

Everest Base Camp Trekking



Introduction

Everest Base Camp Trekking is an adventure of lifetime to see the pristine Himalayan peaks including Mt. Everest. Including the top of the world, snow leopard (Everest summiteer) Sherpa people and their culture, life hood and tradition are other interesting side of journey. The mountain Buddhism, the Mani wall (Prayer wheel) and prayer flags are flapping for a long time to your entry to this region with good health. Encounter of Mt. Everest Summiteer or caravan of expedition and chat to them while staying at guest house or along the way would be a lifetime memory. Heaving difficult life in this high mountain and still smiling people not only inspire you to do more hard work and be happy with what you have. You will even forget your hunger, tiredness and thrust. You would lost with nature while passing the caravan of yak with heavy load to Everest Base Camp, your porter willing to talk to you with smile the natural activities. The last village of this 12 days' Everest Base Camp Trekking is Gorekshep 5200m. You may feel difficulties of breathing, dizziness or some headache. That could be because of low level oxygen which is normal in high mountains. The following day, wake up early in the morning and hike to view point Kalapatter to see the sunrise from Himalaya and stunning view of Himalayan peaks. Take photos, see it, feel it, breathe it and back to your guest house for breakfast. After breakfast your trek will start to return. **Everest Base Camp Trekking** can be combine with [Rollawing valley trekking](#), [Gokyo Chola](#)

[Pass Trek](#), [Island Peak Climbing](#) . **Everest Base Camp Trek in Spring:** This is the best time to trek to this region. The sky is clear and mountains have seen very clear. The temperature is not so cold and not so hot. You could meet to the Everest and other high mountain expedition group in this season and have a nice chat with them. **Everest Base Camp Trek in Autumn:** This is also another great season to trek to Everest region. This season also has a clear sky, lovely weather, and clear mountain view. There could have some expeditions passing towards Everest and other mountains in this season as well as. **Everest Base Camp Trek in winter:** Trek to Khumvu in winter is considered a hard time. After snow fall the trail cold block and temperature could goes down bellow 25 or so. The icy trail could be slippery and difficult to walk. The weather could have misty or cloudy. **Everest Base Camp Trek in summer:** Summer is a rainy season in Nepal. This could be a cloudy sky and difficult to fly to Lukla. The benefit of this season trekking is to enjoy the Himalayan flower like blue puppy etc. **Trekking Permit**

- Sagarmatha national park permit Nrs.3390/ person single entry.
- TIMS Trekkers Information Management System Nrs.2000/ person single entry.
- Local Municipality tax Nrs.2000/ person each entry (this is newly introduced from Sept 2017)

Trip Facts

Trip Duration	12 Days
Trip Grade:	Moderate to fairly hard
Best Season	March-may, Oct - November
Per Day Hiking:	5-7 hr
Elevation	5550m
Accommodation	Hotel/ Guest House
Transportation	Domestic flight

Itinerary Details

Day 01: Arrive in Katmandu:

We will be waiting at Nepal airport and to you arrival and transfer to hotel. Free in the evening to explore the downtown. Later we will organize a typical Nepali dinner at Nepali restaurant. Night rest at Hotel.

Transport: By private van/ car

Accommodation: [Hotel Green Eco Resort](#)

Meal: Welcome Nepali cultural dinner.

Taken care by: our representative/ city tour guide

Day 02: Fly to Lukla and trek to Phakding 2640m:

Your trekking guide will come to your hotel to pick you up and drive to domestic airport. Take a scenic flight to Lukla where you will meet your rest of the team. You will be served the breakfast at local guest house.

Lukla airport (2840m) is situated in between high mountains. Due to unstable weather, the flight could be interrupted. You may have long waiting to take a flight to Lukla. Gear up with warm cloth and head to Phakding for about 3-4 hr down hill. Phakding is a small town where there are guest houses to stop overnight. You can have a WIFI at your guest house to stay in touch with friends and family.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter

Approx time: 3-4 hr

Day 03: Trek to Namche Basar 3440m.



Trek will start after breakfast. The first part of the trek (until Joresalle) follows along the Dudh Koshi river. Register your permit at Joresalle, cross the suspension bridge and continue following the river another an hour. The trail will leave the river after crossing the river and it is the hardest part of the trek to get to Namche. This is a steep hiking for about 2-3 hrs. Enjoy the view of Kwongde, Thamserku and Kusum Kangru Mountain just in front of you. The gate way to Mt. Everest, where you can have internet cafe, bakery care to have a delicious bite. Night rest at Guest house.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter

Trek time: Approx 6 hr.

Note: If you are not a regular hiker or feel tired too much, you can stop at Monjo 2835m before Namche Bazar. It will help to avoid mountain sickness as well as.

Day 04: Acclimatization Day (Hike to Khumjung 3800m):

Today is a rest day. After the breakfast hike to Khumjung for acclimatization and a tiny view of Mt. Everest and Kwongde, Thamserku and Kusum Kangru, Amadablam. You can visit Sherpa museum and take an easy day. Later return to guest house in Namche and night rest.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter

Trek time: Approx 5-6 hr

Note: If you start from Monjo, you will trek to Namche Bazar and rest. If you are already in Namche, you can hike to Khumjung 3800m for acclimatization. If you are not feeling well, you can take a full day rest at Namche. If you are there in Namche on Saturday, there will be a local seller from around the villages to sell their local product.

Day 05: Trek to Tengboache 3800m 5hr:

The trek starts after breakfast. The trek will hike for half from Namche and after an hour flat walk descend town to Dudh Koshi River 3250m. After crossing the bridge, the trail will hike to Tengeboache. Check in to guest house and after refreshment, visit Tengboache monastery (the biggest monastery in Everest region). You may talk to great lama and sit for puja or etc. The beautiful view to mt. Amadablam can be seen from Tengboache. Back to guest house and night rest.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter

Trek time: 5-6 hr.

Note: You are already at 3860m. You may feel some difficulties such as headache, dizziness etc. That may be due to altitude. You will require more drink, rest and stay warm to avoid the AMS.

Day 06: Trek to Pheriche 4280m 5hr:

Trek will start as other days. Now you are walking above 4000m. you might feel some difficulties to walk and breath because of altitude. Pheriche would have a Health Camp in a busy season to help the trekkers. You can visit the HRA clinic and get necessary medical advice. Pheriche is a beautiful village with beautiful mountain around. Night rest at guest house after dinner.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter

Trek time: Approx 5 hr

Day 07: Trek to Lobuche 4940m 4hr:

You will be wondering seeing the towering mountain. Many mountain lovers stop their walking and look like they have never imagine that they could see the giant mountain just some hundred meters ahead of them. You will be passing to memorial stones dedicated to the mountaineers who have lost their life in mountaineering. You may feel very cold night and exciting for a great tomorrow to Kalapattar.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter

Trek time: approx 4-5 hr

Day 08: Trek to Gorekshep 5200 4hr:

This is just a 300m ascending but because of elevation feels like hiking too high. Fresh mountain air and beauty of giant Mountain will always inspire you give you power. Arrive to Gorekshep and after lunch visit Everest Base Camp. The trail to base camp is rough and rocky. You may have a chance to meet the climbers in the base camp. Enjoy a highest living for this time.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter.

Trek time: Approx 4 hr

Note: You are at the last village 5200m in Everest region. You might feel uneasy due to altitude. If it seems serious you may lift down by Heli or walk down. You can consult to your guide or call us in Kathmandu.

Day 09: Hike to Kalapattar 5550m and back to Lobuche:



This is the biggest day of your trekking. Wake up early in the morning and hike to view point. Take enough photos; enjoy the sun rise from the top of the world, and a life time experience to see the Great Himalayas. Start to trek back.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter

View: Mt. Everest, Pumori, Cho Oyu, Amadablam, Lhotse, Nuptse, and many other Himalayan peaks. The stunning sunrise from the Himalayas.

Note: if you feel enough and want to return to Kathmandu straight, you might take a heli. You can let us know in advance so that we can make sure that you will have a flight right a way.

Day 10: Trek to Pangboache 3990m 5hr:

You must feel better and should be easier to go down. Take a look back the view and continue.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter Meal: BLD from the local guest house

Day 11: Trek to Monjo 2840 6hr:

Enjoy a tiny village of Sherpa and Dudh Koshi river gorging. You will encounter caravan of Yak and porter carrying the trekker's food and luggage.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter Meal: BLD from the local guest house

Day 12: Trek to Lukla 5 hr:

this is the last village in the mountain. Enjoy your last night and you might treat to you guide and porter.

Meal: BLD from the local guest house

Accommodation: Local guest house

Take care by: English speaking trekking guide and porter Meal: BLD from the local guest house

Day 13: Fly back to Kathmandu:

Wake up early and take a mountain breakfast and walk to airport. Take a mountain scenic flight and good bye your supporting team, the local people and whole Himalayan region for this time. Transfer to hotel and free day.

Accommodation: Hotel in the city center.

Take care by: English speaking trekking guide and porter Meal: Breakfast from the local guest house

Transport: Private transport to hotel from Airport.

Day 14: Drive to airport and fly back to Home or join another trip:

Meal: Breakfast at your hotel.

Transport: private transfer to airport for the final Departure.

Cost Includes :

- Arrival, departure and all the land transfer as per itinerary.
- Two nights hotel in Kathmandu on BB basis.
- All meals (breakfast, lunch and dinner) whilst on the trek.
- Local guest house accommodations in trekking on twin sharing (bathroom outside)
- Applicable trekking fees (national park permit and TIMS).
- Guide and Porters (one porter per two persons is provided to carry the clients personal effects)
- Domestic flight to and from Lukla including guide.
- Sleeping bag, duffle bag, trekking pole in trekking.
- First aid medicinal kit bag with guide.
- Insurance for the trekking staff. (insurance as per state law)
- All the government tax and our (AATE) service charges.

Cost Excludes :

- Personal [trekking equipment](#)
- If any extra accommodation, meal and sightseeing in Katmandu than itinerary.
- International flights and Nepal entry Visa.
- Your travel insurance (for travel, cancellation, accident, health, emergency evacuation and loss of life, theft of or damage to personal effects).
- Tips and gratuities (crew frequently receives some recognition for good service)
- Costs arising from unforeseen events outside the control of AATE.
- Personal expenses such as alcoholic beverages, soft drinks, mineral water, monuments entrance fees, postage, laundry, video, camera, phone, etc.
- All other services not included in the “cost includes” section above.