



## Everest Base Camp Trek - 15 Days

A direct approach to the foot of the world's highest mountain - Mount Everest.

A trek designed to get you real close-up to the 'mother of all peaks' Mt. Everest, the highest peak in the world.

Mount Everest Base Camp has been a popular destination for trekkers since the very first expeditions to the Nepalese side of Everest in the 1953. To reach this part of the Himalaya within a limited time, we have designed this two weeks trek to Everest Base Camp which runs directly to and from Lukla (The Gateway to Everest).

The Everest Base Camp trek, a very well-known mountain trek, starts at the upper Phakding and follows the DudhKosi valley which climbs up to the Sherpa capital of Namche, a bustling bazaar that's a junction for trekkers, the local Sherpa and expeditions en route to the mighty Mt. Everest. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it the kind of walk you will remember for a long, long time.

From Namche, we trek along a high traversing path where we have our first good views of Everest and then head towards Tengboche Monastery, which is a 2 hours climb. The monastery sits at 3867m in a clearing surrounded by dwarf firs and rhododendrons. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely mesmerizing and stunning and is rightly deemed to be one of the most magnificent in the world.

We then descend to the ImjaKhola (River) and continue to the villages of Pangboche and Pheriche before finally approaching the Khumbu Glacier. We then follow the glacier, first to Lobuche, a vantage point for some spectacular views of the AmaDablam, Tawache and other peaks and then hike to Gorakshep for a breather.

We also have the opportunity to ascend Kala Pattar (5555m) from where we can get some awesome views of the Himalayan giants which literally numb your senses with breathless admiration that beholds the eye; and makes up for the lung-bursting climb that took you up there. You soon realize it was absolutely worth it. This also includes fantastic views of the south west face of the colossal Mt. Everest. We then trek down to Everest Base Camp at the foot of the Khumbu ice fall before finally making our way back down to Lukla.

Everest Base Camp Luxury trek provides accommodation in 5 star hotels in Kathmandu and Yeti Mountain Home or similar between Lukla to Namche.

**Duration:** 15 Days

**Cost:** USD 1550

**Destination:** Nepal

**Day 01: Arrival in Kathmandu (1400m).**

Upon arrival at International Airport in Kathmandu, you will be welcomed by our representatives and transferred to hotel. Today you are free and easy to spend time on your own. You may also wish to buy some trekking gears such as Jackets, hats, t-shirt, walking stick, trekking bags etc which is easily found near your hotel. In the evening we will proceed for welcome dinner hosted by our company.

### **Dinner included**

### **Day 02: Fly to Lukla (2860m) and trek to Phakding (2886m) – 25 minutes flight and 4 hrs trek.**

Fly from Kathmandu to Lukla (2886m) which takes about 25 minutes. Trek from Lukla to Phakding (2640m) which takes approximately three hours. Lukla is a small town with an airport. There are few tea shops, lodges, hotels and general stores. You begin today's trek from Lukla following a gentle climb up the mountain side on the left bank of the DudhKoshi River. You descend a mountain side path that merges into your route to Everest, with views to a valley to your right, and at its far end, Kusum Kang (6367m) The DudhKosi approaches as you pass a Mani wall and arrive at Phakding.

### **Breakfast, Lunch & Dinner included**

### **Day 03: Trek to Namche Bazaar (3440m) - 4 to 5 hours trek .**

Today we will trek from Phakding to Namche Bazaar (3440m) which takes about four to five hours. This day you trek and cross the river on high suspension bridges. Beyond Monjo village (2800m) is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. You then ascend quite steeply to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu region and holds a busy Saturday market.

### **Breakfast, Lunch & Dinner included**

### **Day 04: Rest at Namche Bazar for acclimatization and excursion around.**

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tengboche tiny Village. For the acclimatization you walk up to Khunde Hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Syangboche (3800m) where Everest View Hotel is situated above Namche for the outstanding view of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. There are also good views from the National Park Centre and Museum just above the town.

### **Breakfast, Lunch & Dinner included**

### **Day 05: Trek to Tengboche (3867m) - 5 to 6 hrs.**

After breakfast trek from Namche Bazaar to Tengboche (3867m) takes almost five hours. From Namche, the trail contours around the side of the valley, high above the DudhKoshi. Now you have a glimpse of first really good views of the great peaks of the Khumbu including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. Passing by several villages and numerous tea shops, the trail descends steeply to a bridge over the river DudhKoshi at PhunkiTenga (3250m). Tengboche is also very famous for its legendary monastery, the largest in the Khumbu region.

## **Breakfast, Lunch & Dinner included**

### **Day 06: Trek to Dingboche (4260m) - 5 hours.**

After breakfast trek from Tengboche to Dingboche (4260m) takes about five hours. You gradually descend through a forest, cross the Imja Khola and climb steadily up to the village of Pangboche. This is directly opposite to Ama Dablam (6856m), and has exceptional views of the mountain, with the Gumpa, Mani walls and scattered pine trees in the foreground. As you gradually ascend, you find thick forests. This part of the trail is full of thorny juniper bushes. A further two and half hour's walk brings you to Dingboche. Here you can see Sherpa people working hard in the agricultural farm.

## **Breakfast, Lunch & Dinner included**

### **Day 07: Rest at Dingboche for acclimatization.**

Today we will rest at Dingboche for acclimatization and excursion in and around the places. Here you can steeply climb up to Nakartsang Gumpa for the rare outstanding view of Mount Makalu (8463m) along with Lhotse, Island Peak, Baruntse, Ama Dablam and Thamskerku. The another option provided is a small side trip to Chhukung which takes about 2 and half hours to go up and 1 and half hours to come back to Dingboche. There are some of the lodges which serve you delicious food items.

## **Breakfast, Lunch & Dinner included**

### **Day 08: Trek to Lobuche (4900m) Via Dongla (4620m) - 5 to 6 hour.**

After breakfast, you begin your trek to Lobuche via Dongla which offers you panoramic view of the mountains along the way. The tea house at Dongla is a good spot to have lunch, before zigzagging up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone caves, built as memorials to the many Sherpa's who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

## **Breakfast, Lunch & Dinner included**

### **Day 09: Trek to EBC (5364m) and to Gorakshep (5180m) - 3 to 4 hours.**

After breakfast trek from Lobuche (4900m) to Gorakshep (5180m) takes about three and half hours. You will lunch at Gorakshep, and walk to Everest Base Camp (5486m). You will spend about 4 and half hours trek up to Everest Base Camp and back to Gorakshep. The trek is on glacier and snow-capped rocks. You can also see many small frozen lakes around the Everest Base Camp and return back to Gorakshep.

## **Breakfast, Lunch & Dinner included**

### **Day 10: Trek to Kala Patthar (5555m) and back to Pheriche (4243m) – 5 hours.**

After breakfast, trek from Gorakshep to Kala Patthar (5555m) and back to Pheriche (4243m) takes about 5 to 6 hours. You accomplish an early morning climb to Kala Patthar (5545m) to enjoy the view of sunrise. From Kala Patthar you can have a panoramic view of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamskerku and many more. In Pheriche, foreign volunteer doctors are always available to provide medical treatment to trekkers as

well as local people.

### **Breakfast, Lunch & Dinner included**

#### **Day 11: Trek to Namche (3440m) – 7 to 8 hours.**

After breakfast walk down to Namche. Today will be a hard day walking for almost 7-8 hrs to reach Namche. The walk is downhill crossing several suspension bridges. The trail leads downhill through the forested path of silver fir, blue pines trees. After crossing the suspension bridge over Dudh Koshi River, trek onwards and finally reach Namche bazaar for rest and overnight stay.

### **Breakfast, Lunch & Dinner included**

#### **Day 12: Trek to Lukla – 7 to 8 hours.**

Today will be a long and last walk towards Lukla. Firstly we descend the long way before crossing the bridge and further walking towards Monju and then to Phakding for lunch. We will trek back enjoying the lush green scenery around and passing through the incredible mountain scenery and local Sherpa Village. After a long walk of 7 – 8 hrs we will arrive in Lukla and we will have time to stroll around the areas while the guides will reconfirm your flight ticket back to Kathmandu. Tonight we will celebrate and enjoy the dinner and overnight at Lukla.

### **Breakfast, Lunch & Dinner included**

#### **Day 13: Fly to Kathmandu – 25 minutes flight.**

Today morning we will take a flight back to Kathmandu. After reaching Kathmandu, drive to your hotel and check in if room is available for early check in. Free for the day.

### **Breakfast Included**

#### **Day 14: Kathmandu Sightseeing.**

Today you will be doing a sightseeing tour of Kathmandu Durbar Square (UNESCO World Heritage Site), Boudhanath Stupa (UNESCO World Heritage site) and Bhaktapur (UNESCO World Heritage site). After the sightseeing you can explore Thamel and do some last minute shopping.

In the evening we will proceed for a farewell dinner hosted by our company to celebrate the successful completion of your trek.

### **Breakfast & Dinner included**

#### **Day 15: Departure to Airport.**

Today you are free until your departure time to Airport. You can rest or relax or do shopping if you have some time. Our representative will come to pick you up 3 hours prior to departure time and transfer you to Airport. Have a good flight back home with beautiful Himalayan memories of Nepal.

## **Breakfast included**

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