

Everest Base Camp Trek

Standard Itinerary

Everest Base Camp Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Everest Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

Day 02: Phakding

Flight from Kathmandu to Lukla and Trek to Phakding 2650m/ 8695ft 4/5 hours. Overnight at Lodge.

Highlights:

- Airport drops by private vehicle (Kathmandu domestic airport).
- Mountain flight to Lukla with an amazing view of Himalayan settlements, waterfalls, rivers, hills, Mountain ranges, and valleys.
- Check in at Lukla (Tourist Check Post) Khumbu Pasang Lhamu municipality.
- Yaks and Mule Caravan along the trail.
- 3 hours Trek observing typical villages, traditional farming, Mani walls, stupas, and Monastery.
- View of a general mountain peak.

Day 03: Namche Bazaar

Trek from Phakding to Namche Bazaar 3440m | 11287ft, 6/7 hours. Overnight at Lodge.

Highlights:

- Initial crossing of a metallic suspension bridge.
- Trek via the temperate and subalpine forests.
- Yaks and Mule Caravan.
- Check in to the Sagarmatha National Park.
- Trek along the Bhote Koshi river with its buzzing sound.
- Lunch at the beautiful riverside restaurant.
- View of Mt Thamsherku, Kusumkhang and Tawache.
- Encounter view of double suspension bridges with hung prayer flags.
- Stiff climb to reach Namche.
- View hiked the trail from a beautiful cliff between lunch camp and Namche Bazaar.

Day 04: Namche Bazaar

Acclimatization day and hike to Everest View Hotel viewpoint, 2 hours climb. Overnight at Lodge.

Highlights:

- Visit the sunrise viewpoint at Namche.
- View of majestic Everest, Lhotse, Nuptse, Thamsherku, Kusumkhang, Khangtega, Tawache, Amadablam, Khumbila, and Kwangde
- Visit the community museum of Sagarmatha National Park.
- Hike to the Everest Viewpoint Hotel (2900m) for 2 hours for altitude adoption.
- Drink tea or coffee at the viewpoint with one of the best viewpoints throughout the trek.
- Visit the Khumjung valley and Khumjung school.
- Acclimatize 600m.

Day 05: Tengboche

Trek from Namche Bazaar to Tyangboche 3860m | 12665ft 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via beautiful view of majestic Everest, Lhotse, Nuptse, and Amadablam.
- Encounter blue sheep.
- Rest at an exceptional viewpoint with a coffee station.

- Trek via rhododendron forest, Buddhist spell carved on huge stones, Antique souvenir shops, and Suspension bridge.
- Visit the Tengboche monastery, the most important monastery to observe the morning and evening prayers of Buddhist monks.

Day 06: Dingboche

Trek from Tyangboche to Dingboche 4250m | 13943ft 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via the beautiful alpine forest.
- Cross the metallic suspension bridge.
- Amazing view of Amadablam with Buddhist stupas, and Spells written on stones.
- Trek via the biggest settlement in the Everest region, Pangboche village.
- Drastic change in vegetation.
- Reach the tree line altitude, which is 4100m in Nepal Himalayas.

Day 07: Lobuche

Dingboche to Lobuche 4940m | 16207ft 5/6 hours. Overnight at Lodge.

Highlights.

- Trek in the temperature-dropped alpine geography.
- Trek via 360 degrees view of a beautiful mountain valley.
- View of Mt, Makalu 8463m 4th highest mountain in the world, and Island Peak 6189m most admired peak climbing the peak.
- Reach the end point of the Khumbu glacier.
- 360 views of the Himalayas from The Memorial.
- View of Mt. Pomari 7161m form Lobuche.
- Visit the Khumbu glacier viewpoint at Lobuche.

Day 08: Gorakshep

Trek from Lobuche to Gorakshep 5170m | 16962ft 4 hours Lunch and hike to Everest Base Camp 5364m | 17598ft back to Gorakshep. Overnight at Lodge.

Highlights:

- Trek via 360degree mountain view.
- Trek across the Ngozumpa glacier.
- View of Khumbu Icefall.
- Close view of Everest.
- Visit Everest Base Camp.
- Group picture with company staff and banner.
- View of next morning's objective to climb the viewpoint, Kalapatther 5545m.
- Last settlement at Sagarmatha National Park (Gorakshep 5170m).

Day 09: Lobuche

Early morning hike from Gorakshep to Kala Patthar 5545m | 18192 ft and trek back to Lobuche 4940m | 16207ft total 7/8 hours. Overnight at Lodge.

Highlights:

- Main objective Kalapather 5545m.
- Hike a stiff 400m climb to the viewpoint.
- Beautiful sunrise view with a close view of Everest, Lhotse, and other mountains.
- View of 360 views of Everest ranges.
- View of Khumbu icefall and the Khumbu glacier.
- View of Tibet Mountain and Tibetan snowcocks.

Day 10: Tengboche

Trek from Lobuche to Tengboche 3860m | 12665ft 6/7 hours. Overnight at Lodge

Highlights:

- Trek via an alternative route, from Pheruche via Dhugla.
- Glorious view of Mt. Amadablam
- Visit Tyangboche for evening rituals in the monastery.
- 1000m altitude drop.

Day 11: Namche Bazaar

Trek from Tengboche to Namche Bazaar 3440m | 11287ft 5/6 hours. Overnight at Lodge

Highlights:

- Visit Namche Bazaar.
- Buy some Souvenirs at Namche.

Day 12: Lukla

Trek from Namche Bazaar to Lukla 2860m | 9383ft hours. Overnight at Lodge.

Highlights:

- Enjoy the last day with all staff at Lukla.
- Gift exchange, if have any.
- Farewell cake and dinner together with all of the staff.
- Group Picture.

Day 13: Kathmandu

Early morning flight to Kathmandu and transfer to hotel. Evening farewell with cultural dance and in a typical Nepali restaurant. Overnight at Hotel on BB plan

Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 14: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

Includes and Excludes

Includes

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.

- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Flight fare Kathmandu/Lukla/Kathmandu guest and guide.
- Twin-sharing accommodation during the trek (guest house/Tea house and lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal).
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg.
- All Government and Local Taxes.
- National Park fees (Sagarmatha national park, Monjo).
- Municipality entry fee for participants (Khumbu Pasang Lhamu municipality).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Facilities to store your stuff at a hotel in Kathmandu.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
 - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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