



EVEREST BASE CAMP TREK

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 visit to Cultural capital of Sherpa people.

Includes

- Airport transfers in Kathmandu for Lukla Flight
- 11 nights/12 days Everest Base Camp trek using local lodges
- Daily breakfast, lunch & dinner for 12 days' trek
- Kathmandu/Lukla/Kathmandu round-trip airfare as applicable
- English speaking professional trekking guide for 12 days' trek
- Necessary porter (2 clients = 1 porter)
- Trekking map First Aid box Everest Conservation Area Permit fee Trekking permit fee as applicable (TIMS Fee)
- Trekking crews' expenses, salary, staff insurance etc
- All government and local taxes
- Price included for four star category.

Excludes

- International Air ticket
- Travel Insurance
- Nepal Entry Visa Fee
- All expenses of personal nature

- Rescue and personal insurance
- Extra arrangements due to flight cancel, delay or any other factors beyond our control
- Any other services not mentioned in cost includes section

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

Meal: Full board Meal

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: Full board Meal

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 in 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 yourself in the comfy room to have a relaxing sleep.

Elevation of Tengboche: 3800M

Accommodation: Tea house/Lodge

Trek Duration: 5-6 Hours

Meal: Full board Meal

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
Meal: Full board Meal

DAY 7: DINGBOCHE ACCLIMATISATION 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: DINGBUCH TO LOBUCH

Have a healthy breakfast before commencing the day schedule as you need to feel energized throughout the day as 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
Meal: Full board Meal

DAY 9: LOBUJE - KALA PATTAR (5545M) - GORAKSHEP

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 Gorakshep. 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 other from this vantage point.

Elevation of Kala pattar: 5545m
Accommodation: Tea house/Lodge

Trek Duration: 7 Hours

Meal: Full board Meal

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 Gorakshep. 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 all your 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

Meal: Full board meal

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: Full board Meal

DAY 12: MANJOO - LUKLA (2880M)

It would be very difficult and disheartening for many of the trekkers to head towards Lukla. You are surely going to miss the kind-hearted locals, soul-soothing views of the mountains, valleys, and forests. Once you reach the day destination, you are all 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 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

- Welcome dinner at hotel and short briefing of tour by guide
- Embark the adventure with a scenic flight to Lukla airport.
- Trek to Dingboche for an excellent opportunity to see wild animals, plants,

flowers and Birds.

- Early morning view from kalapatthar to witness splendid view of sunrise over Mt. Everest

Travel Information

- Confirmation will be received at time of booking
- Not wheelchair accessible
- Infants must sit on laps
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions

Things to know

- Getting a Nepal Visa upon Arrival
- We will be there at the Airport to receive you before an Hour your flight lands,
- You will be greeted by enthusiastic Namaskar
- You will always welcome with warm charming smile
- You should not have beef in Nepal
- If you are planning for a SIM card, you can get it in the Airport.
- Mention in the itinerary destinations Entrance fees for the world heritage site will be paid by GoingNepal.
- Most often you will be welcome by Tikka and khata.
- You should strictly remove the footwear before entering any religious areas.
- Nepal consist of Eight out of Ten highest peak of the Mountains in the world.
- Before bag packing it's always better to talk with your guide

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