



## Contact Info

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## TRANSFER BY FLIGHTS (KTM-PKR)

Everest Base Camp trek is one of the best trekking experiences in the world. Explore magnificent vista of the highest Himalayan range including Mount Everest, Lhotse, Nuptse, Cho-Oye, Ama Dablam, Thamserku with a visit to Cultural capital of Sherpa people.

## Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 14 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 14 breakfasts, 11 lunches and 12 dinner
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu.
- Seasonal and regional festivals and unique experiences as per region, (Min 10 Pax requires in the group)
- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in

Kathmandu.

- Other festivals and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

#### Includes While on Trek:

- Everest Conservation area Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Domestic flight ticket for sectors, Ramechap - Lukla - Ramechap.
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

#### **Excludes**

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

# Itinerary

## DAY 1: Arrival at Kathmandu

On reaching Kathmandu Airport, you will receive a warm welcome from our tour representative who will then assist you in reaching the hotel. The rest of the time you can relax inside the hotel. Later in the evening enjoy the scrumptious meal which is then followed by a comfy and relaxing overnight stay.

- Meals: Welcome Dinner

## DAY 2: Kathmandu - Lukla - Phakding

Today you will be flying to Lukla, you need to wake up a little early. After the flight lands, get ready to enjoy the mesmerizing beauty of the surroundings. Keep your camera always ready to capture the irresistible beauty of the Himalayas. On reaching Lukla, the most renowned mountain airstrip in the world, you will start trekking down to the river at Phakding. After reaching Phakding, rest overnight.

- Elevation of Phakding: 2740M
- Accommodation: Tea house/Lodge
- Trek Duration: 5-6 Hours
- Meals: Breakfast, Lunch, Dinner

## DAY 3: Phakding - Namche

Your trekking expedition commences on the fourth day of the trip. The trekking allows us to commence the ascent to Namche Bazaar. Once you reach halfway up the hills, a gap in the wood offers an opportunity to have a glimpse of Everest for the first time. If you are lucky then you can see the South-West side of Everest as it completely depends upon the weather. Namche happens to be the largest and most renowned town in Khumbu where you can enjoy shopping out your heart's contents every Saturday. Handwoven Tibetan Boots, Tennis shoes, meat, vegetables, grains, and trinkets are some of the hugely sold wares in this market. The Sherpas act host to the traders coming from the foothills and also to the Tibetans from over the border.

- Elevation of Namche: 3445M
- Accommodation: Tea house/Lodge
- Trek Duration: 5-6 Hours
- Meal: Breakfast, Lunch, Dinner

## DAY 4: Namche - Acclimatization Day

Adjusting your body to this hugely elevated place is very compulsory as it becomes very difficult for one to adjust his body as per the rarefied atmosphere before ascending to the higher altitudes. Follow the technique of 'climb high and sleep low' as this would help you throughout the expedition. You can either opt for relaxing during your stay for the entire day or can hike up to the hill behind Namche to the airstrip at Syangboche.

- Meals: Breakfast Lunch & Dinner

## DAY 5: Tengboche/Diboche

You must be feeling fresh and energized after the acclimatization activity. Today, you will continue your trekking activity from Namche to Phunki and Tengboche Monastery to admire one of the most irresistible views in the world i.e. an eye-treating glory of the Himalayan giants- Kwangde, Tawache, Everest, Lhotse, Nuptse, Kategna, Dablam, and Thamserku. Later in the evening, return to your accommodation site and unwind in the comfy room to have a relaxing sleep.

- Elevation of Tengboche: 3800M
- Accommodation: Tea house/Lodge
- Trek Duration: 5-6 Hours
- Meal: Breakfast, Lunch, Dinner

## DAY 6: Trek to Dingboche

Give a perfect start to your day with a healthy breakfast and continue trekking towards Phireche by crossing the Imja Khola and through the rolling pastures and terraced fields where Yaks graze.

- Elevation of Dingboche: 4400M
- Accommodation: Tea house/Lodge
- Trek Duration: 7-8 Hours
- Meals: Breakfast, Lunch, Dinner

## DAY 7: Dingboche Acclimatization Hike

We have designed our itinerary in such a way that everyone completes this trekking

expedition smoothly and with great comfort, therefore, we have again planned a day for acclimatization. However, we would appreciate and motivate you to cover at least one of two hikes. The shorter and the easier one is to climb up the hill immediately behind Dingboche to reach steeply down to Pheriche. You will get an opportunity to take part in the seminars organized by the Himalayan Rescue Association in which several western doctors take part. The other exciting option is to trek up the Imja Tse Valley towards Island Peak. Capture the panoramic views of Ama Dablam and Lhotse before you start trekking down the hill.

- Meals: Breakfast Lunch & Dinner

## DAY 8: Dingboche to Lobuche

Have a healthy breakfast before commencing the day schedule as you need to feel energized throughout the day today you will be climbing through the green-carpeted valley to Khumbu Glacier to reach Lobuche.

- Elevation of Lobuche: 4900m
- Accommodation: Tea house/Lodge
- Trek Duration: 6-7 Hours
- Meals: Breakfast, Lunch, Dinner

## DAY 9: Lobuche - Kala Pattar (5545M) - Goraksher

Today your journey is not only going to be a little hectic but also very exciting as today you continue climbing from Khumbu Glacier to reach Gorakshap. The best thing is that the route going up is very simple and straight and takes almost 3 hours. In addition, you can also have glimpses of almost all the Himalayan giants including Lhotse, Nuptse, Everest, Ama Dablam, Changtse, and many others from this vantage point.

- Elevation of Kala pattar: 5545m
- Accommodation: Tea house/Lodge
- Trek Duration: 7 Hours
- Meals: Breakfast, Lunch, Dinner

## DAY 10: Gorak Shep - Everest Base Camp (5,364 M) – Pheriche

Another exciting day of the trip where you will trek for hours to reach the Everest base camp. Kickstart your day with a relishing morning meal and then start packing your bags and then start trekking down to Everest Base Camp from Gorakshap. As a memory, you can place a special token there and that could be anything that has

meaning to you but it should also be eco-friendly. On reaching the desired destination, get freshen up and enjoy your lunch. Do not forget to click some amazing pictures with your group and other trekking companions to commemorate the memories before hiking back to Gorekshep. Collect the belongings that you have kept at the guesthouse and then continue trekking back to Lobuche and then to Pheriche. Your overnight halt is scheduled at a guest house in Pheriche.

- Elevation of Pheriche: 4400M
- Accommodation: Tea house/Lodge
- Trek Duration: 6-7 Hours
- Meals: Breakfast, Lunch, Dinner

## DAY 11: Phireche to Namche - Manjo (3445M)

Another exciting day of your journey where you will first go down and then ascend the hills. After completing the lip-smacking afternoon lunch, start descending to Manjo. This is one of the best ways to enjoy the awe-inspiring views of Everest before you leave the Everest region and the mountains far behind.

- Elevation of Manjo: 3445m
- Accommodation: Tea house/Lodge
- Trek Duration: 6-7 Hours
- Meal: Breakfast, Lunch, Dinner

## DAY 12: Manjoo - Lukla (2880M)

It would be very difficult and disheartening for many of the trekkers to head toward Lukla. You are surely going to miss the kind-hearted locals, and soul-soothing views of the mountains, valleys, and forests. Once you reach the day destination, you are free to relax your body at the resting site.

- Meals: Breakfast Lunch & Dinner

## DAY 13: Lukla – Kathmandu (1,400M)

Another great way and day to enjoy the aerial views of the Himalayas. You need to be pre-informed that you might have to face the problem of flight delay due to unfavorable climatic conditions. We also assure you that our team would effortlessly help to minimize the inconveniences caused. The entire team of Going Nepal would

appreciate your patience during such circumstances. Upon reaching Kathmandu Airport you will be picked up by our tour representative who will assist you in reaching the pre-booked hotel. Complete the check-in formalities and relax for the day. Dinner and Overnight at the hotel.

- Meals: Breakfast

## DAY 14: Kathmandu Sightseeing (1,400M)

To give you a perfect start to your day, we provide you with a healthy morning meal. After completing breakfast, get yourself ready for the Kathmandu Valley sightseeing tour. Pashupatinath Temple, a UNESCO World Heritage Site, and the biggest Buddha stupa at Boudhanath are the two must-visit and most preferred travel destinations in the valley and the Kathmandu Durbar Square is the other two hugely visited travel site. Return to the hotel after it gets dark and enjoy a mouth-watering dinner at the hotel in Kathmandu.

- Meals: Breakfast

## DAY 15: Departure Day

Breakfast and timely transfer to International Airport for your onward destination.

## Highlights

- Spectacular views of Mount Everest and other famous peaks in the Himalayas
- Passing through traditional Sherpa villages and monasteries
- The opportunity to experience the unique culture and way of life of the Sherpa people
- Challenging trek that will test your physical fitness and mental endurance
- Early morning view from kalapatthar to witness splendid view of sunrise over Mt. Everest

## Travel Information

- **Permits:** A TIMS (Trekking Information Management System) card and Sagarmatha National Park permit are required for trekking in the Everest region. These can be obtained in Kathmandu or through a trekking agency.
- **Best time to go:** The best time to trek in the Everest region is between September and November and March to May when the weather is clear and stable.
- **Route:** The most popular route for trekking to Everest Base Camp is the South Base Camp in Nepal. The trek typically starts and ends in Lukla and takes around 12-14 days to complete.
- **Accommodation:** Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- **Physical fitness:** The trek to Everest Base Camp is considered challenging, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.
- **Altitude sickness:** Altitude sickness is a concern at high altitude. It is important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Guides and porters:** It is possible to trek independently but hiring a guide and porters is recommended for safety and to ease the burden of carrying equipment.

## Things to know

- **Visa requirements:** Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- **Currency:** Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- **Weather:** Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- **Altitude sickness:** Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.



- Food: Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include momos (dumplings), dal bhat (lentil soup and rice), and chow mein (stir-fried noodles).
- Language: Nepali is the official language of Nepal, but many people also speak English.
- Culture: Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- Conservation and sustainability: Nepal is home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.