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EVEREST BASE CAMP TREKKING: A DREAM COME TRUE

Mt. Everest also known as Sagarmatha in Nepali is the highest mountain in the world. With an elevation of 8848 meters, Mount Everest is also called as "Rooftop of the World".

This Everest Yeti's Skull trek is designed for those who want to see the Everest panorama within a short time. This trek itinerary also includes a visit to Khumjung monastery which is home to the legendary "Yeti" Skull. This trek provides a wonderful opportunity to view the rare highlights of the world – Mt. Everest and Yeti. Visit Namche Bazar, a historical mountain township, and visit Tengboche monastery which is one of the biggest Buddhist monasteries in the Everest region. Explore local Sherpa culture and Tradition at Namche bazaar and also visit Everest View Hotel which is the highest-placed hotel in the world.

Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 10 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 10 breakfasts, 08 lunches and 08 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 in Kathmandu (- / - / D)

Arrival in Kathmandu, meet, assists and Transfer to the Hotel and check-in, followed by welcome drinks, and trip briefing by the tour Guide.

Day 2: Rest day in Kathmandu (B / - / -)

Rest day in Kathmandu, Trekking Preparation with Trek Guide.

Day 3: Fly to -Lukla, Trek to Monjo via Phakding (B / L / D)

Early morning breakfast and check-out, drive to Kathmandu Domestic Airport, and Fly Kathmandu to Lukla, upon arrival in Lukla, your porter will meet you at the airport and sort out your belongings, start your trek to Monjo. Lunch, Dinner, and Overnight at Yeti Home in Monjo.

A highlight of the day

- Accommodation on DBL/twin Sharing basis on AP (Full-board Plan)
- Welcome drinks on arrival
- 4hr walking
- Unlimited tea/coffee at Hotel/resort
- Free WiFi
- Attached bath and hot water shower.
- Boiled and Filtered water, hotel amenities, and many more.

Day 4: Trek to Namche Bazaar (B / L / D)

Breakfast starts your trek to Namche Bazaar which is the cultural hub of the Sherpa people in Nepal. Explore local market stupas, monasteries, and areas, you can walk up to view point hill and back to Namche for Lunch, Dinner, and Overnight at Yeti Homes

A highlight of the day:

- Accommodation on DBL/twin Sharing basis on AP (Full-board Plan)
- Welcome drinks on arrival
- 6/7hr walking, stunning views, and landscapes, the first glimpse of [Mt. Everest](#)
- .
- Unlimited tea/coffee at Hotel/resort
- Free wifi
- Attached bath and hot water shower.
- Boiled and Filtered water, hotel amenities, and many more.

Day 5: Acclimatization rest day in Namche Bazaar (B / L / D)

The day is free for acclimatization. You can enjoy an excursion to the nearby area. Lunch, Dinner, and Overnight at the Hotel / Tea House / Lodge in Namche.

A highlight of the day

- Accommodation on DBL/twin Sharing basis on AP (Full-board Plan)
- Welcome drinks on arrival
- stunning views and landscapes, the first glimpse of [Mt. Everest](#), and many more
- Unlimited tea/coffee at Hotel/resort
- Free WiFi
- Attached bath and hot water shower.
- Boiled and Filtered water, hotel amenities, and many more.

Day 6: Namche Bazar – Tengboche (B / L / D)

A highlight of the day:

- Accommodation on DBL/twin Sharing basis on AP (Full-board Plan)
- 3hr walking, stunning views, and landscapes.
- Tea coffee on request at Hotel/resort
- Attached bath and hot water shower.
- Boiled and Filtered water, hotel amenities, and many more.

Day 7: Tengboche –Khumjung (B / L / D)

Have breakfast EVH and start your trek to reach Tengboche. Visit Tengboche

monastery which is the biggest Buddhist monastery located in the Everest region. If time permits, then witness evening rituals at the monastery. Tengboche also offers an excellent panoramic view of Mt. Everest, Nuptse, Lhotse, Cho-Oye, and Ama Dablam mountains. Lunch, Dinner, and Overnight at Hotel Himalaya (which is the best available Lodge, but it is not as good as Yeti Homes).

A highlight of the day:

- Accommodation on DBL/twin Sharing basis on AP (Full-board Plan)
- 6/7hr walking, stunning views, and landscapes
- Tea coffee on request at Hotel/resort
- Attached bath and hot water shower.
- Boiled and Filtered water, hotel amenities, and many more.

Day 8: Trek to Khumjung to Monjo (B / L / D)

Dinner and Overnight Yeti Mountain Homes

A Highlight of the day:

- Accommodation on DBL/twin Sharing basis on AP (Full-board Plan)
- Welcome drinks on arrival
- Stunning views and landscapes, a first glimpse of Mt. Everest, and many more.
- Unlimited tea/coffee at Hotel/resort
- Free wifi
- Attached bath and hot water shower.
- Boiled and Filtered water, hotel amenities and many more.

Day 9: Monjo to Lukla (B / L / D)

Trek to Lukla following the downhill trekking trail along the Dudh Koshi river.
Lunch, Dinner, and Overnight Yeti Mountain Homes

A highlight of the day:

- Accommodation on DBL/twin Sharing basis on AP (Full-board Plan)
- Welcome drinks on arrival
- stunning views and landscapes, a first glimpse of Mt. Everest, and many more.
- Unlimited tea/coffee at Hotel/resort
- Free wifi
- Attached bath and hot water shower.
- Boiled and Filtered water, hotel amenities and many more.

Day 10: Fly Lukla to Kathmandu (B / - / -)

Fly back to [Kathmandu](#) in the morning and lunch in the city restaurants and free day in Kathmandu.

A highlight of the day:

- Welcome drinks on arrival
- Free wifi at the hotel.
- Transfer to Hotel by Private Jeep

Day 11: Departure (B / - / -)

Breakfast, check-out and departure for onward Journey

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
- The chance to reach Base Camp of the highest mountain in the world, Mount Everest

Travel Information

- Permits: A TIMS (Trekkers' 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.