



Everest Base Camp Trekking

Free cancellation up to 25 day(s) prior departure, after which the tour cancellation policy applies.

- **Activities:**
 - Nepal Trekking and Hiking
 - Backpacking
 - Cultural Walking
 - Eco Tourism
 - Flying
 - Trekking and Hiking
- **Travel Style:** Budget
- **Guiding Type:** Live Guide/Instructor
- **Activities:**
 - English
- **Tour Vibe:** Active
- **Guiding Type:** Live Guide/Instructor
- **Recommended For:**
 - Couple
 - Family/Kids
 - Solo
 - Women
 - Youth
- **Country:**
 - Nepal
- **Routes:**
 - Kathmandu, Bagmati, Nepal
- **Pickup:** Himalayan Trekking Path Pvt. Ltd.;

From:12:00 AM

To:12:00 AM

- **Drop-off:** Himalayan Trekking Path Pvt. Ltd.;

From: 12:00 AM

To: 12:00 AM

- **Age Range:** 7 - 70 (Years Old)
- **Tour Highlights:**

Explore the stellar markets in the buzzing and classy Namche on the lap of Himalayas.

Witness majestic panorama of snow-clad ranges from Kalapathar (Vantage Point).

Ramble around the splendor and elegance of Tengboche Monastery.

Wander over the daunting and longest (of Nepal) Ngozumpa Glacier.

Meander in the complex and servile Sherpa's Culture, Heritage and lifestyle.

- **Tour Introduction:**

Every single trekking enthusiast and backpacker aspires to get as far as the Everest Base Camp (5,364 m) and contemplate the snow-capped peaks in amazement. In the heartland of formidable Himalayas lies the world's highest peak, Mt. Everest aka Sagarmatha in Nepali i.e. accompanied by other renowned summits of Mt. Lhotse (8,516m), Mt. Pumori (7,161m), Mt. Nuptse (7,855m) and many more. The desire to achieve the fantasy that embraces the prepossessing 360o outlooks of these alluring snow-capped mountain peaks attracts thousands of visitors, trekkers, and mountaineers to the Khumbu region throughout the year. Everest Base Camp Trekking is Known as EBC Treks, the most popular and visited Trekking Trail in Nepal.

The Everest base camp Kalapathar trek commences with stupendous and splendid 35 minutes flight to Lukla. From here, we advance on the declining trip along the bank of Dudh Koshi river and trek through the small village of Phakding to Namche Bazaar i.e. also celebrated as "Gateway to Mt. Everest". Actually, from this point onwards, there are many routes to reach the Everest Base Camp (5,364 m). These renowned routes are Kalapathar, Gokyo, Jiri, and Renjo pass trails. These routes are equally audacious and carry their own significant importance. On our case, we now trek to the village of Tengboche (3,870m) that showcases a spectacular monastery with the noteworthy outlook of Mt. Everest (8,848m), Mt. Ama Dablam (6,812m) and so forth. Afterward, we trek to Dingboche where we'll have a day for resting and acclimatization purposes. In addition, we can enjoy the beautiful mountain outlooks. We resume our trek to Lobuche; then advance to Gorak Shep (5,170m) the next day. From here, we trek towards the Everest Base Camp. The Base Camp renders the alluring vistas that include the snowy peaks of Nuptse, Khumbute, and Pumori. Eventually, we arrive at Kalapathar, the world-famous viewpoint that bestows awe-inspiring panoramas adorned with snow-covered summits of Everest, Pumori, Lingtren, Khumbetse, Nuptse, Lhotse, Ama Dablam, Thamserku parallel with many other mountaintops. Subsequently, trek to Pheriche then back to Namche Bazaar and

conclude our escapade at Lukla.

Keeping the bewitching vistas aside, we also get to interact with native Sherpa communities and experience their lifestyle, culture, traditions, and hospitality throughout the whole expedition. Buddhism influenced prayer flags, Chortens, mani walls and gompas render an essence of spirituality deep inside as you spend more time in this mesmerizing land of Sherpas. Please kindly contact us for the Everest Base Camp Trekking - We are the Local Experts Company here in Kathmandu.

- **Itinerary:**

- Day 1: **Arrival in Kathmandu (1,400m) and transfer to Hotel**

A cordial Namaste!! Celebrated widely as one of the foremost travel destination in the lap of formidable Himalayas, Nepal possesses bottomless natural beauty, classic culture and traditions along with remarkable heritages. Upon your arrival at the Kathmandu Airport, we'll make contact with each other and greetings will be exchanged. Thereupon, you'll be guided to your hotel where you can recharge your batteries after a long and exhausting trip. Later in the afternoon, you'll be requested to visit our office. Here, you'll be introduced with your trekking guide and have an exchange of views regarding forthcoming travel venture while we process your mandatory trekking permits. The evening is available for your personal activities. We suggest you take an evening stroll around the surrounding areas of your accommodation.

- Day 2: **Early Morning Flight to Lukla (2,840m) and Trek to Phakding (2,610m) 30 mins flight, 5-6 hours trek**

Early in the morning, we'll take a pre-scheduled flight to Lukla. This spectacular flight lasts about 30 minutes progressing above the snow-capped peaks of the Himalayan Range. Breathtaking aerial vistas can be observed from aerosphere. As soon as the flight lands, we'll commence our trekking journey on the trail, which advances beyond the scenic terrain to the Sherpa village of Chheplung (nearly 30 minutes below Lukla). Now, the trail continues across a side valley beneath Kusum Kanguru, a trekking peak soaring 6,369m asl. Accompanied by this splendid sight, the trekking trail then passes through Ghat (2,550m), a village famed for the cluster of boulders inscribed with Buddhist mantra: Om Mani Padme Hum for over a hundred times. At the end of the day, we arrive at Phakding (2,610m).

- Day 3: **Phakding to Namche bazaar (3,340m) 5-6 hours trek**

Today, we tighten our shoe laces up and proceed on the trail along the western bank of Dudh Koshi to Benkar (2,700m). This particular village features hot springs contained in a shed and a neat waterfall. Afterward, the trail traverses to the eastern bank of Dudh Koshi River and makes its way through the woodland of rhododendron and Blue pine to

Chumoa and Mondzo, situated on the edge of Sagarmatha National Park. Here, we are required to show our permit or obtain one if we don't have any. We'll now advance to Monjo village (2,800m) and pursue an abrupt trail that abruptly descends across Monjo Khola. Afterward, the trail drops to Jhorsalle (2,804m) after navigating past the Dudh Koshi River again. Eventually, we arrive at the conflux of Dudh Koshi and Bhote Koshi Rivers. From here, we'll make a precipitous climb to a suspension bridge across the Dudh Koshi River. Subsequent to a brief steady ascent through the forest, we reach Namche Bazaar (3,340m) that extends alluring mountain vistas.

- **Day 4: Acclimatization Day in Namche Bazaar (3,340m)**

Well renowned as the Sherpa 'capital' and administrative centre of the Khumbu region; Namche Bazaar is home to an army camp and the headquarters of Sagarmatha National Park. It is a market town that hosts weekly market every Saturday morning where traders from other places put their goods for sale. Note that this market operates till mid-day. Furthermore, Namche flaunts internet cafes, an ATM, a bank, a German bakery, Medical and Tibetan souvenir shops alongside dozen of shops. Namche is an excellent place to acclimatize as it boasts numerous trails to surrounding villages and vintage points to aid in accommodating in higher elevations with low oxygen levels. On top of that, this very Sherpa village presents the delightful panorama of gigantic peaks including Everest, Lhotse, Nuptse, Ama Dablam, and Taweche on a clear day. You can also get familiar with ethnic Sherpa customs and traditions succeeding a tour of Village.

- **Day 5: Treks to Tengboche (3,870m) 5-6 hours trek**

This very day, we'll trek on the trail, which initially advances through the Khumjung region then progress to prime route to Everest Base Camp at Shanasa. Afterwards, the trail makes headway to Trashinga then Phunkitenga (3,250m) where it traverses the Dudh Koshi River. Phunkitenga harbours an army checkpoint that examines trekker's permit. Further, a broad and vertical climb uphill across the woodland composed of Juniper, Fir, Pine and Rhododendron leads to Tengboche (3,870m). The village flaunts the vistas encompassing peaks like Everest, Ama Dablam, Kantega etc. Moreover, it harbours Tengboche Monastery aka Dawa Choling Gompa, the largest of its kind in the Khumbu region. Tengboche also functions as a lookout point displaying sublime sunset vista over Mt. Everest and Mt. Ama Dablam.

- **Day 6: Tengboche to Dingboche (4,360m) 5-6 hours trek**

This morning, we will make our way down across the woodland at Debouche, chiefly occupied by rhododendron, birch, fir and juniper. Continuing the journey, we steadily head uphill on the trail that passes over the rushing Imja Khola and progresses to Pangboche (3,985m). You can explore the beautiful Pangboche Monastery, located within this very village. In addition, you can observe the elegant Mt. Ama Dablam here.

Subsequently, the trail traverses Imja Khola again after ascending past the alpine hillside then come to Dingboche (4,360m).

- **Day 7: Dingboche Rest Day**

The day seven of our adventure is allocated for second acclimatization. As the elevation keeps on increasing, we are required to get adapt with the surrounding in order to avoid difficulties like Acute Mountain Sickness (AMS). If sitting ideal does not match your preference, you can hike in magnificent Chhukung Valley. Also, you can trek to Nangkartshang Hill (5,090m), which showcases admirable vistas of Ama Dablam, Lhotse, Island peak, Makalu and an incredible view of the valley. This trek utilizes about 4-5 hours. But we strongly urge you to provide acclimatizing time to your body so that it can prepare itself for the upcoming arduous journey.

- **Day 8: Dingboche to Lobuche (4,960m)**

Accompanied by the majestic outlook of Tawache and Cholatse peaks; today, we ascend on a ridge. Thereupon, we advance beyond the pasturelands and walk across a wooden bridge to Dughla (4,620m). From here, the trail ascends precipitously to the crest of a glacial moraine then continues past the memorial dedicated to the fallen climbers and Sherpa during numerous Everest expeditions. We also get to observe the astonishing sight encompassing Lingtren (6,697), Pumori (7,145 m), Lingtren (6,697), and Mahalangur Himal. You are deprived of the Everest view here as the world's highest mountain is concealed behind the lofty wall of Lhotse and Nuptse. After a short hike, we'll reach Lobuche (4,960m).

- **Day 9: Lobuche to Gorakshep (5,170m), Visit Everest Base Camp (5,364m)**

From Lobuche, we'll begin our trek on a rock-strewn trail through the Khumbu Glacier to set foot in Gorak shep (5,170m). We'll then make our climb to Everest Base Camp (EBC). The Base camp is a wonderful place where you can reach via trekking only (without use of mountaineering equipment). Here, you can get a sight of colorful camps set up by the mountaineers during their Everest expedition. Don't expect a warm welcome from the climbers there, respect their privacy and concentrate to fulfill your Everest dream i.e. sightseeing and snapping pictures. You may be disappointed as you don't observe the full picture of colossal Mt. Everest from bottom to top as expected because you are too near to the mountain itself. But, you can contemplate striking Khumbu Icefall. On top of that, you can also get the awe-inspiring glimpses of snowy mountaintops including Pumori, Mahalangur, Lingtern, Khumbutse, Nuptse, and many more. In the end, we'll return back to Gorak Shep (5,170m).

- **Day 10: Gorakshep to Kala Patthar (5,545m) hike and Pheriche (4,288m)**

Today, early in the morning, we will make our way to Kalapatthar. At the elevation of 5,545m; Kalapatthar is the highest point of our trek and also widely celebrated viewpoint in the Khumbu region, located further and at a higher elevation than Everest Base Camp. Therefore, this view tends to turn your Everest dream into reality by showcasing the full view of the world's highest peak in close proximity. This spot also flaunts sight of the mesmerizing sunrise above the Mt. Everest aka Chomolungma or Mother Goddess of the Universe in Tibetan and Sagarmatha in Nepali respectively. Furthermore, it is the ultimate location to enjoy the panoramic outlook encompassing snow-capped mountaintops of Everest, Ama Dablam, Lhotse, Nuptse, Pumori, Lingtren, Khumbutse, Changtse, and many more. Else, just above the Lho La pass, we can discover the colossal face of Changtse (7,750m). Since there are no accommodation facilities available here; we'll trek back to Pheriche (4,288m).

- **Day 11: Pheriche to Namche Bazaar (3,340m)**

On the break of the dawn, we pursue the trail, which progresses back to Pangboche through the green woodlands. Subsequently, the trail advances across Tengboche. En route, we'll probably confront exquisite Himalayan wildlife, Himalayan Tahr, Pheasants, Musk deer and much more. The trail now descends along the Dudh Koshi River to Phunki Tenga then ascends to the Khumjung region past Sanasa Village. Eventually, the trail leads the way to Namche Bazaar (3,340m).

- **Day 12: Namche Bazaar to Lukla (2,840m)**

The trail makes a downhill descent beyond the suspension bridges to the village of Monjo. Following the progress across the villages of Chumoa and Mondzo; the trail passes to the other side of rhododendron and fir woodland. Complemented by lush greenery with snowy mountaintops as the backdrop; the trail now traverses suspension bridges, numerous Sherpa settlements. Without any obstacles to break off, the trail finally reaches the village of Phakding (2,610m). From this point onwards, the trail ultimately ends up at Lukla (2,840m).

- **Day 13: Lukla to Kathmandu**

Today, you'll head to Kathmandu from Lukla via a scenic flight that will take about 30 minutes. The flight delivers the lovely aerial outlooks comprising snow-capped mountains of the formidable Himalayan Range.

- **Day 14: Rest and Shopping day in Kathmandu**

The 14th day of escapade is devoted to your rest. This day, you may rest and relax, enjoying the facilities offered by your hotel. The sound rest is essential to loosen up your

worn-out muscles. You can also use your remaining time in the country via some last-minute shopping of souvenirs to take back home.

◦ Day 15: **Final Departure**

Today is the last day of your escapade in Nepal. Following farewells, one of our representatives will guide you to the Kathmandu Airport, 3 hours before your flight's actual time of departure. We wish you a safe flight back home!!

WHAT'S INCLUDED

Location	Nights	Type	Property Name	Rating	Occupancy
<ul style="list-style-type: none"> • Flights <ul style="list-style-type: none"> ◦ Domestic Flights (Kathmandu to Lukla, Lukla to Kathmandu) • Pickup & Drop-Off <ul style="list-style-type: none"> ◦ Airport picks and Drops by Private Vehicles • Guide <ul style="list-style-type: none"> ◦ Well experience Trekking Guide and Porter (2 Guests: 1 Porter) • Meals <ul style="list-style-type: none"> ◦ Vegan ◦ Vegetarian ◦ 12 nights' accommodation with full boards meals(Breakfast, Lunch, & Dinner) during the treks • Transport <ul style="list-style-type: none"> ◦ All the Ground transportation by Private Vehicles 					

WHAT'S EXCLUDED

- Insurance
- Transport
- **Other Excluded:**
 - Nepal Visa Fees
 - International Air Fare
 - Drinks and food in Kathmandu
 - Drinks are not mentioned in mountain
 - Travel Insurance for Guest (you should have travel insurance for rescuers service)
 - Extra Activities
 - Extra Accommodation

- Trekking equipments(Trekking pole, Sleeping Bags, Down jackets) – you can hire in Thamel in good price
- Tips for Staff

Covid Safety

- 1) you have to carry PCR Negative Report

Tour Cancellation Policy

Free cancellation up to 25 day(s) prior departure, Or traveler will pay 100 % of the tour amount nonrefundable

Good To Know

FAQs