

## Salleri to Everest Base Camp Trek-20 Days

Duration: 20 Days



### Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 5,550m</b>
<b>Activity: Trekking</b>	<b>Group Size: Min 02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Join **Everest Base Camp Trek from Salleri** to traverse through the trail less traveled and experience the less known cultural and traditional aspect of the Everest region. Before joining the usual trekking trail at Phakding, you shall have the trail all by yourself. In addition to that, you can get better acclimatized for trekking at the higher altitude as you take a longer route in this less traveled trekking route to the Everest Base Camp, the beacon of adventure. Besides the picturesque landscape, unique blend of Hindu and Buddhist culture at the lower altitude, usual highlight of lofty Himalayas and diverse landscape are additional benefits to the trekkers. Filled with Gumba, monasteries, prayer wheels and temples, trekking around in this trail is fun. Adventure climaxes at the base of mightiest Everest and at **Kalapatthar** where you feel it worth undertaking this Everest Base Camp Trek from Salleri. Begin your Everest Base Camp Trek from Salleri with a long drive on jeep to Salleri through scenic landscape and pleasant sceneries marked with rural settlements, pristine rivers, cool waterfalls and mountain views. Ahead in the adventure, we shall traverse through the less traveled and quaint villages of Faplu, Taksindhu, Kharikhola and Surke villages before joining the main trail at Phakding. Intermittently, you shall trek past cool shades of forest, traditional styled houses, stupas and temples and observe unique lifestyle of locals inhabiting en route. From here on number of fellow trekkers shall increase as you progress ahead to the higher altitudes. Navigate past culturally rich Sherpa villages, cross suspension bridges festooned with Buddhist prayer flags and walk on ups and downs of the trail to reach Sherpa hub of Namche Bazaar. Navigate through lush rhododendron forests, explore the ancient monasteries at Tengboche and Dingboche, and walk on the lateral moraines of Khumbu glacier before reaching to Everest Base Camp. Climb to Kalapatthar for close up view of Everest and other Himalayan peaks before trekking back to Lukla via Phakding, accompanied by the perennial Dudh Koshi River. Trekkers going for Everest Base Camp Trek from Salleri are blessed with the views of Himalayas including Everest, Lhotse, Nuptse, Ama Dablam, Cho Oyu, and many more during their trek. Embarking on Everest Base Camp Trek from Salleri requires you to have moderate to strenuous trekking experience in terms of difficulty and an above

average level of physical fitness. Though weather change donâ€™t affect your drive to Salleri, itâ€™s better to go for this trek in the months of March to May and September to November. With better acclimatization opportunities than the classical itinerary, Everest Base Camp Trek from Salleri is a perfect fit for trekkers seeking alternative to the traditional route. Join us to get the best of this unique experience in the Everest region.



## Itinerary

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

Arrive in Kathmandu Airport(1350m) and transfer to hotel. Get refreshed at the hotel and little walk around Thamel in the evening time. Overnight at guesthouse. B/B

### Day 02: Meet at the hotel and talk about he trek and collect the documents for the trek.

Meet at the hotel and talk about he trek and collect the documents for the trek , in the afternoon shopping for the treks, meeting the guide and talk about next day. Overnight at guesthouse. B/B

### Day 03: Kathmandu to Salleri(2390m).

Kathmandu to Salleri(2390m), Appro. 10 hours drive by jeep, this drive offers you a beautiful scenery of the Â landscape with mountain view. We will cross some rivers and villages as well as forests. We will have lunch at Ghurmi and continue to Salleri. Overnight at guesthouse. B/L/D

### Day 04: Salleri to Taksindu(2500m) appro. 5h30.

With the relaxed morning breakfast, we start our trek walking slowly to Faplu which takes about 30m. Then we will walk about 3h that takes us to Ringmo where we stop for lunch. After the lunch the trail goes up through the jungle, the shade will cool us to walk and Â we continue our path crossing some houses and stupa before we reach to Taksindu. Overnight at guest house. B/L/D

### Day 05: Taksindu to Kharikhola(2040m)appro. 6h.

This day, we walk down through forest for some hours and we stop at Nun Thala for lunch. Â Our trail continues going down till the Khola then it goes up. We pass some villages on this way and we stop at Khari Khola. Overnight at Guesthouse. B/L/D

### Day 06: Khari Khola to Surke(2290m) appro. 6h. Â

Taking breakfast, we start walking quite relaxing, after we reach to small river, the trail goes up through the forest in some places and villages like Bupsa, Â Kare, Tham Dada. Â We will take our lunch at Tham Dada and we continue our trail almost all flat. We will be walking through forest in some places. Â Then we reach Surke after 1h little steep down walk through the forest. This is a small nice village located nearby the river. Overnight at guesthouse. B/L/D

### Day 07: Surke to Phakding (2650m) appro. 6h.

The trail begins climbing up about 2h30 that leads us to Chheplung. On our walk, there will be the river(Dudh Koshi) flowing on our left where as we continue our trail passing the bridges, forests, Buddhist monasteries, Mani( prayer wheels) and stone Chorten (Stupa in the mountain region in Nepal) Â and on the right side of the trail Kusum Kanguru peak(6367m) can be seen if weather is clean there. Overnight at guest house. B/L/D

### Day 08: Phakding to Namche Bazaar(3440m).

Appro. 6h, 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. Overnight at guesthouse. B/L/D

**Day 09: Rest in Namche for the acclimatization, hike to Everest view point (3800m) 1h30 walk.**

We can see Kusum Kanguru, Taboche, Khonde peak, view of Everest, Amadablam, Kang-taiga, Thamserku and many more of the Everest range. Back to Namche Bazar where Sagarmatha national park museum, Monastery and the market can be visited. Overnight at guesthouse. B/L/D

**Day 10: Namche to Tengboche (3860m) approx. 5h.**

On this day, we cross the river and there is beautiful rhododendron forest nearby 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. Overnight at guesthouse. B/L/D

**Day 11: Tengboche to Dingboche (4400m), approx. 5h.**

We walk through the rhododendron forest with the view of river and we see the Mt. Amadablam closer and there is also a monastery in Pangboche. Lunch will be at Pangboche or Somare. Overnight at guesthouse. B/L/D

**Day 12 : Dingboche to Labuche (4910m), approx. 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. Overnight at guesthouse. B/L/D

**Day 13: Laboche to Gorakshep (5150m), 3h.**

We 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 at this day. After Lunch at Gorakshep, we walk approx. 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. We will take photos and enjoy the view of Everest and surrounding mountains. Back to Gorakshep. Overnight at guesthouse. B/L/D

**Day 14 : Early in the morning walk to Kalapathar (5550m).**

Early in the morning walk to Kalapathar (5550m) approx. 2h30 for the spectacular view of the Everest and most of the mountains in this region. Back to Gorakshep around 1h, take breakfast and walk down to Laboche. Overnight at guesthouse. B/L/D

**Day 15 : Laboche to Tengboche (3860m), approx. 5h30.**

Laboche to Tengboche (3860m), approx. 5h30. Overnight at guesthouse. B/L/D

**Day 16 : Tengboche to Manjo (2835m) approx. 6h.**

Tengboche to Manjo (2835m) approx. 6h. Overnight at guesthouse. B/L/D

**Day 17 : Manjo to Lukla (2700m) approx. 5h.**

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Manjo to Lukla(2700m) appr. 5h .Overnight at guesthouse.

**Day 18 : Flight from Lukla to Kathmandu.**

Flight from Lukla to Kathmandu flight(30min) and transfer to Hotel by car, refreshed rest day

**Day 19 : Full day sightseeing to the world heritage sites.**

Full day sightseeing to the world heritage sites, Swoyambhu, Patan and Kathmandu durbar square, have a dinner in a Nepali restaurant. Overnight at guesthouse. B/B

**Day 20 : Final Departure Day.**

Final departure Day. Our representative will drop you by private vehicle.



## Cost Includes

- => Kathmandu &#8211; Lukla &#8211; Kathmandu two way flight cost.
- => Airport pick up and drop by private vehicle for international flight.
- => Airport pick up by private vehicle for domestic flight.
- => Hotel accommodation in Kathmandu in B/B basis.
- => Tea house accommodation during the trek.
- => Three times meal during the trek.
- => Hot soup in the high places.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers : 1 porter).
- => Insurance for guide and porters.
- => T-Shirt from company.
- => All necessary documents(Permits and TIMS).
- => All government and local taxes.
- => Airport taxes of Kathmandu and Lukla.
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => Trekking map.
- => Trip completion certificate.

## Cost Excludes

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