



12 Days Everest Base Camp Trek Itinerary

- DAY 01:** ARRIVAL IN KATHMANDU AND 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 LOBUCHE (4910 M) 5/6 HOURS
- DAY 09:** LOBUCHE 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 AND EXPLORE IN KATHMANDU
- DAY 14:** FINAL INTERNATIONAL DEPARTURE

Cost Includes

1. Airport / Hotel / Airport pick up and Drop by private car/van/bus.
2. Local transport from the hotel to the domestic airport and after the trip airport to the hotel. The main peak season is from the hotel to Manthali airport, and the airport is returned to the hotel by jeep or van.
3. **Hotel in Kathmandu:** 2 Nights Accommodation for 3***** Star Category Double Bed Private Twin Sharing with Breakfast.
4. Both Way Domestic Air Ticket: Kathmandu to Lukla and Return to Kathmandu. Main Peak season is from October to November and March to April from Manthali Airport.
5. **All standard meals:** (12 Breakfast, 11 Lunch, and 11 Dinner/the main course) During the Trek

6. **All Trekking Permit** (Sagarmatha National Park Permit) and Local Permit.
7. **All Tea House Accommodation:** 11 Nights' accommodation in a tea house tourist standard with Double bed twin sharing a private room during the trek.
8. **Trekking Guide License Holder:** Government License Holder Trekking Guide An experienced, helpful, friendly, and English-speaking Trekking Guide. His well-paid salary, meals, accommodation insurance, Flight ticket, etc.
9. **Assistance Guide:** Group size more than 6 trekkers
10. **Trekking Equipment:** Duffle bag and Sleeping bag (After trek return to company)
11. After the successful trip, Everest Trekking Routes will provide an Adventure Certificate.
12. Arrangement of Emergency Helicopter service which will be paid for by your Travel insurance company.
13. All Government Taxes and Service charges.

Cost Excludes

1. All Meals & Extra Night Accommodation in Kathmandu. due to arriving early on the mountain or as you like extra night.
2. Porter **\$ 240** Per Porter (Maximum 25 kg carry per porter)
3. All kinds of beverages: Hot, Cold, bottle of Mineral Water and Alcohol
4. Personal expenses (Hot Shower, Luxury Hotel, phone call, laundry service, Helicopter rescue, Electronic device recharge such as Mobile, Camera, etc.)
5. Tips for guide, porters, and driver.

Rabin Gurung



Everest Trekking Routes Pvt. Ltd.

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Customer Feedback on: [https://www.tripadvisor.com/Attraction_Review-g293890-d12862118-Reviews-Everest Trekking Routes Pvt Ltd-Kathmandu Kathmandu Valley Bagmati Zone Central .html](https://www.tripadvisor.com/Attraction_Review-g293890-d12862118-Reviews-Everest_Trekking_Routes_Pvt_Ltd-Kathmandu_Kathmandu_Valley_Bagmati_Zone_Central_.html)