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## Rapid Everest base camp trek - 10 Days

Rapid Everest Base Camp trek is a **thrilling and most rewarding** trip for the trekkers, who have limited time but looking to experience Everest both from the land and the air. It can accomplish your long-awaited dreams of experiencing the Everest Base Camp and its surrounding area. The trek takes you through the beautiful valleys of **Khumbu**, and the village of the Sherpa people and observe Tibetan culture and Buddhism. Moreover, impressive views of the mountains, diversity of nature and natural resources, and cultural context enhance lure to this **Everest trek**.

Additionally, religious objects like Mani stones, chortens, and prayers flags are use for decorating the **trek route**, which makes the trails luring. Along the way, you will visit the world's oldest **Tengboche Monastery** which is believed that taking part in the ritual ceremony make you pure and get rid of all the evildoer activities.

It offers incredible views of the **Dudhkoshi river** valleys and foot of Khumbu Himalayas including **Lhotse, Mt. Everest, Makalu** and other numerous Himalayas vistas. You will pass through **sagarmatha national park**, UNESCO world heritage site, which is home to diverse flora and fauna.



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## PRICE INCLUDES

- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- Domestic flight from Kathmandu to Lukla to Kathmandu
- Trekking permits and TIMS card
- 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

## 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: Fly to Lukla and trek to Phakding

You will take early morning flight from domestic terminal of International Airport, Kathmandu to Lukla. On the way, you will view the mesmerizing mountains. After landing on Lukla, you will take a rest, and head towards Phakding by following Dudh Koshi river crossing the suspension bridges, and witness mani stone, prayer flag etc on the way.

On the first day of the trek, you will begin with viewing the beautiful mountains such as Karyolung, Nupla and Gongla. You will take a rest at several stops for a short tea break or lunch break. You will spend a night at Phakding.

### Day 2: Phakding to Namche Bazaar

On the second day, after having your breakfast, you will head towards Namche Bazaar. The stream involves high climbing and steep steps through the wildest forests, crossing river through swaying bridges.

After a long day hike, you will reach Namche Bazaar, where you will explore the golden mountains at the sunset time. You will spend a night at Namche Bazaar.

### Day 3: Namche to Tengboche

On the third day of the trek, you will start your journey with early breakfast and head through narrow trails along with outstanding views of Mt. Amadablam, Mt. Tabuchi, and Mt. Thamserku.

After a few hours of walks, the path will take you to the hilltop village of Tengboche.

### Day 4: Trek to Dingboche

On the fourth day, the trek begins with the gradual steep climbs through the lush rhododendron forests. After climbing several mani stones, you will reach Pangboche.

The trail then ascended to Dingboche and you will spend your night there. On the way to Dingboche, you will view a lot of yaks grazing over the pasture slopes of the cliffs. The impressive view of Mountain Lhotse, Amadablam, and Taboche will be just beyond your expectations.

### Day 5: Tek to Lobuche

On the fifth day of the trek, the trail will leads via little upwards climbs and after crossing the suspension bridges to Thukla, a steep hike will take you to the Lobuche pass. You will see various colourful flags, Khagan Chorten, and a cemetery ground with hundreds of cairn memorials of died person in the mountain.

Besides these Lobuche offers some heart- capturing views of mountains also. Night stay will be at Lobuche.

### Day 6: Trek to Gorak Shep and Everest Base Camp

On the sixth day, you will finally reach in the base camp which will make you proud and excited to be so close to the top of the world. The trails are smoothly ups and downs. After having breakfast, firstly you will head towards Gorak Shep through the wide trails and with the view of the amazing Khumbu glacier and mountains.



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After you reached Gorakshep, you will take some rest and after then head towards Everest Base Camp. From there, you can explore Mt. Everest, Mt. Nuptse, Mt. Pumori, Mt. Khumbutse, and Mt. Lingtren.

After enjoying some memorable moments at Everest Base Camp you will again back to Gorakshep for the overnight.

#### **Day 7: Trek to Kala Pattar and Back to Pheriche**

On the seventh day, early morning you will hike to Kala Patthar. After reaching there your breath is truly taken away, with the panoramic Mountain glimpse along with Khumbu Glacier. When you are done viewing the mountains you will trek back to Gorak Shep and then descend to Pheriche. You will spend a night at Pheriche.

#### **Day 8: Trek to Namche Bazaar**

On the eighth day, you will trek back to Namche. You will stop at a different place for a short tea and lunch break. The trail continues via passing several mani stones, and stupas. Then you will reach Namche Bazaar and rest of the night.

#### **Day 9: Trek back to Lukla**

On the ninth day of your trek, you will trek back down to the Lukla Airport, where you catch your flight to Kathmandu. The trail continues along the Dudh Koshi River with the flashback memorizing of past days beautiful journey. Stay overnight at Lukla.

#### **Day 10: Fly to Kathmandu from Lukla and transfer to your Hotel**

On the last day of the trek, you will fly back to Kathmandu. After arrival at Kathmandu you will be transferred to your respective hotel.