



## 12 days short Everest base camp trek - 12 Days

Reaching **Everest base camp** is a significant achievement in itself, as it offers astonishing views of the surrounding mountains including Mount Everest (8848 meters). From the Gorakshep, after walking an hour and a half in the rugged terrain with gravel, icy slopes, and loose stones, you will reach in your destination Everest Base Camp (5364 meters). The welcoming views of the 8000 m mountains of the **Khumbu region**, dramatic views of the **Khumbu Glacier** and **Khumbu Icefall** will wash away all of the tiredness.

After visiting Everest base camp, you will hike up to **Kala Patthar**, a rocky hill situated at an elevation of 5643 meters above sea level. From the top of Kala Patthar, you can enjoy heart- capturing panoramic vistas of Mount Everest which stands at 8848 meters as well as neighboring peaks such as **Lhotse, Nuptse, Ama Dablam**, and many others. The sight of illuminating the snow- covered peaks and casting its golden glow is truly unforgettable experience.

Everest base camp an altitude of 5364 meters (17598 feet) is the starting point of mountaineers attempting to **summit Mount Everest**. Mount Everest attracts many climbers, including highly experienced mountaineers and the beginners as well. It requires mountaineering experiences, as well as certificated of good health, equipment, and a trained **Nepalese Guide**. The area above 8000 meters (2600 feet) elevation on Everest is called the "death zone". **Climbers** who spend long periods in this region can develop altitude sickness and even brain swelling. The first ever recorded people to climb Everest were Sir **Edmund Hillary** (a mountaineer from New Zealand) and his Tibetan guide **Tenzing Norgay**. They climbed the mountain in 1953 and hold the record together. In Nepali **Sanskrit** Mount Everest is known as Sagarmatha, which means "**Peak of Heaven**." Similarly, the mountain is also known as Chomolungma, Tibetan name which means **(Mother Goddess of the world)**.

Hence, the Everest base camp trek is considered challenging but rewarding journey, making it suitable for the beginners and the experienced trekkers seeking a chance to summit Mount Everest. This is because base camp serves as staging point for climbers to acclimatize, organize their gear, and make final preparations before attempting the challenging ascent to the summit of Everest. Throughout the trek, you will pass through picturesque Sherpa villages, glacial rivers, rugged mountain terrain and suspension bridges. Furthermore, the trail also leads you through **Sagarmatha National Park** allows to explore its rich biodiversity (various flora and fauna).



## **PRICE INCLUDES**

- Kathmandu to Ramechhap by bus
- Domestic flight from Ramechhap to Lukla
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- All the necessary permits and the TIMS card
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## **PRICE EXCLUDES**

- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### **Day 1: Drive to Ramechhap then fly to Lukla then trek to Phakding**

After having early breakfast, we will depart from Kathmandu to Ramechhap by bus. It's a 4-5 hours drive. After arriving at Ramechhap, we will take early flight to Lukla. Lukla has the smallest airport in Nepal which is known as Tenzing Hillary Airport. We will have our lunch after arriving at Lukla with mesmerizing view of Himalaya. After taking a rest we will head towards our next destination that is Phakding. Our trek will begin from here. We will stay overnight in Phakding.

### **Day 2: Trek from Phakding to Namche Bazaar**

We will start our journey towards Namche Bazaar between 9-9:30 AM. In this trek we will cross multiple high suspension bridges. We will also enter the Sagarmatha National Park. We can see a Mount Everest for the first time in this journey. We will stay at Namche Bazaar for 2 nights.

### **Day 3: Acclimatization day at Namche Bazaar / hike to Everest view hotel**

This is a rest day at Namche Bazaar. We will discover some places. We will do a short hike to Everest View Hotel. From this Hotel we can see the 360 degree view of the peaks. We can enjoy our lunch while viewing the scenario of peaks. After returning to Namche bazaar we will discover about local Sherpa culture.

### **Day 4: Trek from Namche Bazaar to Tengboche**

After staying for 2 days in Namche bazaar, we will continue our trek. This day our destination will be Tengboche. During this trek you will pass landscape of Sagarmatha National Park. After some hour of up and down trail we will reach in Tengboche. In this place Tengboche monastery is popular place to visit. It is the most significant religious heritage of the region. We can also see lots of monks around the monastery. We will stay overnight in best tea house.

### **Day 5: Trek from Tengboche to Dingboche**

We will head towards the Dingboche after having our breakfast. We can see the beautiful view of Everest, Ama Dablam, Lhotse, and Nuptse in this journey. After walking about 5-6 hours we will reach at Dingboche. Dingboche is a small village with the beautiful scenery of the mountains. We will stay here for 2 nights.

### **Day 6: Acclimatization in Dingboche / hike to chhukung**

It is a rest day and acclimatization day in Dingboche. We will hike to Chhukung after having a breakfast. It is a small village from northeast side of Dingboche. This hike will help you to gain confidence for upcoming trek.

### **Day 7: Trek from Dingboche to Lobuche**

In this route from Dingboche to Lobuche we can see the beautiful mountain Lobuche peak. This trail takes us to the memorial for climbers who died during the summit with large rock of stupa.

### **Day 8: Trek from Lobuche to Gorakshep & hike to Everest base camp**

This day, we will finally reach to our destination Everest Base Camp. But first we have to reach Gorekshep. We will start our trek early in the morning. We will have our lunch in Gorakshep then we will head towards EBC. Because the lack of oxygen you might face some trouble but our guide will help you during the trek. It will take 2-3 hours to reach



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EBC from Gorakshep. After 2-3 hours you will be in a lap of tallest mountain in the world Mount Everest. The breathtaking scenario will bring you a lifetime joy. After capturing the lifetime memories we will head back to the Gorakshep and we will stay overnight there.

#### **Day 9: Hike to Kalapatthar then trek back to Pangboche**

We can see a great view of Mount Everest from Kalapatthar if you want to see sunrise view in the Everest you will see from kalapatthar. So you have to wake very early in the morning and about 2-3 hours of walking you can see a sunrise in the Everest. We will return to our camp and have our breakfast. After around 20 minutes we will pack our bag and headed to Periche to Pangboche.

#### **Day 10: Trek from Pangboche to Namche**

It will not that hard trek because we it is down hill trek. We will again see Dudh koshi river after coming downwards. We will cross suspension bridges surrounded with prayer flag. We will visit different places after arriving in Namche bazaar, explore some gompas, monasteries etc.

#### **Day 11: Trek from Namche Bazaar to Lukla**

It will take 6-7 hours of walk to reach Lukla. We will cross Hillary suspension bridge at LarjaDobhan. This trek will you give joy for every moment you will forget about your tiredness. After reaching Lukla we will stay overnight there and will enjoy our last day in Everest region.

#### **Day 12: Fly back to Kathmandu from Lukla**

We will take early flight in the morning because of the weather of Lukla. You can enjoy the view of mountain, villages and cities during the flight. After 30-35 minutes you will reach Kathmandu you shall be transfer to the hotel and take rest for the day. And you will stay overnight in that hotel.