

Hike to Everest Base Camp



Introduction

Hike to Everest Base Camp (5364m/17598feet) is a very well-known adventure trek in Nepal. Tenzing Hillary Lukla Airport, Namche Bazar, Tengboche Monastery, Everest Base camp and Kalapather is the major attraction of this trek. We will see World Highest Mt. Everest, Lhotse, Nuptse, Ama Dablam, Pumori, Makalu and many others Himalayas when hike to Everest Base Camp . Hike to Everest Base Camp starts after flying from Kathmandu to **Tenzing Hillary Airport in Lukla** (2828m/9278 feet) and follows the Dudh Koshi valley which climbs up to the **Sherpa capital of Namche**, a bustling bazaar that a junction for trekkers, the local Sherpa and expedition route to the mighty Mt. Everest. All along this part of the trail, its friendly Sherpa people, picturesque villages great variety of culture and traditions, colorful festivals and monasteries. The flora and fauna are other ornaments of the Sagarmatha National Park. From Namche, we trek along a high traversing path where we have our first good views of Everest and then head towards **Tengboche Monastery** (3867m/ 12687 feet) in a clearing surrounded by rhododendrons. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely thrilling and stunning view of Everest (8848m/29029 feet) and others mountains. We then descend to the Imja Khola and continue ascend to the villages of Pangboche (3930m) and Pheriche (4200m) or Dingboche (4358m) then finally approaching the Khumbu Glacier. We then follow the glacier, first to Lobuche. The views are spectacular as we continue ascending to Gorak Shep (5100m) for a breather. After that, we hike to **Everest Base Camp** (5364m/17598 feet) which will give a chance to have a closer spectacular Khumbu Icefall. We also have the opportunity to ascend **KalaPathar** (5550m/19209 feet) from where we can get awesome views of Everest (8848m/29029 feet), Lhotse (8516m/27940 feet), Ama Dablam (6814m/22356 feet), Nuptse (7864m/25801 feet), Pumori (7165m/23507 feet) and others Himalayan

giants which literally numb your senses with breathless admiration that beholds the eye; and makes up for the lung-bursting climb that took you up there. You soon realize it was absolutely worth it. We then trek down by making our way back down to Lukla. Nepal Hidden Treks and Expedition organize **Lodge Trek** in 14 days or 2 weeks fly in Lukla and Fly out Lukla to Everest Base Camp. Lodge trek is cheaper than camping trek. You will sleep at Lodge and eat at restaurant in Lodge.

Trip Facts

Trip Duration	14 Days
Trip Grade:	Strenuous
Best Season	Macrch to May & September-November
Per Day Hiking:	4-7 hrs
Elevation	5550
Accomodation	Lodge
Transportation	Flight/Car/Jeep/Bus

Cost Includes

What are included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Sagarmatha National park fee and TIMS (Trekksers' Information Management System) card.
4. Kathmandu - Lukla - Kathmandu flight ticket with Airport departure tax.
5. All the meals (Breakfast, Lunch, Dinner) with Lodge accommodation during the trek.
6. One English speaking government certificate holder trekking guide and require porters.
7. Guide and porters: foods, accommodation, insurance, salary, flight ticket and equipment etc.
8. First Aids Kid.
9. Seasonal fresh fruit such as Apple,Banana,Apple etc.
10. 13% government VAT and official charge.

What are excluded?

- International airfare and visa fee (15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu.
- All the drinks like Coke, Fanta, mineral water, boiled water, hot shower, battery charge etc.
- Your trekking gears.
- Your travel insurance which should include the emergency rescue.
- Tips for guide and porters.

Short Itinerary

Day 01: Arriving in Kathmandu (1350m).

Day 02-12: Trekking

Day 14: Departure from Kathmandu (1350m).

Itinerary Details

1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

2. Kathmandu-Lukla-Phakding

Early in the morning Flight to Lukla (30 minutes) & trek to Phakding (2610m, 3hour walking) and then overnight at Lodge.

3. Phakding-Namche Bazar

Trek from Phakding to Namche (34540m, 5/6 hours walking) and then overnight at Lodge.

4. Acclimatization day in Namche Bazaar.

We can hike up to Syangboche, Everest View Hotel and Khumjung village. The Himalayas views including Thamserku, Mt.Everest (world highest peak), Mt. Lhotse, Konde, Kangtega, Ama Dablam, Tawoche are excellent from Everest view Hotel.

5. Namche-Tengboche

Trek from Namche to Tengboche (3867m, 5 hour walking) and then overnight at Lodge.

6. Tengboche-Dingboche

Trek from Tengboche to Dingboche (4358m, 5hour walking) and then overnight at Lodge.

7. Acclimatization day in Dingboche

This day, we explore to Chhukung village to acclimatize and view the Himalayas.

8. Dingboche-Lobuche

Trek from Dingboche to Lobuche (4930m, 5 hours walking) and then overnight at Lodge.

9. Lobuche-Gorak Shep

Trek from Lobuche to Gorak Shep (5100m, 3 hours walking) we explore Everest Base Camp

(5364m, 5hour walking) in the afternoon and then come back to Gorak Shep and overnight at Lodge.

10. Gorak Shep-Kalapather-Pheriche

We ascend to Kalapather in the morning (5550m, 2 hours walking) back to Pheriche (4200m, 5hour walking) and then overnight at Lodge.

11. Pheriche-Namche

Trek from Pheriche to Namche (3440m, 6 walking) and then overnight at Lodge.

12. Namche-Lukla

Trek from Namche to Lukla (2810m) and then overnight at Lodge.

13. Lukla-Kathmandu

Flight to Kathmandu (35 minutes) and then overnight at selected Hotel in Kathmandu

14. Departure to your home country

Final departure to international airport to fly your home country.