

Everest Base Camp Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Trekking

Transport: As per Itinerary

Food: Breakfast, Lunch & Dinner (BLD)

Accommodation: Guest house/lodges

Group Size: Min 1 Pax

Max Elevation: 5,545 m

Best Time: March - May & Sept - Dec

The Everest Base Camp Trek is thrilling, adventurous, fun, and most of all, it is a venture that will stay in your memory forever. This 18-day trek leads to the base of the world's highest mountain, Mt. Everest (8,848 m), where you will get to see panoramic views of the Himalayas. From here, hike up to the Kala Patthar to witness gorgeous sunrise on Everest is a spectacle not to be missed! On the way, you will get to explore the exotic Khumbu region and its hidden corners.

The Everest Base Camp Trek will let you experience the rich culture and tradition of Sherpa and other people, along with their daily lifestyle. You will visit ancient monasteries and stupas, whilst getting to know the locals here and their simple yet happy life. The trail passes through several picturesque villages, dense forests, glacial streams, cold rivers, fine valleys, moraines, and glacier paths. Marvel at the different climate zones and vegetation types you will see in one journey!

Highlights

- Thrilling flight to Lukla
- Explore Namche Bazar
- Visit the oldest monastery of the Khumbu region, Tengboche monastery
- Reach Everest Base Camp, the lap of Mt. Everest (8,848 m)
- Hike up to Kala Patthar to see glorious sunrise and 360-degree views of Everest
- Witness tempting landscape views and panoramic views of Himalayan mountains

Day to Day Itinerary

Day 1: Arrive in Kathmandu.

Day 2: Sightseeing & preparation for the trek.

Day 3: Fly to Lukla and trek to Monjo (2,700 m).

Day 4: Trek to Namche Bazaar (3,440 m).

Day 5: Acclimatization Day.

Day 6: Trek to Tengboche (3,860 m).

Day 7: Trek to Dingboche (4,410 m).

Day 8: Acclimatisation Day.

Day 9: Trek to Lobuche (4,910 m).

Day 10: Trek to Everest Base Camp (5,365 m) via Gorak Shep.

Day 11: Hike to Kala Patthar (5,575 m) and trek back to Gorak Shep (4,240 m).

Day 12: Trek to Pheriche (3,810 m).

Day 13: Trek to Namche Bazar.

Day 14: Trek to Phakding.

Day 15: Trek to Lukla.

Day 16: Fly back to Kathmandu.

Day 17: Leisure day in Kathmandu.

Day 18: Back to home.

Cost Includes

- Airport pickups/drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch & dinner with a cup of tea & coffee) during the trek
- Welcome and farewell dinners
- Domestic flights as per the itinerary(KTM-LUK-KTM)
- An experienced, English-speaking and government-licensed trek guide and assistant guide (4 trekkers: 1 assistant guide)
- Porter service
- Staff costs including their salary, insurance, equipment, food, and accommodation
- Down jacket and sleeping bag if you need (to be returned after trip completion)
- Free Ascent Trails T-shirt, cap or duffel bag
- National park & Municipality entry fee
- Medical kit (carried by your trek Guide)
- All government and local taxes

Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural

calamities, landslides, political disturbances, strikes, changes in Government regulations, etc

- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section