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EVEREST BASE CAMP TREK: A HIKE TO THE WORLD'S HIGHEST PEAK

Mt. Everest also known as Sagarmatha in Nepali is the highest mountain in the world. With an elevation of 8848meters, 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.
- 13 nights’ accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 13 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

Inclusion 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, Welcome and Transfer to Hotel (- / - / D)

Arrive at Tribhuvan International Airport in Kathmandu. Welcome, meet, assist by our Going Nepal representative, disinfect luggage and hand carries and hand over a bag containing mask, surgical gloves, and sanitizer & transfer to the hotel. Welcome drink followed by tour briefing. The evening is free for your own leisure. Dinner and Stay Overnight at Kathmandu hotel.

Day 2: Fly Kathmandu/Lukla & Trek to Phakding (B / L / D)

Early morning, pick up from your hotel in Kathmandu and transfer to Kathmandu Domestic airport to fly to Lukla (2860 meters). Start your trek to reach Phakding.

- Breakfast, Lunch, and Dinner and Overnight at Local Lodge

Day 3: Trek to Namche Bazaar (B / L / D)

Start your trek after breakfast. Today you follow a trekking trail inside Juniper and Pine forests along Dudh Koshi River bypassing double suspension bridge and village settlements like Jorsale & Monjo. Reach Namche in the afternoon.

- Breakfast, Lunch & Dinner, and Overnight at Local Lodge.

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

Today is an acclimatization day. We recommend you take a day excursion to Syangboche for a better view of Everest and Ama Dablam valley. Also, visit “Everest View Hotel” the highest-placed hotel in the world. If interested further continue to Khumjung village and visit the monastery which is home to “Yeti’s Skull”. Return to

Namche for a night stay.

- Breakfast, Lunch, and Dinner and Overnight at Local Lodge.

Day 5: Trek to Tengboche (B / L / D)

Trek to Tengboche monastery. If time permits also witness the evening rituals at Monastery. Tengboche offers excellent vistas of Everest, Chou-Oye, Nuptse, Lhotse, and Ama Dablam valley.

- Breakfast, Lunch & Dinner, and Overnight at Local Lodge.

Day 6: Trek to Dingboche (B / L / D)

Trek to Dingboche. Today you will walk through the Rhododendron forest which also provides an excellent opportunity to see wild animals like Himalayan Thar, and different species of Wild Flowers and Birds. Reach Dingboche for overnight halt.

- Breakfast, Lunch & Dinner, and Overnight at Local Lodge.

Day 7: Acclimatization Day (B / L / D)

Today is an acclimatization day. For better adjustment of the altitude, we recommend you take an excursion to the surrounding area.

- Breakfast, Lunch & Dinner, and Overnight at Local Lodge.

Day 8: Trek to Lobuche (B / L / D)

Trek to Lobuche visiting Dhugla and Pheriche along the Khumbu Glacier moraine. Lobuche offers an extensive view of Khumbutse, Lingtren, Pumori, and Mahalangur Himal which includes Everest, Nuptse, Lhotse, and other surrounding peaks.

- Breakfast, Lunch & Dinner, and Overnight at Local Lodge.

Day 9: Trek to Gorekshep visiting Everest Base Camp (B / L / D)

Today is one of the highlights of your trek to the Everest region. Reach the base camp of the highest mountain in the world. Spend your time capturing this lifetime experience and trek to Gorekshep for an overnight stay.

- Breakfast, Lunch & Dinner, and Overnight at Local Lodge.

Day 10: Excursion to Kalapatthar & trek to Pheriche (B / L / D)

Early morning reach the top of the Kalapatthar to witness a splendid view of Sunrise over Mt. Everest, Nuptse with a combined view of Everest Base Camp. Return to the lodge for breakfast and continue your walk to Pheriche.

- Breakfast, Lunch & Dinner, and Overnight at Local Lodge.

Day 11: Trek to Namche (B / L / D)

Trek down to Namche.

- Lunch, Dinner, and Overnight at Local Lodge

Day 12: Trek to Lukla (B / L / D)

Trek down to Lukla.

- Lunch, Dinner, and Overnight at Local Lodge

Day 13: Fly Lukla to Kathmandu (B / - / -)

The Morning flies from Lukla to Kathmandu. Upon arrival, transfer to your hotel located in the city center area.

Day 14: Departure (B / - / -)

Breakfast, free until you are transferred to international airport 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.