure in the trekking period