

Itinerary

Day 01 – Arrive in Kathmandu (1,400 m). Overnight at a Hotel.

Day 02 – Guided sightseeing in the Kathmandu Valley. Overnight at a Hotel.

Day 03 – Fly to Lukla (2,840 m) and Trek to Phakding (2,610 m) – 3 hours.
Overnight at a Guesthouse.

Day 04 – Trek to Namche Bazaar (3,440 m) – 6 hours. Overnight at a Guesthouse.

Day 05 – Namche Bazaar Acclimatization Day. Overnight at a Guesthouse.

Day 06 – Trek to Tengboche (3,860 m) – 5 hours. Overnight at a Guesthouse.

Day 07 – Trek to Dingboche (4,350 m) – 6 hours. Overnight at a Guesthouse.

Day 08 – Acclimatization Hike to Nangkartshang Peak (5,083 m) – 4 hours.
Overnight at a Guesthouse.

Day 09 – Trek to Lobuche (4,910 m) – 5 hours. Overnight at a Guesthouse.

Day 10 – Trek to Everest Base Camp (5,364 m) & back to Gorak Shep (5,180 m) – 8
hours. Overnight at a Guesthouse.

Day 11 – Morning Hike to Kala Patthar (5,555 m) & descend to Pheriche (4,200 m)
– 7 hours. Overnight at a Guesthouse.

Day 12 – Trek to Namche Bazaar (3,440 m) – 7 hours. Overnight at a Guesthouse.

Day 13 _ Trek to Phakding (2,610 m) – 3 hours. Overnight at a Guesthouse.

Day 14 – Trek to Lukla (2,840 m) – 4 hours. Overnight at a Guesthouse.

Day 15 – Morning Flight from Lukla to Kathmandu. Overnight at a Hotel.

Day 16 – Transfer to the International Airport for final departure.

Per person 1220 USD

Trip information

Everest Base Camp Trek to the base of the world's highest mountain Mt. Everest (8848m), offers the ultimate challenge for trekkers and adventurers. Filled with breathtaking mountain panoramas and charming Sherpa settlements, the trail goes up the Dudh Koshi Valley to Namche Bazaar and Kala Patthar (5555m), the highest point of the trek. This is a walk on the wild side. If you are up for the challenge, this is one of the most inspiring places in the world to do it.

we take an exciting mountain flight to **Lukla** and trek up the **Dudh Koshi Valley**, surrounded by the soaring peaks of **Thamserku** and **Kusum Kanguru**. It's a steep ascent to **Namche Bazaar**.

A rest day here aids acclimatization and there are great optional walks to enjoy the area. We then follow the trail to Tengboche, located high on a ridge where a magnificent 360-degree panorama awaits. The views of **Everest**, **Lhotse-Nuptse Wall**, **Ama Dablam** and **Kantega** dominate this peaceful and spiritual location – surely one of the most tranquil and inspiring places in the world.

Day to Day Itinerary

Day 01: Arrival in Kathmandu (1,340m/4,396ft)

Our journey in Nepal begins today. Map adventure representative will be waiting for us at the airport. He/she will then drop us off at our hotel where we can take a rest. In the evening we can enjoy a welcome dinner. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Included meals: Dinner

Day 02: Kathmandu: sightseeing and trek preparation

We tour UNESCO World Heritage Sites today. These sites highlight Nepal's cultural and religious heritages. Our first stop will be Bhaktapur Durbar Square which is

showcases Bhaktapur rich architectural prowess during the Malla dynasty (c1201–1769), and then ' . Next is Pashupatinath Temple which is one of the most sacred pilgrimage sites for Hindus all over the world followed by the Buddhist shrine of Boudhanath which is one of the largest stupas in the world. Lastly, in the late afternoon, brief orientation on our trek.

Bhaktapur Durbar Squar is the plaza in front of the royal palace of the old Bhaktapur, It is a UNESCO World Heritage Site. Many tourists attraction is toward the pachpann jhyale durbar.

Bhaktapur Durbar Squar

The Bhaktapur Durbar Square is located in the current town of Bhaktapur, also known as Bhadgaon which lies 13 km east of Kathmandu. While the complex consists of at least four distinct squares (Durbar Square, Taumadhi Square, Dattatreya Square and Pottery Square) the whole area is informally known as the Bhaktapur Durbar Square and is a highly visited site in the Kathmandu Valley

Pashupatinath Temple

Pashupatinath Temple is one of the holiest Hindu shrines in the world. Dedicated to Lord Shiva, the temple lies 5 kms east of the city center. The richly-ornamented pagoda houses the sacred Linga, or phallic symbol, of Lord Shiva.

Boudhanath Stupa visit Boudhanath, the 2500 years old Buddhist stupa in the Valley built in 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going round the stupa spinning the prayer wheels.

Overnight at hotel . Breakfast Included.

Day 03 fly to lukla, trek to phakding (2610 m/ 8000 ft) : 40 minutes flight & 7 km 3 hours trek

We take an early morning flight to lukla which is all Everest treks begin. we meet our rest of team in lukla. And start trekking from there. We walk gradually descend to Chiplung village from there we get a glimpse of Mt. Khumbila a sacred

mountain which has never been climbed. Then we gradually descend until phakdin.

Included meals: Breakfast, Lunch & Dinner.

Day 04: phakding to Namche Bazara(3440m/11300 ft)13km 6-7 hours

Our trail passes through a pine forest and we continue our walk on the trail that goes north up the Bankar village. We cross dudhkoshi River and pass Chumoa and Monjo village before reaching the entrance of the Sagarmatha national park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of Dudhkoshi river. We ascend on a steep trail and reach Namche bazaar. The biggest town in the Everest region. Overnight in Namche bazer.

Included meals: Breakfast, Lunch & Dinner.

Day 05: Acclimatization day at Namche bazaar (3440m/11284ft)

We will spend a day in Namche Bazaar in order to acclimatize and adjust to the thinning air. We will trek a short distance to a museum that is celebrated for its exhibits of the traditional customs of the Sherpa people. We will also hike up to Syangboche Airport and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, we can see rewarding views of the Himalayas including Mt Everest.

Included meals: Breakfast, Lunch & Dinner.

Day 06: Namche Bazar to Tengboche (3860m/12670ft) 5-6 hours

Today we will ascend towards the biggest monastery of the Everest region located at Tengboche. It encloses within Sagarmatha National Park which is listed in a UNESCO world heritage site. The trek to Phunki thanga will be easy, but afterward ascending will become relatively harder. The panoramic view of the Himalayas from the monastery shows us a divine universe built under the same range. We can observe a Buddhist religious ceremony.

Included meals: Breakfast, Lunch & Dinner.

Day 07: Tengboche to Dingboche (4410m/14468ft) 5-6 hours

While trekking with a magnificent view of a rhododendron forest and admire good views of Mt. Everest, Lhotse, Nupse and Ama Dablam. We walk downhill to Debuche and cross the Imja River we ascend towards Dingboche. We'll pass the valley wall and then the plains to Pangboche village, the biggest settlement of the Sherpa in the region. It is a great opportunity to have a lunch with the Sherpa locals.

Included meals: Breakfast, Lunch & Dinner.

Day 08: Acclimatization hike to Nagarsaka Hill (5083m/16676ft) 3 hours

This day is planned as acclimatization day. We don't make progress towards Everest Base Camp. Instead we will take a hike to Nangkartshang Peak just above Dingboche. The peak is an excellent view point especially of the gorgeous Ama Dablam, Imja peak, Mt. Makalu & Mt. Lotse, If weather is clear. You can spend the afternoon strolling around the village or resting.

Included meals: Breakfast, Lunch & Dinner.

Day 09: Dingboche to Lobuche (4910m/16108ft) 4-5 hours

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the village of Lobuche which is located at the foot of giant Lobuche peak.

Included meals: Breakfast, Lunch & Dinner.

Day 10: Lobuche to Gorakshap (5180m/16994ft) and to Everest base camp (5364m/17600ft) back to Gorakshap.

For further advancement, we take the trail through the once vast Gorakshep Lake. We pass through rocky dunes, moraine, and streams. You head out on narrow tracks which are of few feet wide and few hundred meters above the ground. The distance between Lobuche and Gorakshep is of 4.5 km and will take approximately 3 hours to reach.

From Gorakshep, It is approximately 3.4km to the Base Camp. As you walk across the rocks towards the many prayer flags that mark the spot, you will arrive at Everest Base Camp. During the expedition season, many of the groups are settled here in their respective camps awaiting their climb to the highest mountain in the world. You can even interact with some of them. It will take approximately 2.5 hours to reach Everest Base Camp from Gorakshep.

After taking photographs and enjoying the moment, we head back towards Gorakshep for the overnight.

Included meals: Breakfast, Lunch & Dinner.

Day 11: Gorakshepe To Kala Patthar (5,555m/18225ft) To Pheriche (4,200m/13780ft): 7-8 Hours

Kalapattar's altitude is often given as 5555m but the hill, further along, is a little bit higher. One fact is that you do not see the top of Kalapattar from Gorakshepe, only a false summit which is much lower. It is a fairly tiring walk up there unless you are well acclimatized. The views from the summit are memorable. Everest views are the best you can get from this place. Descent from Kalapattar is easy, just a quick straight down walk to Gorakshep and we advance towards Pheriche. The route to Pheriche will be rapid as we descend and it will be easy as well.

Included meals: Breakfast, Lunch & Dinner.

Day 12: pheriche to Namche Bazar 5- 6 hours

Leaving the mountains behind us, our descent takes us through Pangboche and Tengboche before continuing to the town of Namche Bazaar. We arrive back to Namche in the afternoon.

Included meals: Breakfast, Lunch & Dinner.

Day 13: Namche to Phakding 5-6 hours

After Overnight at Namche, early morning we will descend back to Phakding. The trekking through the trail will be exciting as well as easier as it will go through the forest of rhododendron and pines. We will pass Monjo after a short walk and then to Phakding.

Included meals: Breakfast, Lunch & Dinner.

Day 14: Phakding to Lukla 3 hours

This is our last day of trekking as we return to Lukla where the trek began. We enjoy this time to reflect on the trek as a group and the personal achievement of all those who took part. The afternoon is free, so you can wander about, relax and enjoy a hot shower! In the evening, have a few celebratory drinks and dance with your trek mates.

Included meals: Breakfast, Lunch & Dinner.

Day 15: Fly back to Kathmandu

We will enjoy our last view of the high mountains while flying back to the Kathmandu from Lukla. The snow-capped mountains will be worth to watch. After 25 minutes of flight, our representative will be waiting for you at domestic airport to take you back to the hotel where you can enjoy your chilled beer and warm shower.

Included meals: Breakfast

Day 16: Transfer to international airport for your final departure.

The trip concludes – our airport representative will drop you to Kathmandu's Tribhuvan International Airport for your flight departure from Nepal.

Included meals: Breakfast

Price Included

- Airport / Hotel / Airport pick up & drop off service by a private tourist vehicle.
- Standard twin-sharing accommodation in a three-star hotel in Kathmandu including breakfast (3 nights).
- Guided city tour in Kathmandu by a private tourist vehicle.
- All standard meals during the trek (Breakfast, Lunch and Dinner).
- Guesthouse accommodation during the trek in mostly twin-share and occasionally dormitory-style rooms (12 nights).
- Local and government licensed English-speaking trekking guide.
- The required number of local staff and porters to carry your luggage during the trek. We assign one porter for every two guests.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Everest National Park permits and TIMS permit for trekking.
- Airfare from Kathmandu - Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airports.
- Sightseeing/Monument entrance fees in Kathmandu.
- Farewell / welcome dinner in a traditional Nepali restaurant with cultural performances.

Price Does not Include

- Lunch and dinner in Kathmandu.
- Travel insurance which covers emergency high-altitude rescue and evacuation
- International airfare and airport departure tax.
- Nepal entry visa; you can obtain the visa easily upon your arrival at Tribhuvan International Airport in Kathmandu (Tourist Visa with Multiple Entries for 15 days can be obtained by paying USD 25 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 30 days and 90 days can be obtained by paying USD 40 and 100 respectively. Please bring 2 copies of passport size photos.)
- Alcoholic, hot and cold drinks.

- Personal trekking equipment.
- Tips for trekking staff and driver (tipping is expected).
- Any others expenses that are not mentioned in the Price Includes section.

NOTE: During the trip, weather, local politics, transport or a multitude of other factors that are beyond our control can bring changes in the itinerary. It is, however, very unlikely that the itinerary would be substantially altered; if alterations are necessary, the leader will decide what is the best alternative, taking into consideration the best interests of the whole group. Where a change does occur, we do everything we can to minimize its effect, but we cannot be responsible for the results of changes or delays.

Kala Patthar (5,555 m), a viewpoint recognised as the best vantage point to see Mount Everest. After trekking to Base Camp and Kala Patthar, we return at leisurely pace back to Namche and Lukla for our return flight to Kathmandu.