

Everest base camp trek



Introduction

[Everest Base Camp trek](#) is the best adventure trip for thrill-seekers and the grandest walk in the land of the Himalayas. As it is also one of the most popular trekking destination in Nepal. Everest trek starts with a scenic flight to Lukla, which in itself is a breathtaking lifetime experience for trekkers. From Lukla, begins to walk through the bank of Dudh Koshi River and reach Phakinding for an overnight. The next morning, we continue on to Namche Bazaar, a historical trade center and major village/home of Sherpa people, where a stunning mountain vista awaits visitors. Further, we hike to the Tengboche monastery. This monastery sits in a picturesque setting with an incredible landscape. We continue walking through rocky trails; forests and rivers with hard mountain air to reach the famous viewpoint Kalapather for a marvelous panoramic view of the world's tallest mountain. This trek is not only for adventure and mountain views; we get chance to experience and know the Sherpa culture and tradition because of our route going through Sherpa village.

Trip Facts

Trip Duration	15 Days
Trip Grade:	Moderate
Best Season	Sept, Oct, Nov & March April, May
Per Day Hiking:	6-7 hrs
Elevation	5643m
Accomodation	Tea house and lodge

Transportation

Air / Land

Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Four nights' accommodation in Kathmandu with breakfast.
- Welcome dinner with Nepalese culture program.
- Sagarmatha National Park entrance and trekking permit & TIMS card.
- Ramechhap – Lukla round trip flight ticket and departure taxes.
- Kathmandu – Ramechhap round trip transportation.
- Three meals a day (Breakfast/ Lunch/ Dinner) a cup of tea/ coffee during the meals.
- Teahouse/ Lodge accommodation during the trek.
- An experienced guide including his flight, salary, equipment insurance, lodging and food.
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, insurance, lodging and food
- Basic first Aid medical kit box.
- All government tax and local taxes.

Itinerary Details

1. Arrived to Kathmandu (1300 m)

On your arrival, we will be waiting at Tribhuvan international airport for welcome to Kathmandu, the capital-city and cultural hub of Nepal then we will transfer you to hotel. After being refresh, the trip leader will briefing in details about the program and take a stroll at the local market.in the evening we offers you a welcome dinner at Nepalese restaurant with Nepalese traditional cultural program.

2. Kathmandu city tour (1300 M)

Today full day will be interesting guided tour to Kathmandu city, visit to historical monuments and religion holy places like temples, stupa and durbar squares. During the sightseeing, you will experience culturally diverse of Kathmandu valley and explore wonderful world heritage. Rest of time we will spend for preparation of the trek.

3. Drive to Manthali

After breakfast at hotel, a scenic drive to Manthali. It will around 4 hours' drive with hilly road. During the drive, you can see many beautiful small towns. The drive gives you full enjoy. You will experience and feel nature trail. You will cross through small settlement, rivers, forest, and trace field. We reach to Manthli is a small valley for overnight.

4. Fly to Lukla then trek to Phakding.

Early morning, we will reach to Lukla Airport with a scenic short flight. We will take a short tea break in town then leave lukla and walk further toward Phakding. We will walk through the bank of Dudhakoshi River. The exciting mountain trail takes us through from village to village up and

down, narrow, valleys, over gravel, boulders and swing bridges. During the trek our will be interesting encounter with lots ponies and yaks.

5. Trek Phakding to Namache Bazaar.

An early morning we'll have breakfast at hotel before gearing up for the trek to Namache Bazaar, the biggest and historical Sherpa village in Nepal. We walk through Dudh-Koshi valley to Jorsale pass. Jorsale is an official entrance of Sagarmatha National Park. After complete the permit check we descend down to river bank with cross the Hillary Suspension Bridge then we will short walk to reach base of Namche bazaar. It's a tough climb up to our destination, but you'll be rewarded in Namche Bazaar with first glimpse of Everest in its majesty.

6. Namache Bazaar Acclimatization Day.

Today, we will take deserved break as high-altitude acclimatization. We will spend the time resting and allowing our bodies to become acclimatized to the lofty altitude. Morning, we will climb up to Syanbouche hill to explore Khumbu valley, Himalayan views including Mt. Everest. After lunch we will explore, Namche Bazaar, Sherpa museum, Sherpa culture and history of mountaineering.

7. Trek Namache Bazaar to Tengbouche.

After breakfast, a short climb up to the top of Namche Bazaar then begins the flat easy trail up to Sanasa but it is narrow on the steep hill. From Sanasa we will all the way walk down to Phungi Tanga for lunch. After lunch almost two hours we will climb up to Tengbouche for overnight. Tengbouche village is a symbolic place of the Buddhist religion, where we visit the oldest and biggest monastery of this region as well as it offers excellent views of surrounding Himalayas and Khumbu valley.

8. Trek Tengbouch to Dingbouche.

Today, we will continue our trek to the Dingboche, a picturesque village just under the Aama Dablam Himalaya. The trail comparatively gentle gradients, although you proceed at a leisurely pace because of the altitude. We will reach an altitude of 4100m. Before that will pass the beautiful villages Debouche and Pangbouche, where we can rest and enjoy lunch.

9. Trek Dingbouch to Lobuche.

Today, we continue to climb as we are heading to the altitude of 4910 meters, walking past frozen rivers, an icy wilderness of stunning beauty. There are views of Khumbu Icefall, Pumori, and many others smaller peaks from ridge tops on the track. Today may arise some breathing problems due to the high altitude.

10. Trek Lobuche to Gorak Shep and hike to Kalapather

Today, comparatively is short distance to reach Gorak -Shep even – though takes more than three

hours because of high elevation trail, but the lateral moraine of Khumbu Glacier make excited. We will have Lunch in Gork -Shep lodge, and then we hike to Kala Patthar (5643m), the famous and best view Point of Everest region. We will explore and observe from Kala Patthar all around for some time. We will enjoy views of sunset painted on top of the Himalayas including Mt. Everest then descend to Gorak Shep for overnight.

11. Trek Gorak – Shep to Pheriche .

We leaves all our belongings at hotel in Gorak – Shep , then early morning we will proceed to visit Everest base camp situated at an altitude of 5380 meters. It will be a great achievement and lifetime experience to reach there and explore the surrounding of EBC. Everest Base Camp is itself base or entrance for mountaineers ascending or descending the Mt. Everest. So to be reach to Everest base camp itself a victory over us. It needs a positive attitude and determination. After lunch in Gorak – Shep, we will walk down to Pheriche for overnight.

12. Trek Phireche to Namche Bazaar.

Our Gokyo – Everest base camp trek almost complete. Now we are heading to Lukla for returning to Kathmandu. Today, we trek to Namache Bazaar. The trail to Namache takes us through forests inhabited by highland wildlife like pheasants, musk deer, red- panda, mountain goats and snow leopards shorten and prayer flags make trail more attractive

13. Trek Namache Bazaar to Lukla.

Today is last final day of our trekking. We are going back to Lukla. We will stop at Phakding or somewhere suitable place for lunch, and then continue to trek Lukla for overnight. Evening celebrate farewell party in Lukla with trekking field staff as the last day of the trek.

14. Fly to Ramechhap and drive to Kathmandu.

Morning we will fly to Ramechhap and 4 hours scenic drive back to Kathmandu. Stay overnight at hotel on B.B basis Stay overnight at hotel on B.B basis.

15. Free day in Kathmandu

After breakfast, explore tourist hub Thamel (shopping area) where the local shops are busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at hotel on B.B basis Stay overnight at hotel on B.B basis.

16. Transfer to Airport for final Departure.

Today, ends the Everest – Gokyo trekking trip. Our representative will take you to the airport 3 hours before your departure schedule. If you have more time you can utilize that on your choice for shopping or sightseeing. On your way home, you will have plenty of time to plan your next wonderful trip to Nepal.