



Everest Base Camp Trek - 13 Days

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 the 13 Days Everest Base Camp trek which runs directly to and from Lukla (The Gateway to Everest).

The Everest Base Camp trek, which is a very well-known mountain trek, starts at the upper Phakding and follows the Dudh Koshi 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 hour 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 is seen 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 Imja Khola (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 [5545m] 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.

Duration: 13 Days

Cost: USD 1450

Destination: Nepal

Day 01: Arrive Kathmandu (1345m) .

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 and trek to Phakding (2886m) – 25 minutes flight and 4 hours trek.

Wake up early morning and fly from Kathmandu to Lukla (2886m.) which takes about 25 minutes. Trek from Lukla to Phakding (2640 m) 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 Dudh Koshi 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 Dudh Koshi 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 from Phakding to Namche Bazaar (3440m.) which takes about four to five hours. Today you will 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 day 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 the tiny village of Tengboche. For the acclimatization you will 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 hours.

After breakfast trek from Namche Bazaar to Tengboche (3867m) which takes almost five hours. From Namche, the trail contours around the side of the valley, high above the Dudh Koshi. 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 Dudh Koshi at Phunki Tenga (3250m). Tengboche is also very famous for its legendary Tengboche 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 (6,856 m), and has exceptional views of the mountain, with the Gompa, 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 bushes and 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: Trek to Lobuche (4930m) Via Dongla (4620m) - 5 to 6 hours .

After breakfast now 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 08: Trek to Everest Base Camp (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 09: Trek to Kala Patthar (5545m) and to Pheriche (4243m) - 5 hours.

After breakfast, trek from Gorakshep to Kala Patthar (5545m.) and back to Pheriche (4243m) takes about six 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. Thamserku and many more. In Pheriche, there is foreign volunteer doctors are always available to provide medical treatment to trekkers as well as local people.

Breakfast, Lunch & Dinner included

Day 10: 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 11: 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 12: Fly to Kathmandu – 25 minutes

In the morning after breakfast fly back to Kathmandu. After reaching Kathmandu, you will be transferred to your hotel. You are free for the day to rest, explore or do some shopping. In the evening we will proceed for a farewell dinner with cultural show in a traditional Nepalese restaurants hosted by our company to celebrate the successful completion of your trek.

Breakfast included

Day 13: Departure

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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