

Everest Base Camp Trek



Trip Grade: Easy
Duration: 15 Nights/16 Days
Max. Altitude: 5550m

Destination: Nepal
Region: Everest
Activity: Trekking & Hiking
Theme: Lodge & Tea House

WhatsApp
+977 984107075
Email us at:
info@trekkingexperts.com

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Overview

Mount Everest (8848m) is the highest mountain the world towering above 8848 meters from sea level. Mount Everest also the most awaiting peaks in the world that people dream to conquer it. Obviously, there is no other place in the world more spectacular than Mount Everest. Trekking Experts designed this exclusive Everest Base Camp Trek to bring you closer to the world highest peak Mount Everest.

Everest Base Camp Trek is beautiful and most popular trek in Nepal where thousands of people trek every year to the base camp of Mount Everest. Mount Everest is situated in Everest National Park (locally Sagarmatha National Park) of Nepal. Trekking in the Everest region offers you scenic mountain views, alpine vegetations and animals while you're trek and will get opportunities experience the life of world famous climbers; Sherpa people. The trek offers the opportunities to see the ranges of mountain ranges, Sagarmatha National Park, the world heritage site, the life style of the Sherpa people, Himalayan flora and fauna and will also get an opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off in 1953. You will witness the highest altitude hotel in the world, The Everest Hotel, highest altitude airport Lukla airport also known as Tenzing Hillary Airport and high altitude places where people still live.

Highlights

- Witness the top of the world Mt. Mount Everest and other 8000m peaks
- Experience the real life standard of world famous climbers, the Sherpa people
- To see the flora and fauna of high Himalaya
- Opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off on in 1953
- Witness the highest altitude hotel in the world, The Everest Hotel, highest Altitude Airport & Everest Base Camp
- Panoramic view of mountain ranges from Kalapattar (5545m)
- Logistic services garnished by warm hospitality of Sherpa people

Trip Itinerary

Day 01: Arrival in Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu.

Dinner will be booked at the hotel.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu (1310m) - Phakding (alt. 2640m)

Early morning you'll transfer to airport and you'll make an early start to take a spectacular, short mountain flight to Lukla, the start point for our trek. During the flight you'll see scenic views of Langtang, Jugal ranges, Rolwaling Himal, Gaurisankar and Menlumtse before getting your first glimpse of Everest.

Upon arrival at Lukla airport you'll meet trekking crew and you'll spend a few minutes sorting out bags etc before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming Dudh Koshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous Mani stone at Thado Koshi we meander up through the many Chortens and prayer wheels of Sano and along to our destination of Phakding in time for a late lunch.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3 Hours Walk **Altitude:** 2640 meter

Day 03: Phakding - Namche (alt. 3440 m)

After breakfast at lodge, you'll start trekking through a beautiful pine forest that leads you along the Dudh Koshi River and Hillary Suspension Bridge to reach to Monjo and starting point of Sagarmatha National Park. Here you'll stop at check post of TIMS & National Park permit. The trail passes through the Dudh Koshi, Bhote Koshi River, Jorsalle village, Large Dovan and cross one of the highest bridge over the Dudh Kosi River of Everest region and reach to Chautara from where we can see the first glimpse of the Mt. Everest. Further walking about one hour steep up we reach to Namche bazaar (market).

Namche Bazaar is known as 'heart of Khumbu' which is one of the trading points for Sherpa people. It is also ideal market for visitors to purchase traditional crafts. Every Saturday there would be local street market, do not miss if you are there on Saturday.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3440 meter

Day 04: Namche (alt. 3440m)

Today is the schedule for acclimatization and explore around Namche Bazaar. After breakfast you'll head toward Syangboche airport. Syangboche airport is known as world highest altitude airport. First of all, in the morning you'll visit Sherpa Culture Museum and Everest photo Gallery, which is just 15-minute walking distance from Namche Bazaar. From the museum you can have the spectacular picturesque Mountain View and take some photographs. Then start trekking to Everest view hotel passing through Syangboche Airport which takes about 2 hours. You will climb further to reach Mt. Everest View Hotel for great panoramic views of Mt. Everest, Lhotse, Ama Dablam, Tawache, Kusum Kangkaru, Thamserku, Kongde and many more. Enjoy the spectacular view of mountains including Mt. Everest from the nearest destination then trek back to Namche Bazar.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3 Hours Walk **Altitude:** 3440 meter

Day 05: Namche-Tengboche (alt. 3860m)

As always after breakfast at the lodge, you'll have a gentle walk through the forest with magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kongde peak with view of the eastern snow capped mountains. The trail leads uphill through the forested path and the hardly walk to get to Tengboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam. You'll have the chance to look around the monastery and the interesting visitor centre there and good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. Then will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 3860 meter

Day 06: Tengboche- Dingboche (alt. 4410m)

After breakfast at lodge, you'll descend down from Tengboche, winding through the rhododendron forest to Deboche and crossing a bridge over the raging Imja Khol River. Hug the valley wall, and then traverse the plains to Dingboche, the start of the Imja Tse Valley. Dingboche is also the gateway to Chukung and farther beyond for the most challenging traverses towards Makalu area and Hinko Valley via Sherpani col 6100m and Amphu Lapsa pass 5780m. Then will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours Walk **Altitude:** 4410 meter

Day 07: Dingboche (alt. 4410m)

After taking morning breakfast, today you will rest in Dingboche for acclimatization. You may have full day rest or there are some places where you can go for a day walk like trek to Chhukung (4730m) is worthwhile which takes approximately 3-4 hours from Dingboche, towards east within the Imja Tse Valley, although the trek is gradual, however you can feel the thin air as the altitude gains slowly coming towards Chhukung. At Chhukung, there are few teahouses overlooking superb view of the snow capped peaks and glaciers after enjoy stroll back to Dingboche for overnight.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** **Altitude:** 4410 meter

Day 08: Dingboche- Lobuche (alt. 4910m)

After breakfast, you'll ascent the retrace our steps back to Pheriche before continuing along the trail up the broad valley bottom towards Dugla. Ahead of us is the trekking peak of Lobuje East (6119m), which is one of the objectives on our Khumbu Climber itinerary, and to your left is the formidable north face of Taweche, the scene of many cutting-edge Himalayan ascents of the 1980s and 1990s. After three hours you'll reach the small collection of lodges at Dugla (4620m). You might choose to walk up to the Sherpa memorials, from where there are outstanding views of Ama Dablam, Cholatse and Taweche. From Dugla, the trail starts steeply to climb up beside the glacier moraine. After a few hours the track eventually leads to a small cluster of tea houses pleasantly situated at Lobuche (4940m). After reaching Lobuche, will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 4910 meter

Day 09: Lobuche- Gorakshep (alt. 5140m) and then hike to Kalapattar (alt. 5550m)

After breakfast you'll continue our trek to Gorekshep in a windy and rocky path with the wonderful view of Mount Pumori, Mount Nuptse and other magnificent peaks. After check in at lodge & lunch, you will continue towards Kalpattar located at 5550m from the sea level. About 2 hrs ascent to Kalapattar (5550m), you shall have the wonderful views Mount Everest (8848m) in front and Mount Pumori, Mount Amadablam and other Khumbu mountain ranges. This small peak offers the best views of Mount Everest, Nuptse, Pumori and Ama Dablam along with the entire mountain views of Khumbu Himalayan range. Being here for some hours, we hike down to Gorekshep. Overnight at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 5140 meter

Day 10: Gorakshep- Everest BC (alt. 5663m) –Lobuche (alt. 4910m)

After breakfast, you'll walk towards Everest Base Camp and to the Khumbu Ice-fall. The trail passes through over rocky dunes and moraine and streams, till you reach the base camp. In Everest Base Camp the climbers gather for summiting Everest during the high expedition season. You'll explore base camp and its surroundings glacier and return back to Gorekshep for lunch. After lunch will trek back to Lobuche.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 4910 meter

Day 11: Lobuche -Pangboche (alt. 3930m)

After breakfast at lodge, you'll go down to Pangboche following Dugla and Pheriche. Overnight at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 3930 meter

Day 12: Pangboche -Namche (alt. 3440m)

After breakfast at lodge, you'll trek down to Namche. First of all you'll head down to Deboche, then to Tengboche. Then you will walk down hill towards the Phungithanka vis Tangboche and after crossing the suspension bridge over the Dudh Koshi river trek onwards to the Kyanjuma the junction of the trinity ways to Gokyo Valley, Khumjung village and Namche Bazaar. Then you'll reach at Namche.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner , Lunch and Dinner **Walking Hours:** 5/6 Hours **Altitude:** 3440 meter

Day 13: Namche-Lukla (alt. 2840m)

From Namche you'll descent down to the Monjo village where you'll have lunch. Then decent to Phakding and you'll gradually walk to Lukla passing through the incredible mountain scenery and local Sherpa village. Arrival in Lukla and you'll have time to stroll around the areas and guide will re-confirm your flight ticket and enjoy the last celebrate dinner with your crew member and overnight at Hotel.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 6/7 Hours **Altitude:** 2840 meter

Day 14: Lukla – Kathmandu (alt. 1310m)

Depending on your flight time, you'll walk to Lukla after breakfast. Then you'll take short flight to Kathmandu

which takes about 35 minutes to reach Kathmandu. Upon arrival at Kathmandu, you'll transfer to hotel. And then you'll have free to relax at hotel or explore around Kathmandu valley.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** **Altitude:** 1310 meter

Day 15: Kathmandu (alt. 1310m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast & Dinner **Walking Hours:** **Altitude:** 1310 meter

What's Included

Meals & Accommodations:

- i) 3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & Breakfast
- ii) 12 nights in local lodges during the trek in common-room (optional upgrade to attached toilet room USD 25-90 per person) with full board basis (Breakfast, Lunch and Dinner) on twin sharing basis

Transportations & Flights:

- i) All airport/hotel/airport transfers by private air-conditioned vehicle
- ii) Kathmandu-Lukla and Lukla-Kathmandu flight with airport taxes
- iii) 15 kg baggage per person for cargo and trek

Permits & Fees

- i) Everest National Park Fee
- ii) Local Government Fees/TIMS Fee

Guide & Supporting Crew

- i) 1 English speaking experienced trekking guide
- ii) 1 porter for every two members to carry personal baggage



Value-Added Services

- i) Welcome at airport on arrival with Khata ii) Farewell Dinner at typical Nepalese restaurant iii) Trekking Map and Kathmandu City Map iv) Comprehensive First Aid Kit



What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals during Kathmandu stay (lunch and dinner)
- Tips for trekking crew