

**Lama Adventures Pvt. Ltd.**

# Everest Base Camp Trek

<b>Difficulty</b>	<b>Duration</b>	<b>Region</b>	<b>Max. Altitude</b>	<b>Type</b>	<b>Group Size</b>	<b>Accomodation</b>
Moderate	17 Days	Everest	5140m	Trekking	2-14 pax	Lodges, Hotels and Camp

## Overview

Embark on a journey of a lifetime to witness from the lowland valleys to the highland glaciers, holy rivers to huge mountains, waterfalls to avalanches. Discover the unique culture of the Sherpas and the spiritual perspective on the mountains they call home. The Everest Base Camp trek is one of the most beautiful treks in Nepal where you get an opportunity to witness the world's highest mountain along with the culture of the Sherpas.

The Himalayas are an attraction for a lot of people every year. Many of them want to get to the top of the mountain but not everyone can. So, for those who can't scale the peak and just want to admire the stunning views of the majestic mountains, the Everest Base Camp trek is the ideal trek to go to. Get ready for a lifetime experience as you make your way through the most spectacular Himalayan terrains. The locals there are welcoming, friendly and are always ready to help no matter the situation. To scale EBC means trekking past traditional Sherpa villages, crossing staggering high suspension bridges, come face to face with yaks and naks and a whole lot of adventure.

The highlight of this trek has to be experiencing the culture of the local Sherpa people living in the villages you will be crossing. They have a unique way of carrying out their traditions which will be fascinating to witness. The trek starts by you having a scenic flight to Lukla from Kathmandu, which is an adventure in itself. After Lukla, you'll be walking through different terrains that changes as you gain altitude. You experience fast transitions of uphill and downhill that will test your strength and endurance. You start to feel the changes in the air as you climb higher. Speedy change in the landscape from greenery to arid lands with mountains surrounding is sure to leave you in awe.

If you decide to do this trek, you are bound to have the most exciting views of the surrounding mountains and picturesque villages. The region is beautiful all year round but it is recommended and best to visit in the autumn season as the skies are clear and everything looks very sharp just like a picture.

# Itinerary

## Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping

## Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

## Day 03: Fly to Lukla

Our trip begins early morning with a picturesque flight to Lukla. The trekking guide will see you at the hotel and you drive to the airport and take a 30 min flight to Lukla, which flies over endless rolling hills covered with green terraces. Once we reach Lukla, we will have a short break to organise porters and gear before starting our day's trek. We will trek for about 5 hrs to Phakding.

## Day 04: Trek to Namche (3440m)

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

## Day 05: Rest & Acclimatization

We will spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam, Thamserku and many other majestic mountain peaks.

### **Day 06: Trek to Tengboche**

We will walk to Tengboche Monastery which is the most important monastery for the Sherpas of the Khumbu region. It is the tradition that every climbing expedition to Mt. Everest should be blessed by the head Lama of this monastery. You will enjoy the most spectacular mountain scenery on the face of the Earth on this day.

### **Day 07: Trek to Dingboche**

We will walk via Pangboche (3930m), take a moment to look back and enjoy the classic view of Tengboche. It is also the last village before heading right to Ama Dablam base camp, which dominates the scenery from now to Lobuche. We again gradually traverse up the valley, cross the Imja river and briefly walk upwards to Dingboche. The mountains appear distinctly more reachable and glorious.

### **Day 8: Rest and Acclimatization**

Another rest day at Dingboche for acclimatization. You will experience the great faces of Nuptse, Lhotse and Imja Tse (Island Peak, 6189m) and another face of Ama Dablam. There's also the option to walk to Chhukung village or visit Pheriche.

### **Day 9: Trek to Lobuche**

Walking out of Dingboche to Lobuche, we can feel that you can almost touch the mountains and sense that Everest must be close. The trail gradually leads upwards to a small river crossing at the foot of Thukla. The rocky path passes the trekking peak of Lobuche on the left before we reach Lobuche.

### **Day 10: Trek to Gorakshep and Explore EBC**

Gorakshep is the last settlement before reaching Everest base camp. From Lobuche, it's a short walk. We will walk further along the rocky terrain alongside the Khumbu glacier to reach Everest base camp. We trek back to Gorakshep.

### **Day 11: Early morning Kalapatthar; Trek to Pheriche**

A very early start is required to reach Kalapatthar at 5,545m. The way to Kalapatthar is steep trail so we will take a comfortable pace to reach on the top. The view from the top of Kalapatthar is one of the finest views of mighty Everest. You can also see Lingtren, Khumbutse and Changtse mountains. We will spend some time on the summit and stroll back to our camp at Gorak Shep. We will have lunch and descend

down to Pheriche.

### **Day 12: Trek to Phortse**

As we begin our trek today, the charming mountain peaks surrounds us. Kangtega and Thamserku lie just above us along with the Khumbi La and Kongde Ri. Cross Imja Khola before heading towards the destination, Phortse, today short walking to go Phortse village, it is a typical Sherpa village in the Khumbu region and little less explored village as it lies off the regular main base camp trail. Almost 3.5 hours of trekking journey brings us incredible views and amazing cultural experience. Stay overnight at Phortse village.

### **Day 13: Trek to Khumjung**

The trail after Phortse to Khumjung descends for nearly twenty minutes and ascends up steeply for almost one hour to Mongla (4000m). From this spot, you can see the panoramic view of Ama Dablam, Thamserku, Kusum Kangaru, Konde-Ri and Tawache Peak. The trail follows to Khumjung, one of the oldest Sherpa villages in the area. Stay overnight at Khumjung.

### **Day 14: Trek to Monjo**

Today's trek is mostly downhill. We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to Tengboche. Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen. From Khumjung we descend to Namche. Then, we head down to Monjo after a delightful lunch at Namche Bazaar.

### **Day 15: Trek to Lukla**

Today's trek is a really short and sweet one. We will climb up a small hill to reach Lukla. You will probably reach Lukla soon so explore and look around the place and the famous airport in Lukla.

### **Day 16: Fly back to Kathmandu**

We pack up early and head for the airstrip to hop a flight back to Kathmandu. On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

### **Day 17: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

### **Day 18: Departure from Kathmandu**

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

## **Inclusion / Exclusion**

### **Cost Includes**

Arrival in International Airport and Departure.  
Hotel in Kathmandu with Bed & Breakfast.  
Sightseeing in Kathmandu Valley with Guide.  
Entrance fees.  
Conservation Fee.  
Peak Permit and Climbing Guide.  
Round Domestic Flight Ticket.  
Local Transfer.  
Domestic airport departure taxes.  
Tea House Accommodation, breakfast and dinner.  
All camping Equipment, two men tents, Dining tent,  
Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner in trekking and climbing  
period.  
Guide, Cook, sherpa, Kitchen staffs and porters.  
Insurance for trekking staff and Equipments.

### **Cost Excludes**

Personal equipment for Trekking &  
Peak climbing.  
Personal travel Insurance.  
Lunch & dinner in Kathmandu.  
Emergency Rescue evacuation.  
Personal expenses/Bar bills.  
Tipping for trekking staff.