

Everest Base Camp Trek & #8211; 15 Days

Duration: 15 Days



Overview

Trip Grade: Strenuous	Max Altitude: 5,545m/18,192ft
Activity: Sightseeing, Trekking, Hiking	Group Size: Min 02 pax
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
Meals: All meals during trek & breakfast in kathmandu	Accommodation: Stone Built Houses (tea houses) during trek

Everest Base Camp Trek takes you to the pinnacle of the massive range of snow-capped peaks, **Mount Everest**, which has fulfilled the appetite of adventure seekers and mountaineers alike. Follow the footsteps of legendary mountaineers and Everest's first climbers, **Tenzing Norgay** and Sir **Edmund Hillary**, and explore the scenic landscape with lush, rhododendron lined gorges, wide glacial valleys, unique rural landscape and settlements, ancient monasteries, high altitude snow-capped passes and sweeping panoramic vistas of Himalayas as you reach the **Khumbu Valley** and the base of Everest. Join Everest Base Camp Trek for the life-changing experience as you experience the contrasts and diversity in cultural and historical heritage, natural scenery, flora and fauna, cuisines and village life. The trek begins after you reach to the gateway of this beautiful valley, the scenic hill town of **Lukla**. The trail takes you downhill to the perennial and mighty Dudh Koshi River and through the farming villages, across suspension bridges, monasteries, pass Mani walls, prayer wheels, and tea houses before climbing back to the village of **Phakding**. Ahead in the trail, you have other villages, waterfalls and suspension bridges as you reach to the vertiginous bridge at Larja Dovan, the confluence of two mighty rivers, namely Bhoté Koshi River and Dudh Koshi River. The slog up to the **Namche Bazaar**, the unofficial Sherpa capital of Khumbu region, is the most exhausting but spectacular days on this trek. After reaching Namche Bazaar through the switchback ascent through the pine forest and acclimatizing there for a day, trekkers further head on towards the religious hubs of **Tengboche** and Pangboche through forests, stone steps, past water-driven prayer wheels and beautiful scene of the peaks. Each of these villages has ancient monasteries with intricate paintings, magnificent and scenic forests and mountain views as well as well preserved cultural heritage, festivals, and rituals. **Dingboche** is the next destination, the last permanent settlement in the trail from Tengboche, after which trekkers enter into the glacial moraine from the alpine grassland and trek through the lunar landscape of Khumbu Glacier to reach **Lobuche**. Walking on the rocky moraine, dodging the crevasses and witnessing the ice pinnacles, you shall reach to the Everest Base Camp to the south of infamous Everest Ice-fall, through **Gorakshep**. Detour up to the **Kala Patthar**, the

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iconic views of the mighty Everest and other neighboring peaks before heading back to the Khumbu valley to Namche Bazaar. Exiting the Sagarmatha National Park at Manjo village and flying to Kathmandu the next day from Lukla the Everest Base Camp Trek shall come to an end. Trek to Everest Base Camp, one of the most iconic trekking adventures in the Himalayan nation of Nepal, is a moderately strenuous trek. The grandeur of Himalayas can be very well felt in this trek which is best preferred from March to May and September to December. Have a reasonable level of fitness for trekking into the vicinity of Everest and make sure you have mental endurance to continue trekking for an average of 5-6 hours on hilly terrain. Join the team of **Himalayan Holyland Treks & Expedition Pvt. Ltd.** for professional and quality service, carefully planned itinerary and experienced crew members. Experience nature in this trek and have the memories of your life!



Itinerary

Day 01: Arrive in Kathmandu airport (1350m) and transfer to hotel.

Arrive in Kathmandu (1350m), TIA(Tribhuvan International Airport) and transfer to hotel. After a short refreshment at the hotel, we will take a little walk around Thamel in the evening time. B/B basis.

Day 02: Meet at the hotel, day sightseeing and talk in details about the trek.

In the morning, after your breakfast, the tour guide will come to the hotel and half day sightseeing to UNESCO Heritage Sites. We collect the documents for the trek, in the afternoon shopping for the treks, meeting the guide and talk about next day. B/B basis.

Day 03: Kathmandu to Lukla -2700m, (30min flight), walk to Phakding (2650m).

Kathmandu to Lukla -2700m, (30min flight), walk to Phakding(2650) Appr. 3 hrs, on our walk there will be the river flowing on our left where as we continue our trail passing the bridges, forests, Buddhist monasteries and stone Chorten (Stupa in the mountain region in Nepal) and on the right side of the trail Kusum Kanguru peak (6367m) can be seen if weather is clean there. B/L/D

Day 04: Phakding to Namche Bazaar (3440m), 5 hrs.

Phakding to Namche Bazar (3440m) : Appr. 6hrs , the walk begins with the view beautiful flowing river ,villages, forests, waterfalls and we pass through the highest suspension bridge in Khumbu region. On the half way , the lunch break will be at Manjo or Jorsale. There is a trekking permit check post also. We have small break also here when they entry the permit. This day we will also see the Mt. Everest from Top Danda just near by the Namche. B/L/D

Day 05: Rest day in Namche Bazaar for the acclimatization.

Rest in Namche for the acclimatization, hike to, Kusum Kanguru, Taboche, Khonde peak and many more. Everest view point-3800m (1.30h), view of Everest, Amadablam, Kang-taiga, Thamserku. Back to Namche Bazar where Sagarmatha national park museum, Monastery and the market can be visited. B/L/D

Day 06: Namche Bazaar to Tengboche (3860m).

Namche to Tengboche (3860m) appr. 5h, on this day we cross the river and there is beautiful rhododendron forest nearby the Tengboche. For lunch, we pause at Kenjoma or Phunki Tenga and we continue our trail to Tengboche; this is the biggest monastery in this region where the monks perform their religious rituals or Puja. B/L/D

Day 07: Tengboche to Dingboche (4400m).

Tengboche to Dingboche(4400m), appr. 5hrs, walk through the rhododendron forest with the view of river and we see the Amadablam closer and there is also monastery in Pangboche. Lunch will be at Pangboche or Somare. B/L/D

Day 08: Dingboche to Labuche (4910m).

Dingboche to Labuche(4910m), appr. 5h, the view is even clearer and nicer from here like, ISLAND peak, Labuche Peak, Taboche Peak, Mt. Nuptse. On this day we pass the Thokla Pass (4830m), the pass looks normal but there is high chance of getting Altitude sickness so better to drink sufficient water. B/L/D

Day 09: Laboche to Gorakshep (5150m). 3 hrs walk.

Laboche to Gorakshep(5150m), 3 h walk with some little slight steep, the view of Khumbu Glacier (the biggest glacier in Nepal), Kalapathar, Pumori, Nuptse, Everest can be seen better even this day.

After Lunch at Gorakshep, we walk appr. 2h for Everest Base camp(5364m) through small glacier, a tiny lake and landslide area and the main part of the Khumbu Glacier can be seen there.

Take photos and enjoy the view of Everest and surrounding mountains. Back to Gorakshep.Â B/L/D

Day 10: Early in the morning walk to Kalapathar (5550m) & back to Labuche.

Early in the morning walk to Kalapathar(5550m) appr.2.30 for the spectacular view of the Everest and most of the mountain in this region. Back to Gorakshep, take breakfast and walk down to Laboche.Â B/L/D

Day 11: Laboche to Tengboche (3860m). 5.5 hrs walk-Lunch at Pangboche.

Laboche to Tengboche(3860m), approx.5h 30min walk. We walk through Pheriche, Pangboche and Deboche villages. On the way we can see small forest, river, monastery, stupas and bridges. The Tengboche monastery is the biggest monastery in Khumbu valley. Lunch at Pangboche. B/L/D

Day 12: Tengboche to Manjo (2835m). 6 hrs, lunch at Namche.

Tengboche to Manjo (2835m) approx. 6hrs walk. After breakfast we walk down through Rhododendron forest about an hour. Then after Fungi Thanga we climb to Kenjoma. For the Lunch we stop at Namche Bazaar. After lunch walk down to Manjo through Jorsalle village.Â B/L/D

Day 13: Manjo to Lukla (2700m) approx. 5hrs.

Follow the descending trail from Manjo and forest to arrive at suspension bridge over Dudhkoshi River. Follow the river for few hours and you will reach Phakding. Continue walking through Phakding and you will reach Lukla in couple of hours where you will stay overnight. You can get to see mountain views throughout the trek.Â B/L/D

Day 14: Lukla to Kathmandu (1350m), flight about (30min).

Lukla to Kathmandu flight (30min) and transfer to Hotel by private car, after refreshment do small explore yourself around Thamel and overnight at hotel.Â B/L/D

Day 15: Final departure day to your destination.

Our representative drop you at the international airport of Kathmandu for your next destination. B

Cost Includes

- ⇒ Airport pickup and drop in a private vehicle for International flight.
- ⇒ Airport pickup and drop in a private vehicle for domestic flight.
- ⇒ Hotel accommodation in Kathmandu with B/B basis.
- ⇒ Tea house accommodation during the trek.
- ⇒ Three times meal in the trek.
- ⇒ Hot soup in the high places.
- ⇒ Extra tea/coffee at the afternoon.
- ⇒ Farewell dinner in Kathmandu.
- ⇒ All the transportation as per the itinerary.
- ⇒ Two-way flight: Kathmandu – Lukla – Kathmandu for all.
- ⇒ A professional guide for trek and sightseeing.
- ⇒ Porter service (2 trekkers: 1 porter).
- ⇒ Insurance for guide and porters.
- ⇒ Food and accommodation for guide and porters.
- ⇒ All necessary documents(Permits and TIMS).
- ⇒ All government and local taxes.
- ⇒ Airport taxes of Kathmandu and Lukla.
- ⇒ Medical kit.
- ⇒ Trip completion certificate.
- ⇒ Trekking map as itinerary.
- ⇒ T-shirt from the company.

Cost Excludes

- ⇒ Visa for Nepal.
- ⇒ International flight to and from Kathmandu.
- ⇒ Lunch and dinner in Kathmandu.
- ⇒ Travel and rescue insurance of clients.
- ⇒ Personal expenses: Hot shower, battery charge during trek, bar bills, laundry service and mineral water.
- ⇒ Extra night accommodation in Kathmandu in exception of itinerary.
- ⇒ Tips for guide and porters.