

Everest Base camp trek 13 Nights 14 Days

Highlights

Everest Base Camp (EBC) located in the Khumbu region of Nepal

Everest Base Camp is situated at an elevation of 5,364 meters (17,598 feet)

The Tengboche , Khumjung Monastery

Adventures & thrilling flight to Lukla (Tenzing-Hillary Airport)

World most demandable Trekking destination in Nepal

Scenic Mountain beauty Mt Everest, Mt Lhotse, Island Peak, Mt Nuptse, Mt Ama Dablam, and many more

Everest Expedition starting point Khumbu icefall

Sherpa people, yaks, colorful festivals and Buddhist monasteries.

10 Days trekking

Outline itinerary

Day01: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)

After your landing at Tribhuvan International Airport, you will be welcomed by our Representatives He will guide you to your hotel. You can rest for the day. In the evening, you will meet with your tour guide in your hotel lobby, and he will brief you about the Everest Base Camp trek overnight stay at Kathmandu.

Day 02 : Kathmandu to Lukla Domestic flight & Trek to Phakding (2,640m) 4-5 hours.

Early morning after breakfast check out from Kathmandu hotel and transfer to Kathmandu domestic airport , schedule flight from Kathmandu to Lukla takes around 30 Min, world most adventures flight you can see High mountain and Himalayas range , after landing at tenjing - Hilary airport, our company representative and porter welcome you , start trekking we will pass through Chaurikharka Village.crose dhodhkoshi river ,then suspension Bridge to reach phakding , Dinner and overnight stay at the lodge/tea house.

Day 03 : Phakding to Namche Bazzar) (3,440m/11,286ft) 10-12 Hrs km trek / 6 -7 Hours .

After breakfast trek Phakding to Namche Bazzar , Namche is the gateway to the Everest region. This is long day of trekking, taking 6-7 hours to reach Namche Bazzar The trek takes you through forests, suspension bridges, and along the banks of the Dudh Koshi River, then you will enter Sagarmatha

National Park , here small check post you need to show your permit, after trek you reach Namche Bazaar largest Sherpa village . overnight stay at the lodge/tea house.

Day 04 : Namche acclimatization day & hike to Everest View Hotel (3969 m) 3-4 Km trek /3-4 Hours.

On this day you will be free for acclimatization & hike to Everest view hotel, Acclimatization days are an important for Everest base camp trek can cause high altitude sickness and low oxygen in the atmosphere, you can take hike to the Khumjung Village and visit Khumjung monastery and another option Everest view hotel , Visit the Everest Photo Gallery & the Sherpa Culture Museum ,Return back to Namche Bazaar and overnight stay at the tea house.

Day 5: Namche Bazaar to Tengboche Monastery (3860 meters) 5 hours

After breakfast at Namche Bazaar we trek towards to Khumjung village The view of Mt. Everest, Mt. Lhotse, Lhotse Shar, Amma Dablam, Tabuche and many other high mountains ,after short walk we reach at Khumjung village take some rest for a while and move ahead Tengboche. overnight stay at tea house.

Day 6: Tengboche To Dingboche (4410 Meters) 10 Km 5-6 Hours

On morning time you can see great view of Himalayas from Tengboche , After healthy breakfast trek start from Tengboche to Dingboche its take 5-6 hours trail start ascending then walk to descending to from tea house and Imja Khola river suspension bridge , We will observe reduced junipers and alpine rhododendron with increasing elevation after few hours trek finally reach Dingboche , Enjoy the views of Island Peak , Mt Lhotse, Ama Dablam overnight stay Lodge /Teahouse..

Day 07: Acclimatization in Dingboche (4410 Meter.)

Rest & Acclimatization day in Dingboche ,hike to Nagarsang Peak its adjusting with high altitude. Enjoy the views of the surrounding Himalayas,back to Dingboche overnight stay lodge /tea house.

Day 08 : Dingboche to Lobuche (4940M) 9 Km 4-5 Hours.

after breakfast trek start from Dingboche to Lobuche , The path is completely uphill until we reach Thukla and have lunch. we cross the glacial frozen river at Thukla. Head on rugged paths to Chupki Lhara ,Head up the moraine of the Khumbu Glacier, Also we will take some photographs of wonderful nature. after walking 4-5 hours trek we reach at Lobuche , overnight stay lodge /tea house.

Day 09: Trek To Gorakshep (5264m) To Everest Basecamp & Back To Gorakshep.

On this special day for all trekkers and climbers first step to Everest Base camp , we will take our breakfast and begin our walk towards Gorak Shep , Walking on Rocky pathway and somewhere crossing glaciers, we will reach GorakShep (5140m) and have Lunch & book our stay here ,after lunch start trek to Everest base camp its take 1-2 hours from gorakshep . Hike further up to Everest Base Camp ,Enjoy the views around Everest Base Camp , Everest Base Camp is the point for the Mountaineers to summit the peak. We trek descend to Gorakshep in the afternoon overnight stay lodge /tea house.

Day 10 : Gorakshep - Kalapatthar (5545m), Trek to Pheriche (4,270m) trek 5 Hours.

Early morning 4 am we start trek to Kalapatthar from Gorakshep , The best view of Mount Everest will appear after short walk from Gorek Shep towards Kalapatthar. Kala Patthar is the highest elevation of this trek , 360-degree view of the highest peaks in the world including Mt. Everest, Nuptse, Lhotse, and Ama Dablam and many more high mountain ,after spent some time for takes photos and videos , Start trek the same route up to Pheriche , Pheriche is a settlement surrounded by tea houses ,lodge ,restaurant , and the Himalayan Rescue Association Clinic . Explore around beautiful Pheriche village, overnight stay at the lodge/ tea house.

Day 11 : Pheriche - Namche Bazzar (3,440m) 20 Km Walking 8 Hours.

After breakfast trek pheriche to Namche Bazzar its take 7-8 hours , We will walk downhill and uphill of Tangbuche and Kangjuma. The trek takes you through forests, suspension bridges, and along the banks of the Dudh Koshi River,reach Namche bazzar stay overnight lodge /tea house.

Day 12 : Namche Bazzar to Lukla (2840m) trek 13 Km 8 Hours.

After breakfast trek Namche bazzar to Lukla its take 8 hours long trek , after three hours trek we reach phakding after tack lunch at tea house and trek back to lukla you will take rest and celebrate with your team .overnight stay at lodge /tea house.

Day 13: Flight Lukla –Kathmandu

After early morning breakfast we we'll take a flight from Lukla to Kathmandu. your landing at Tribhuvan International Airport, you will be welcomed by our Representatives He will guide you to your hotel.overnight stay at Kathmandu.

Day14: Departure from Kathmandu

Transfer to International Airport for your flight back to home. you should be reporting at the Airport counter 3 hours prior to the departure time.

Includes

Airport pickup & drop off for both National and International

2 Nights hotel in Kathmandu on BB Plan on sharing basis

Domestic Flights: Both way air ticket (KTM-LUKLA-KTM) with the airport tax

Necessary transportation cost for our trekking crews

Tea house accommodation during the trekking

Meals: Full board (Breakfast, Lunch & Dinner) with Tea/ Coffee

Permit: All the necessary permits required for trekking

1 Certified Trekking Guide

Porters: Necessary porters (2 Members: 1 Porter)

Insurance for all the involved Nepalese Staffs

Our service charge and government taxes levied by Nepal Government

Duffel bag (If required)

Trekking Route Map

First Aid Medical Kit carried by Guide

Sightseeing in Kathmandu Valley with Tour Guide, necessary Entry Fees and Transportation

Farewell dinner in a typical Nepalese restaurant in Kathmandu

Excludes

International Airfare

Nepal Entry Visa Fee

Travel and Emergency Medical Rescue Evacuation

Lunch and dinner during your Hotel stay in Kathmandu

Trekking Gears, Phone Calls, Water, Laundry, Bar Bills, Battery Recharge, Internet etc.

Tips for Staffs