

## Everest Base Camp Trek



### Introduction

**Everest Base Camp Trek** (5364m/17598feet) is **the best treks in the world** and a very well-known adventure trek in Nepal. Tenzing Hillary Lukla Airport, Namche Bazar, Tengboche Monastery, Everest Base camp and Kalapather are the major attraction of this trek. We will see World Highest Mt. Everest, Lhotse, Nuptse, Ama Dablam, Pumori, Makalu and others Himalayas.

**Everest Base Camp Trek** 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 **Everest Base Camp Trek in 14 days.** **Everest Base Camp** Lodge trek is cheaper in the cost than camping trek. You will sleep at Lodge and eat at restaurant in Lodge.

## Everest Base Camp Trek Highlight

- Flight to Tenzing Hillary airport Lukla, one adventurous
- Sherpa Capital, trekkers Junction Namche Bazaar
- Sherpa culture and tradition, Monasteries, Flora and Fauna,
- Syangboche, Panoramic view of Himalayas including Mt. Everest.
- Biggest Tengboche Monastery, is stunning view of Everest and others mountains.
- Kalapather, Nearest View point Mt. Everest and other Himalayas.
- UNESCO world natural heritage site : Sagarmatha national park
- Mount Everest Base Camp, Close view of Khumbu Icefall
- Highest Mountain Mt. Everest (8848m) Lhotse (8516m) and Makalu (8463m)

## Trip Facts

Trip Duration	14 Days
Trip Grade:	Strenuous
Best Season	March to May & September-November
Per Day Hiking:	4-7 hrs
Elevation	5550
Accommodation	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 depending on group size.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Sagarmatha National park fee and TIMS (Trekking 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 trekkers 2:1 porter.
7. Guide and porters: foods, accommodation, insurance, salary, flight ticket and equipment etc.
8. First Aids Kit.
9. Seasonal fresh fruit such as Apple, Pomegranates, Apple etc.
10. Duffel Bag.
11. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your

body to avoid high risk ).

12. Nepal Hidden Treks and Expedition T-short.
13. Farewell Dinner in Kathmandu.
14. 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, our guide will come to pick you up at your Hotel in Kathmandu and drive to Domestic airport. You will take a 30 minutes flight to Tenzing Hillary airport in Lukla. In a clear day, you will see nice snowcapped Mountain View from the plane. From Lukla, trek to Phakding. It takes 3-4 hours walk. The trail is mostly downhill to Phakding. During the trek, you will pass many mané wall, Monasteries and Chheplung, Ghat villages. Phakding is located at 2610m elevation, overnight at Lodge.

#### 3. Phakding-Namche Bazar

After the breakfast, you will start the trek. Today, you will trek from Phakding to Namche. It is 5-6 hours walk. During the trek, you will pass Tok Tok, Banker, Monjo, Jorsalle village and a view of Thamskeru, Konde and first View of Mt. Everest. The trail from Phakding to Jorsalle is up and down. The Monjo is the national park check point. Your guide will check in your National Park permit. From Jorsalle, you will trek all the way up to Namche Bazar. Namche Bazar is

biggest down in Everest Region. Namche Bazar is located 3440m elevation, overnight at Lodge.

#### **4. Acclimatization day in Namche Bazaar.**

Today is acclimatization day, you will hike up to Syangboche, Everest View Hotel (3780m) and Khumjung village. The Himalayas views including Thamsarku, Mt. Everest (world highest peak), Mt. Lhotse, Konde, Kangtega, Ama Dablam, Tawoche are excellent from Everest view Hotel. You will have a Lunch in Khumjung village and walk back to Namche, overnight at same place. It takes 4-5 hours walk. In the afternoon, you may walk around Namche Bazar. Namche Bazar has Bakery, Bars, Money exchange, Banks, ATM, Trekking gear shops, Monastery, Sherpa Museum, National Park Museum etc.

#### **5. Namche-Tengboche**

You will start the trek as usual time after the breakfast. Today, you will trek from Namche to Tengboche. It takes 5-6 hours walk. The trek start with climbing up to the Top of the town. From the top of the town, you will have nice and flat trail to Kyangjuma (3550m). From Kyangjuma, you will walk down to Phunki Tenga. Phunki Tenga to Tengboche is all the way up to Tengboche (3867m). You will have nice Mountain View including Mt. Everest, overnight at Lodge. The Monastery will open and pray every afternoon at 3:00PM. You may go and have a look at this time.

#### **6. Tengboche-Dingboche**

In a clear morning, you will have nice view of Mt. Everest, Ama Dablam, Thamsarku, Lhotse, Nuptse etc. After nice view, you will have breakfast and start the trek. At the beginning, you will trek down to Diboche. From Diboche to Dingboche is nice trail which is slowly up via Pangboche and Shomare. You will trek from Tengboche to Dingboche (4358m). The view is beautiful during the hike. You will see Mt. Ama Dablam very close. The hike is around 4-5hour walk, overnight at Lodge.

#### **7. Acclimatization day in Dingboche**

Today is another acclimatization day. This day, you will climb to 400m to 500m Nangkar Tshang Peak. This climbing is very step up. You will have nice view of Ama Dablam, Cholatse, Thamsarku, Towache, Kangtega etc. view from this Peak. This climbing help to acclimatize your body. You will come back to Dingboche for Lunch. After that, take a rest, overnight at same place.

#### **8. Dingboche-Lobuche**

Today, you will Trek from Dingboche to Lobuche (4930m). The trail from Dingboche to Thokla or Dughla is nice and easy. From Thokla, you need to climb up to Lobuche. The hike is around 5 hours, overnight at Lodge. In the afternoon, you will explore around Khumbu glacier or Italian Pyramid.

## 9. Lobuche-Gorak Shep

This day, you will trek from Lobuche to Gorak Shep (5100m). The trail is slowly up to Gharak Shep. It takes 3 hours walking. You will check in Lodge and then you will have a lunch. After the lunch, hike to Mount Everest Base Camp. You will explore Everest Base Camp (5364m, 5hour walking). You will have nice and close view of Khumbu glacier and then come back to Gorak Shep and overnight at Lodge.

## 10. Gorak Shep-Kalapather-Pheriche

Early in the morning, you will ascend to Kalapather (5550m). It will take 2 hours to climb and 1 hours to come down. You will have closed view of Mt. Everest, Nuptse, Pumori and other mountains view. After the nice view, you will trek down to Gorak Shep for Breakfast. After that, you will trek down to Pheriche (4200m). The trail is all the way down from Ghorak Shep , Lobuche, Thokla to Pheriche. It takes around 5 hours walk, overnight at Lodge.

## 11. Pheriche-Namche

This day, you will trek from Pheriche to Namche. The trail is all the way downhill from Pheriche, Shomare, Pangboche, Tengboche, Phunki tenga, Kyangjuma to Namche. You will have nice view even on the way. It takes around 6-7 hours walk, overnight at Lodge.

## 12. Namche-Lukla

This day, you Trek from Namche to Lukla (2810m). The trail is all the way down from Namche to Jorsalle. From Jorsalle, Monjo, Benkar, Tok Tok, Phakding, Ghat, Chheplung, the trail is up and down to Lukla, overnight at Lodge.

## 13. Lukla-Kathmandu

This morning, you will take a flight early in the morning from Lukla to Kathmandu (35 minutes). You will check in at your Hotel. In the afternoon, you will have free and shopping time for friends and family, overnight at selected Hotel in Kathmandu.

## 14. Departure to your home country

Final departure to international airport to fly your home country.

## FAQS

### 1. Do you have Fixed Group ?

We organize small group trek everyday. Everyday is available to book this trek.

### 2. What kind of accommodation do we expect?

We provide one twin bed private common room for 2 people. You have to share Toilet and

Bathroom.

**3. Do we need sleeping bags ?**

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

**4. Internet or WIFI available on this trek ?**

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

**5. How hard is this trek ?**

The highest point of this trek is Kalapather (5550m) and Everest Base Camp (5368m) . We give this trek grade 4. Grade 1 is easiest and grade 5 is hardest trek.

**6. Is electricity available?**

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

**7. Drinking water**

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water.

**8. How do we respect the local culture ?**

- Ask permission to photograph people.
- Do not remove or purchase antiques, it is illegal.
- Avoid wearing revealing clothes and avoid outward displays of physical affection.

**9. Shower**

Hot Shower is available on the trek. You can have shower by paying extra charge.

**10. Bank or ATM or Money Exchange**

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

**11. Single Trekker**

We also organize single traveler for this trek. But you have to pay single supplement cost.

**12. Buy a Nepali Sim Card ?**

You can buy Nepal NCELL or NTC Sim Card on the arrival of Airport. You can use it all the way to Mount Everest Base Camp.

**13. When is the best time to do this trek?**

March to May and September to November is the best time to do this treK. But we organize this trek all the months.

**14. Can we buy trekking gears in Kathmandu?**

We provide sleeping bag and down jacket. You can buy rest trekking gears in Kathmandu.