



## Everest base camp trek - 14 Days

**Mount Everest is the world highest mountain** located in the Solukhumbu district of Nepal which is 8848 meters (29029 feet) above sea level. It is located between Nepal and Tibet, an autonomous region of china. It attracts many climbers, including highly experienced mountaineers. And also requires a lot of experience mountaineering as well as certificated of good health, equipment, and a trained **Nepalese Guide**.

Sherpa are the natives of Everest and other higher **Himalayan regions**, these days ethnic people like Tamang, Rai, and Sherpa people are living in the **Everest region**. Traditionally, their lifestyle has consisted of farming, herding, and trade. Their culture and lifestyle are also fascinating. Their main festival is the **Lhosar festival**. It falls in February or March.

Furthermore, astonishing views of the mountains, diversity of nature and natural resources, and cultural context enhance lure to this Everest trek. Religious objects like Mani stones, chortens, and prayers flags are used to decorate the trek route, which makes the trails attractive and beautiful. Along the way, you will visit **the world's oldest Tengboche Monastery**. It is believed that, taking part in the ritual ceremony makes you pure and gets rid of all the evildoer activities.

The climate of the mountains is ever-changing and unpredictable. The average temperature is 17°C, which is considered the coldest during the year. Every season is suitable for Everest Base Camp. But, the different season enhance your trekking experience differently. So **spring and autumn** is mainly considered as best season for Everest base camp as the sky is clear making the views of the mountains and surrounding visible.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- 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
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge
- Trekking permits and TIMS card
- Domestic flight from Kathmandu to Lukla to Kathmandu

## **PRICE EXCLUDES**

- International airfare and visa fees
- 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: Arrival in Kathmandu

Our office representative will be waiting for you at the Tribhuvan International airport to warmly welcome you with your names in their placard. You will be transferred at hotel for recreation. Overnight stay at Hotel in Thamel.

### Day 2: Flight from Kathmandu to Lukla and trek to Phakding

We will fly from Kathmandu to Lukla which takes around 40 minutes. We will begin our trekking from Lukla at 2865 meters situated in Khumbu region to Phakding (2650 meters) walking for 4 to 5 hours. We will explore the lifestyle of the people as well as the terraced landscapes and the beautiful valley. Overnight stay at a teahouse in Phakding.

### Day 3: Trek from Phakding to Namche Bazaar

The trail leads you through the unbelievable forest of rhododendrons, blue pine forests, firs and junipers. Then you will reach Namche Bazaar after 7 hours of walk. Stay overnight for this day at Namche Bazaar.

### Day 4: Acclimatization day at Namche Bazaar

You will be spending this whole day for acclimatization in Namche Bazaar wandering through the village and be close to its natives. You will also be visiting the ancient museum to explore and be more familiar with the place this following day. Stay overnight at the Namche Bazaar.

### Day 5: Trek from Namche Bazaar to Tengboche

You will trek all the way to Tengboche through Phunki walking for at least 3 hours. Stunning views of Mt Everest, Nuptse, Lhotse, Cholatse, Kantaiga, Ama Dablam and Thamserku will please your eyes all along the way. You will have overnight stay at Tengboche.

### Day 6: Trek from Tengboche to Dingboche

You will begin our journey through the rhododendrons forests to make our way to Dingboche. We will be passing way to reach Dingboche where you will be staying at a guest house there.

### Day 7: Acclimatization in Dingboche

On the seventh day of your adventurous trek, you will be staying for one more day at Dingboche to acclimatize yourselves and be ready to continue the journey.

### Day 8: Trek from Dingboche to Lobuche

Continuing your journey; you will be climbing to the terminal rubble of Khumbu Glacier where you can see six monuments of Sherpa who passed away in Lobuche inundation. You will be staying overnight at an altitude of 4940 meters in Lobuche at a guest house.

### Day 9: Trek from Lobuche to Gorakshep and EBC, EBC to Gorakshep

The early morning you will start trekking to Gorakshep and about an hour of walk you will be reaching to the closest and most beautiful view of Mount Everest from its top to bottom at once sight. You will be returning back to Gorakshep for overnight stay.



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### **Day 10: Hike to Kala Pathar then Trek Back to Pangboche**

On this particular day of trekking, you will be at Kalapatthar at the mid of our trekking where every traveller dreams to be. Then after you will be at Pangboche to stay overnight.

### **Day 11: Trek from Pangboche to Namche**

You will gradually descent from Pangboche to Namche enjoying most striking natural beauty. Overnight stay at Namche Bazaar.

### **Day 12: Trek from Namche Bazaar to Lukla**

You will again descend to Lukla enjoying the splendid and incomparable scenarios on the path from Namche Bazaar. The pine, oak and rhododendrons tree, bids farewell to you as you reach Lukla for your overnight stay on this day.

### **Day 13: Fly back to Kathmandu from Lukla**

You will be taken back to Kathmandu and given space to refresh yourself in the day. After a long trek, we will try to acclimatize your body as soon as possible after reaching the hotel of Kathmandu. You will stay overnight at a guesthouse in Thamel, Kathmandu.

### **Day 14: Transfer to the airport**

We will accompany you to the airport for your departure to your home country.