Everest Base Camp Trek

Facts

Destination: Nepal
Trip Difficulty: Moderate
Group Size: 1-14
Max Elevation: 5350 m

Everest base camp trek is one of the most popular treks in the world and life changing adventure journey into Khumbu region of Nepal that leads you all the way to the base camp of the world’s highest mountain, Everest (8848m). The 16 days Everest base camp trek combines awe-inspiring nature and ancient Tibetan Buddhist culture of the locals, the Sherpas.

Everest base camp trek takes you to the base camp of Everest and the 16-day itinerary is carefully designed with enough acclimatization days in between of trekking days. There will be expert local guide to guide with enough crew members. The EBC trek goes through many villages and ancient monasteries Khumjung and Thyangboche. The trek also includes hike up to Kalapattar view point that offers great panoramic views Himalayas includes Mt. Everest.

You have stunning views of world’s highest Himalayas including Mt. Everest (8,848 m), Mt. Lhotse (8,516 m), Mt. Cho Oyu (8,201 m) and Mt. Makalu (8,463 m), and numerous of other adjoining Himalayas. The Everest Base Camp Trek goes passing through numerous of glaciers; snow filled rocks and bounders on Everest base camp trek.

The Everest base camp trek has become more popular since the Mt. Everest was first telescopied by British Surveyor- Sir Gorge Everest and portrayed Everest with exact
location in the world map in 1850s. Furthermore, the Everest base camp became more popular especially after Sir Edmund Hillary and Tenzing Norgey Sherpa successfully expedited to this world’s highest mountains in 1953 AD.

The itinerary of Everest base camp trek starts with a day tour in Kathmandu and fly to Lukla. The trek starts from Lukla and goes through Phakding, Namche Bazar, Tengboche, Dingbuche, Dughla, Lobuche, Gorak Shep to reach Everest base camp. The itinerary to return is mostly the same trail to Lukla and fly back to Kathmandu.

**Highlights**

- View the beauty of Mt. Everest – the top of the world.
- Trek through some of earth's most scenic landscapes.
- View the sunrise over Mt. Everest and other impressive peaks at Kala Patthar.
- Experience the Sherpa culture on the trail.
- View the Khumbu Glacier that flows off Mt. Everest.
- See ancient carvings on Mani stone walls throughout the trek.
- Enjoy a chance to spot wildlife such as deer, leopards, jackals and mountain Tahr.
- See the Tengboche Monastery, the largest Gompa in the Khumbu region of Nepal.

**Day to Day Itinerary**

Day 1: Arrival at Kathmandu airport and transfer to hotel  
Day 2: Go on gull day sightseeing in Kathmandu  
Day 3: Fly from Kathmandu to Lukla and Trek to Phakding  
Day 4: Trek from Phakding to Namche Bazaar  
Day 5: Rest day at Namche Bazaar for acclimatization  
Day 6: Trek from Namche Bazaar to Tyangboche  
Day 7: Trek from Tyangboche to Dingboche  
Day 8: Rest day at Dingboche for acclimatization

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Day 9: Trek from Dingboche to Lobuche
Day 10: Trek from Lobuche to Everest Base Camp via Gorakshep
Day 11: Trek from Gorakshep to Kala Patthar and trek to Pheriche
Day 12: Trek from Pheriche to Namche Bazaar
Day 13: Trek from Namche Bazaar to Lukla
Day 14: Fly from Lukla to Kathmandu and transfer to hotel
Day 15: Leisure day in Kathmandu
Day 16: Transfer to international airport for your final flight departure

Cost Includes

- Airport transfers.
- 4 nights’ hotel in Kathmandu including breakfast.
- Sightseeing tour in Kathmandu.
- Meals during the trek with hot tea/coffee in breakfast as per the itinerary.
- Sagarmatha national park entry permits and TIMS.
- Flight fare (Kathmandu-Lukla-Kathmandu) with domestic airport tax.
- 11 night accommodation lodges/tea houses during the trek on twin sharing.
- A guide and porters (1 porter for each 2 trekkers and a porter will carry from 20-25 KG).
- Arrangement of emergency helicopter service which will be paid by your travel insurance company.
- Sleeping bag, down jackets and duffle bag – if Necessary (retuned after the trek).
- All government taxes, VAT and service charge.

Cost Excludes

- Nepal entry visa fee (you may easily issue the visa upon your arrival at Tribhuwan International Airport - Kathmandu).
- Travel insurance (compulsory) that covers emergencies and evacuations.
- Food (lunch and dinner) while you are in Kathmandu.

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• Your personal expenses/shopping, entrance fees on Kathmandu tour.
• All the alcoholic and non alcoholic drinks.
• Sweet things like chocolate bars and bar bills.
• Hot shower during the Trek.
• International airfare.
• Tips for the guide and staffs.