

12 DAYS EVEREST BASE CAMP TREK



TRIP OVERVIEW

Trip Accommodation : Tea House Clean Bed and Separate Toilet Bathroom

Group Size Minimum : 02 Trekkers

Maximum Height : 5364m. Height

Trip Duration : 11 Nights 12 Days Everest Base Camp Trek

Mode of Transport : Both-way Domestic Flight

Trip Location : North East Everest Region

Trip Grade : Moderate and Challenging

Total Holidays in Nepal : 13 Nights 14 Days Total Holidays in Nepal

Start/End Point : Lukla to Lukla

EVEREST BASE CAMP HIGH LIGHT TABLE

- ✚ 20 Years Experience Mountain Guide Trip Operate
- ✚ Professional Everest Base Camp Trek Agencies associate of Nepal
- ✚ Everest Base Camp Day by Day Details Itinerary
- ✚ Everest Base Camp Daily wise Budge
- ✚ Everest Base Camp Trek high light Scenery
- ✚ Tea House Accommodation of Everest Base Camp

INTRUDUCTION



The name of Mt. Everest was first taken in mountain survey from the telescope. It is the absolutely true walking route of MT Everest is challenging in comparison with another trekking route. Plenty of Lodges can be found because of the good maintenance of the Everest region. Solukhumbu district is widely developed only for the tourism sector. The starting point of our trek is the higher altitude. During the trek to

Everest Base Camp may touch the tops of few famous Rocky Mountains if There are lucky to enough.

From Kathmandu Early morning mountain flight to Lukla will start our trekking to Everest base camp. It will be so much joyful for viewing the spectacular scenery of Everest mountain ranges. After Chourikharka Entering beautiful Himalaya Evergreen Farming house and Some of little Tamang and Sherpa Villages before Namche Bazaar. then start Namche Bazaar, Tengboche, Dingboche, etc are some beautiful villages we settle our night. Walking on the homeland of Sherpa people we feel like their native people. Mountaineers & guides are all done by local Sherpa people. Mani walls (built of stones carved with Buddhist prayers), Gompas (monasteries), chortens (stone Buddhist monuments), Stupa can be explored in our trek.

Everest base camp trekking is challenging kind of trekking. We need to have training. The perfect time for trekking in this region are the months of March, April, September, October, November, and December. The climatic condition will be so much favorable that our dream project can be easily completed. There will be an arrangement of professional trekking guides by the team of **Everest Trekking Routes Pvt. Ltd.** main thing of our trekking is the schedule of trekking days. It will be all your choice for choosing trekking days.

ITINERARY

DAY 01: ARRIVAL IN KATHMANDU TRANSFER TO HOTEL

DAY 02: FLY TO LUKLA, TREK TO PHAKDING (2,651M/8,700FT) 3 – 4 HOURS

DAY 03: PHAKDING TO NAMCHE BAZAAR (3,438M/11,280 FT): 11KM, 5 – 6 HOURS

DAY 04: ACCLIMATIZATION DAY – NAMCHE BAZAAR: (3,440M/11,284FT)

DAY 05: NAMCHE BAZAAR TO PHORTSE (3,870M/12,694FT): 10KM, 5- 6 HOURS

DAY 06: PHORTSE TO DINGBOCHE (4,360 M/14,300 FT): 9KM, 5 – 6 HOURS

DAY 07: DINGBOCHE ACCLIMATIZATION DAY

DAY 08: DINGBOCHE TO LOBUCH (4910 M) 5/6 HOURS

DAY 09: LOBUCH TO GORAK SHEP (5170 M/16,961FT), VISIT EVEREST BASE CAMP (5364 M/17,594 FT)

DAY 10: GORAK SHEP TO KALA PATTHAR (5,545M/18,192FT) TO PHERICHE (4,288M/14,070FT) 7-8 HOURS

DAY 11: PHERICHE TO NAMCHE BAZAAR (3,440M/11,280 FT): 20KM, 6 – 7 HOURS

DAY 12: NAMCHE BAZAAR TO LUKLA (2,800M/9,186FT): 19KM, 6 – 7 HOURS

DAY 13: FLY TO KATHMANDU 30 MINUTES

DAY 14: FINAL INTERNATIONAL DEPARTURE

Detail itinerary

Day 01: Arrival in Kathmandu

We meet in the Tribhuvan international airport after reach in Kathmandu valley. After meeting at the airport, we will drive towards the hotel, and after reach, the hotel, we will check out the hotel and take some rest. You will be invited to visit our offices for a briefing about your program. We will be served excellent Nepalese cuisine which will introduce you to the country's authentic food culture and explore all around the Thamel Bazaar and we will spend overnight in the Kathmandu valley.

Day 02: Fly to Lukla and trekking to Phakding (2,651m) 3 - 4 hours

If the hotel is able to make a hot breakfast then we will have our breakfast and slowly move towards the local airport in the Kathmandu valley to fly towards Lukla. Upon 30 minutes flight from Kathmandu valley, we will reach Lukla and take some rest and slowly move towards Phakding. On the way will have an opportunity to see the wonderful views of the mountain, beautiful landscapes, and wonderful natural scenery and we will have our lunch on the way. It takes 3 to 4 hours to reach Phakding from Lukla and spend one night.

Day 03: Trekking to Namche Bazaar (3,438m) 5 - 6 hours

Early in the morning after having a hot breakfast we will slowly move towards Namche Bazaar. Namche Bazaar is well known about the kingdom of the Sherpa people. Today we will follow the Dudh Koshi valley north, meandering through the pine, crossing it twice by small suspension bridges before reaching the valley. We will have a wonderful view of the Mt Everest which is one of the highest mountains in the world. Before reaching Namche Bazaar, we will reach Manjo

where we will have our lunch and slowly move towards our destination where we will go to spend one night.

Day 04: Rest day in Namche Bazaar

Today we will not start our trekking just because this day is for the rest day. Another day also we will spend on the Namche Bazaar. After having a hot breakfast, we will explore all around the village and we will capture all the views of this village in our handset or camera. After some wonderful views of the villages, we will have our lunch in the local hotel and again we will explore all around the village. After exploring all around the village, we will back to the hotel and take some rest until the dinner is not ready. We will enjoy our dinner and spend one more night in the Namche Bazaar.

Day 05: Trekking to Phortse (3,870m) 5- 6 hours

Our trek will start with the pleasant walk through the forest with the magnificent views of the mountains and we will follow a spectacular path that travelers around the hillside high above the Dudh Koshi River. The trail on the left-hand side takes you to the Gokyo Lake where the trail on the right-hand sides takes you to the base camp trek. We will see lots of the Buddhist monuments and we will see Gompas and Buddhist Stupas. We descend through the rhododendron forest for the lunch and take some rest and slowly move towards Tengboche where we will spend one night.

Day 06: Trekking to Dingboche (4,360 m) 5 - 6 hours

The trek descends down through the Khumjung community and we head north and soon cross the Dudh Koshi River by the way of a small suspension bridge which spans a deep chasm in the river valley. On the route, we will have wonderful views of the mountain, beautiful landscapes, the lush forest of rhododendron, pine, and oak and green natural scenery of this route. We will have our lunch on the way and takes some rest and slowly move towards Dingboche. Before reaching Dingboche, we will have crosses many suspension bridges and then we will reach our destination where we will spend one night.

Day 07: Rest day in Dingboche

We will not start our trekking just because this day is for the rest day. Another day also we will spend on the Dingboche. After having a hot breakfast, we will explore all around the village and we will capture all the views of this village in our handset or camera. After some wonderful views of the villages, we will have our lunch in the local hotel and again we will explore all around the village. After exploring all around the village, we will back to the hotel and take some rest until the dinner is not ready. We will enjoy our dinner and spend one more night in the Dingboche.

Day 08: Trekking to Lobuche (4940 m) 2 - 4 hours

After Bread Fast Continue Trek to Lobche, The trail follows a down the path to Pheriche village and the trail below through beautiful views of Cholatse across the valley. The trail consists of many huge rocks and yaks will be passing nearby. On the way, we will have an opportunity to see the wonderful views of the mountain which includes world tallest mountain Mt Everest. It will take 5/6 hours to reach. After reach in Lobuche, we will check out the hotel and explore all around the valley and in the evening we will back to the hotel and have our dinner and spend one night.

Day 09: Trekking to Gorak Shep (5170 m) to Everest Base Camp (5364m) 9-10 hours



We will leave Lobuche for Gorak shep after having breakfast early in the morning. On the way, we will a picturesque village is surrounded by beautiful mountains, beautiful landscapes, and reservation accommodation then continue to Everest Base Camp. that is main target which is most of the top destination in the world Identified by Mt Everest 8848m. The Day is more longer then before need take some day pack lunch, so in Spring season Everest Base Camp is very busy by Everest Expedition Climbing Team. take photo graph life memory or make video then return to Gorakhep stay overnight at lodge.

Day 10: Trekking to Kala Patthar (5,545m) to Pheriche (4,288m) 7-8 hours



Early in the morning, we will hike up couple hour towards Kala Patthar. After reaching Kala Pathar, we will have our lunch and then take some rest. We will have a wonderful view of the mountain which includes Mt Everest which is the highest mountain in the world. We will take some photo of Mt Everest in our camera for the memory and slowly move towards Pheriche. Upon 7 to 8 hours walking from Kala Patthar, we will reach Pheriche and we will check out the hotel and take some rest in the room and takes some dinner and spend one night.

Day 11: Trekking to Namche Bazaar (3,440m) 6 - 7 hours

From Pherice, we will slowly move towards Namche Bazaar. You trek all the way over descends path along the Dudh Koshi. During the time of this day trekking, we will have an opportunity to see the wonderful views of the mountain, beautiful landscapes, and the small villages of the trail. Not only that, we will have a chance to enter the lush forest of the rhododendron, pine, and oak. We will have an opportunity to know about the culture, traditions, and lifestyle of the people who are living in this route from many years to years. We will have our lunch on the

way then after we will slowly be walking towards Namche Bazaar. After 6 to 7 hours walking from the Pherice, we will reach Namche Bazaar. After reach in Namche Bazaar, we will check out the hotel and take some rest until the dinner will not ready and spend one night in Namche Bazaar.

Day 12: Trekking to Lukla (2,860m) 6 - 7 hours

This is the last-day walking trekking of the Everest base camp trekking where we will walk from Namche Bazaar to Lukla. After having a hot breakfast, we will start our trekking. At the time of trekking, we will have an opportunity to explore or to enter the lush forest of the rhododendron, pine, and oak. We will have an opportunity to see the wonderful views of the mountain, beautiful landscapes, and small villages. This day trekking will pass by the bank of Dudh Koshi River. Before reaching Lukla, we will cross many suspension bridges on the route. We will have our lunch on the way then after we will slowly move towards Lukla where we will spend one night.

Day 13: Fly to Kathmandu

In the morning after having breakfast, we will slowly move towards the local airport of the Lukla to fly towards Kathmandu valley. After reach in Kathmandu valley, first of all, we will check out the hotel and take some rest. In the night time, we will have our farewell dinner with the cultural dance and song and spend one night in this beautiful village. If we will reach Kathmandu valley early then we will explore all around the Thamel Bazaar and we have our shopping.

Day 14: Final International Departure

Our staff will meet you in early in the morning to drop you at the Kathmandu international airport for your final departure from Nepal. We will drop you the international airport hoping that you will have wonderful days in Nepal and also hope that you will come and give us one more chance to serve you.

COST INCLUDES

- ✓ Airport / Hotel / Airport pick up and Drop by private car/van/bus.

- ✓ Hotel In Kathmandu: 2 Nights standard accommodation in Kathmandu with breakfast.
- ✓ Both Way Domestic Air Ticket Kathmandu to Lukla and Lukla to Kathmandu
- ✓ You're Meal in During the Trekking as Your standard meals (3 times a day Breakfast, Lunch and Dinner).
- ✓ All Trekking Permit (Sagarmatha National Park Permit) and Local Permit.
- ✓ Accommodation in Trekking: All accommodations in lodge/tea houses during the treks.
- ✓ Trekking Guide: An experienced, helpful, friendly and English speaking Trekking Guide. His well- paid salary, meals, accommodation insurance etc.
- ✓ Trekking Porter: porters (1 porter for 2 peoples). Salary, Food, Drinks, Accommodation, Transportation.
- ✓ After the Success Trip, Everest Trekking Routes will Provide Adventure Certificate.
- ✓ Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
- ✓ Medical supplies (first aid kit will be available).
- ✓ All government taxes.
- ✓ Service charge.

COST EXCLUDES

- Meals and Accommodation in Kathmandu
- All Hot and Cold drinks
- Deserts (cakes, bakes and pies)
- The additional size of Pots Hot Drinks
- Bottled drinks
- Boiled water
- Electronic device re-charge
- Hot shower
- On the trekking Wi-Fi
- Personal expenses any type
- Travel insurance and evacuation insurance
- Tipping for Guide and Porter

MANUAL NOTE :

According to the plan to extend the date on a trip above the custom Itinerary, the cost will be additional. We cannot guarantee it if bad weather and Helicopter charter that is an additional cost. We will try to ensure that our official schedule trip runs, And if you have more extra days pre-plan then let us inform we assist by your requirement. You can contact directly tour operator Email: info@everesttrekkingroutes.com

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