



Everest Base Camp Trek

Free cancellation up to 2 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**
 - Nepal Trekking and Hiking
 - Mountaineering
 - Trekking and Hiking
- **Travel Style:** Budget
- **Guiding Type:** Live Guide/Instructor
- **Activities:**
 - English
- **Tour Vibe:** Testing Limits
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
 - Couple
 - Family/Kids
 - For Art Lovers
 - LGBTQ
 - Senior
 - Solo
 - Women
 - Wheelchair Accessible
 - Youth
- **Country:**
 - Asia
 - Nepal
- **Routes:**
 - Everest Base Camp
 - Mount Everest
 - Everest Base Camp

- **Pickup:** Thamel Hotel Kathmandu ;

From:7:30 AM

To:7:30 AM

- **Drop-off:** Thamel Hotel Kathmandu ;

From:8:15 AM

To:3:16 PM

- **Age Range:** 10 - 62 (Years Old)
- **Tour Highlights:**Mount Everest Base Camp Trek Highlights

Journey to the foot of the world's tallest mountain, Mt. Everest (8848m)

Explore the natural diversity of the Sagarmatha National Park

The vibrant and unique culture of the Sherpa community

Witness the gorgeous views of the Himalayas including Mt. Everest (8848m) from Kalapatthar

- **Tour Introduction:**

Amongst all treks leading up to the Himalayas, the Everest Base Camp Trek is the one that needs no introduction. The trek is a journey through the heart of the Himalayas leading right to the foot of the world's tallest mountain. Adding to the natural landscapes of the Everest region are the snowy summits

- **Itinerary:**

- Day 1: **Arrival in Kathmandu | Welcome Dinner**

After touching down at Tribhuvan International Airport you will be welcomed by our office representatives. S/he will drive you directly to the hotel. After freshening up, you are free to head into the city enjoy the evening.

- Day 2: **Kathmandu Sightseeing and Trek Preparation**

Today, we take a time off in the valley to prepare for the trek and tour around the UNESCO world heritage sites in the valley. The tour kicks off with the temple of Swayambhunath perched atop the hill located to the west of the Kathmandu Valley. Then, we head towards the Hindu temple of Pashupatinath. Heading away from a streak of religious sites, we make our way towards the Kathmandu Durbar Square. The day ends at Boudhanath monastery with its tranquil environment. We can also prepare for the trek and buy necessary supplies.

- Day 3: **Fly from Kathmandu to Lukla | 2840m and trek to Phakding | 2610m |2-3 Hrs**

The day begins early as we make our way out of Kathmandu heading towards Lukla.

The 30-minute flight offers a great outlook on the overall Himalayas of central Nepal. Touching down at Lukla airstrip means we get a proper taste of the famed airstrip and the thrill of it. After a brief rest at Lukla, the trail picks up as we head towards Phakding.

- Day 4: **Trek from Phakding to Namche Bazar | 3440m | 5-6 Hrs**

Heading through the lush green forests adorned with pine and fir trees, we arrive at Monjo. Beyond Monjo lies the vibrant hamlet of Jorsalle which is also the entry point to Sagarmatha National Park. Guided by the stunning views of Thamserku (6,623m) and Kongde Ri (6,187m) we make our way over to the hamlet of Namche. Located at the foothills of the majestic Himalayas, the town has been a trading and administrative hub for generations.

- Day 5: **Acclimatization Day at Namche**

To let our bodies properly adapt with the increasing altitudes today, we take some time off at Namche. For our acclimatization hike, we can either journey to the town of Khumjung and Khunde or head over towards Everest View Hotel. The journey to Khumjung and Khunde is more culture-centric with vibrant hamlets and monasteries. The hike towards the Everest View Hotel focuses more on the Himalayan views including sightings of the Mt. Everest (8,848m).

- Day 6: **Trek from Namche Bazar to Tengboche | 3860m**

Trekking through the gradually opening valley, we make our way towards Tengboche. Through the ascending Himalayan trail the journey reaches Phunki Thanga where we take some time off to admire the stunning views of Mt. Everest (8,848m) and Mt. Lhotse (8,414m). Taking on the banks of Dudh Koshi River, we make our way through the steep trail. With the views of Ama Dablam (6,856m), we reach Tengboche which is also home to the famous Tengboche Monastery.

- Day 7: **Trek from Tengboche to Dingboche | 4410m**

Heading out of Tengboche, we slowly ascend through the Himalayan trail reaching Debouche. The trail enters the snowy Himalayan landscape ascending through its rocky trails. Later, we reach Pangboche with the stunning views of Ama Dablam (6,856m) and Thamserku (6,608m). Further up, the trail takes us to the banks of the Imja River beyond which is Dingboche.

- Day 8: **Acclimatization Day at Dingboche**

The final of our acclimatization days today we rest to adapt to the growing altitude. The hamlet of Dingboche also labelled as the "summer valley" offers a variety of acclimatization hikes. The most popular of which is the journey towards Dingboche Ri. Located at an altitude of 5,075m the mountain top is the perfect place to enjoy a stunning Himalayan panorama accommodating the summits of Lobuche East (6119m), Kangtega (6685m), Taboche Peak (6367m), and Ama Dablam (6856m).

- Day 9: **Trek from Dingboche to Lobuche | 4910m**

The Himalayan trail heading out of Dingboche sets off on an ascending run headed towards Dughla. Zig zagging through the majestic snowy landscapes we reach Pheriche.

The final stretch of the trek takes us through the glacial moraines Khumbu Glacier. The views of Khumbutse (6,665m), Lingtren (6,749m), and Pumo Ri (7,165m) adorn the horizon. Beyond the glacial moraines lies the hamlet of Lobuche, our stop for the night.

- **Day 10: Trek from Lobuche to Gorakshep (5140m) via Everest Base Camp (5364m)**

Today is a big day and also a longer one. Heading out of Lobuche, the trail ascends through the glacial moraines reaching the monuments dedicated to the fallen mountaineers. A short climb along the Khumbu Glacier brings us to the Everest Base Camp. Taking some time off to enjoy this one in a lifetime experience as you observe Himalayas including Nuptse (7861m) and Pumo Ri (7165m). Later, we make our way towards Gorakshep for the night.

- **Day 11: Hike up to Kalapatthar and trek down to Pheriche**

A scenic day awaits and it begins early as we make our way to Kalapatthar to enjoy the views of sunrise. Through the rocky pathways, we gradually ascend to the hill top to witness a glorious Himalayan sunrise. As the sun slowly creeps up on the horizon it is the summit of the Mt. Everest (8,848m) turns golden lightening up the sky. Enjoying the Himalayan sunrise, we make our way back to Gorakshep. After enjoying a pleasant Himalayan breakfast, we descend towards Pheriche.

- **Day 12: Trek down to Namche bazar**

Leaving behind the rocky trails stretching through the snowy landscapes, we head to Namche. From Pheriche, the trail descends back to the hamlet of Dingboche crossing Dughla en route. Quickly shifting our gears through the Sherpa settlements, we continue towards Tengboche. The final stretch of the trail heads back to the rhododendron forests to the town of Namche.

- **Day 13: Trek from Namche to Lukla**

The final day of our trek today we make our way back to Lukla from Namche. The journey is a pleasant one descending through the Sagarmatha National Park. Descending through the hamlets of Monjo and Jorsalle we exit the national park landing alongside the Dudh Koshi River. Up and over the suspension bridge, we cross several small hamlets including Bengkar, Phakding, and Chhuthawa on our way to Lukla.

- **Day 14: Take a flight from Lukla to Kathmandu**

The day begins early as we prepare to take off from Lukla heading towards Kathmandu. Recreating the thrill of taking off from the Lukla airstrip, we take to the skies looking back at the Himalayas. The 30-minute flight offers a contrasting set of landscapes from the snow white Himalayas to the lush green valleys. Touching down at Kathmandu we head directly to the hotel which concludes our days of travelling.

- **Day 15: Spare Day (In case of Bad weather)**

Depending on the weather, sometimes flight heading out of Lukla can be delayed. To accommodate for such a happening we keep a day in reserve. However, the day might not be needed in which case you get to enjoy a free day in Kathmandu.

◦ Day 16: **Departure**

Our representatives will once again drop you back to Tribhuvan International Airport just in time for your flight back home. We hope you had a lovely time with us and we look forwards to seeing you again.

WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
Kathmandu	3	Hotel	Hotel Thamel park	3 Star	Shared

• **Flights**

Kathmandu Lukla 27m flights

• **Pickup & Drop-Off**

- Hotel
- Airport pick up and drop off by a private vehicle
- 3 Nights hotel in Kathmandu at 3-star category hotel with breakfast in twin sharing basis
- Kathmandu Valley sightseeing (Private vehicle and a tour guide)
- Flight (Kathmandu-Lukla and Lukla-Kathmandu)
- Sagarmatha National Park fee and Pasang Lhamu Village entrance fees.
- An experienced English-speaking guide and his all expenses including his insurance
- Porter (1 porter for 2 trekkers) including their all expenses including their insurance
- Food in full board during the trekking with 3 compliment teas and teahouse accommodation
- Complimentary sleeping bags and down jackets
- Trekking route map
- First aid kit
- All the governmental taxes and service charges.

• **Guide**

- International airfare
- Travel insurance
- Nepal visa fees
- Personal expenses (Wifi, bar bills, laundries, hot shower during the trekking, gadget charging fees- US\$ 1- US\$
- 5 per gadget, mobile recharge etc)
- Extra nights accommodation in Kathmandu in case of early arrival from the trek due to unforeseen circumstances
- Extra luggage charges (Only 15 kgs- 10kgs+5kgs are included if more you need to pay US\$ 2 per kilogram)

- Emergency evacuation (our company will help to arrange the evacuation if needed)
- Tipping
- Anything does not mention in the inclusion list
- **Insurance**

Trekkers need to take the insurance for there safety

- **Extra Services**

WHAT'S EXCLUDED

- Meals
- Transport
- **Other Excluded:**

Covid Safety

Now you can treavel all around Nepal with fully vacanation card.

Tour Cancellation Policy

Free cancellation up to 2 day(s) prior departure, Or traveler will pay 20 % of the tour amount

Good To Know

FAQs