

Trip Name : Everest Base Camp Trek

Trip Cost	US \$1450
Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Lodge Trek
Grade	Medium-Hard
Duration	14 Days
Daily Walk	5-7 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to mid-May and September to mid-November
Max. Elevation	5545 mt.

Trip Highlights:

- One of the popular places to visit in lifetime
- Ancient Tengboche Monastery
- Spectacular views of Mt. Everest, Cho Oyu and Lhotse
- Marvelous view of the Khumbu Ice-fall
- Picturesque mountain flight to/from Lukla
- Sherpa hometown- Namche Bazaar, the gateway of Everest expeditions

Trip Details:

Have you ever thought of the highest point on the earth? Yes, it is Mount Everest of Nepal. Mount Everest is the highest peak in the world having an altitude of 8,848 meters (29,028ft) and lies on the border of Nepal and Tibet (China) with about half of the mountain lying on each side of the border. Mount Everest was attempted for several times in the history to achieve a summit on its top. But the first successful expedition had been possible only on 29 May 1953 by a team of Sir Edmund Hillary and Tenzing Norgay Sherpa. Since then the Everest Base Camp has become one of the most popular trekking routes in the Himalayas and is visited by thousands of trekkers every year. Everest Base Camp trail is used by many expedition teams for many other peaks in the Everest region. This popular trekking starts at Lukla reached by a 35-minute flight along the Dudh Koshi valley leading into the popular Sherpa hometown Namche Bazaar. Namche Bazaar serves as a central hub of the area for food, sundries, communications and mountain climbing gears. Many trekkers spend a full day in Namche Bazaar for acclimatization and pay some excursion trips to the surrounding Sherpa villages. The trail passes through the famous Tengboche Monastery, Dingboche, Lobuche and finally Gorakshap (5,140m/16,864ft) which is the highest point of overnight halt for regular Everest Base Camp trekkers. People trekking towards Everest Base Camp also ascend to Kalapatthar (5,545m/18,192ft) from where one can have the magnificent views of the Himalayan giants. The entire Everest region is protected within the boundaries of the Sagarmatha National Park. 'Sagarmatha' is the Nepalese name of Mt. Everest and it is called 'Chomolungma' in Tibetan. The Park is largely composed of rugged terrain and gorges of the high Himalayas ranging from 2,845 meters to the top of the world's highest mountain - Mt. Everest (8,848m) including several other peaks above 6,000 meters such as Lhotse, Cho Oyu, Thamserku, Nuptse, Amadablam and Pumori. It is believed to be the home of Yeti, the snow man. Everest Base Camp trek is one of our popular trekking holidays in Nepal.

Weather in the Everest region:

Everest Base Camp trekking is possible almost the year round however the best times to visit are considered

from the beginning of March to mid May and from the beginning of September to mid November. The winters are very cold with possible heavy snowfall and summers are wet and cloudy. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views are simply awesome when the summer monsoons have cleared the dust in the atmosphere.

High Altitude Warning:

Altitude sickness is a major concern on the Everest Base Camp trek which can affect even young and healthy people. The only medicine to high altitude sickness is to descend towards lower elevation. It may start with a mild headache and there may be experienced other signs of Acute Mountain Sickness (AMS) by different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. We strongly advise our trekkers to consult with your Guide or Sardar and let them know your situation. They will have some medicines for altitude sickness in the 'First aid box'. We are very much concerned of your safety and our guides are aware of such situations how they should be tackled.

Experience Required:

We have categorized Everest Base Camp trekking as medium-hard trek which may require to walk at least 5-7 hours everyday. However, you might need to walk 7 to 8 hours or more on some days. If you have passions, good health with average physical fitness and self confidence, the Everest Base Camp trek is an ideal challenge for you. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an additional asset. It is important that you consult with your doctor before making decision for the Everest Base camp trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Two nights accommodation at a City Hotel in Kathmandu
- Permit for Sagarmatha National Park and TIMS Card (Trekking Information Management System)
- Meals (B/L/D) prepared at local teahouse/lodge
- Accommodations from the teahouse/lodge in the mountains
- An experienced English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Air tickets for Kathmandu-Lukla-Kathmandu and ground transfers to/from airport
- First aid kit box
- Emergency co-operation service

Complimentary:

- Arrival/departure transfers from/to International Airport and Hotel
- A Trekking Encounters T-shirt
- Farewell Nepali dinner with live culture program

Cost Excludes:

- Meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 190 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Phakding (2,610m/8,563ft).

We set off early morning from our hotel to domestic airport for Lukla flights. After a 35 minute scenic mountain flight by a small aircraft, we land in Lukla airport (Tenzing-Hillary airport). Today's trek from Lukla to Phakding is only about 3-4 hours. The trail from Lukla is seen broad and clear. From the airstrip it heads north through a kani (arch) and then slopes downhill to a low agricultural land. A splendid view of the difficult trekking peak Kusum Kangaru (6,367m/20,889ft) is seen while walking ahead. The trail is rich with teahouses, prayer wheels, gompas (Buddhist monastery) and huge boulders decorated with Buddhist mantra (prayer chant). Finally we arrive in the village separated in two parts with about a 10 minute trek between them, and a long suspension bridge over the Dudh Koshi River. This village is called Phakding where we stay overnight.

Day 02 : Trek Phakding to Namche Bazaar (3,446m/11,306ft).

Today's trek is about 5-6 hours. After crossing the suspension bridge at Phakding, we trek for 2-3 hours

following the climbs steeply up rough stone steps before reaching the long paved Monjo village on the edge of Sagarmatha National Park. In addition to the lodges, single-roofed houses and a few basic shops, there is a small gumpa nearby. The trek from Monjo to Namche Bazaar will take another 3-4 hours. There is an entrance to the Sagarmatha National Park where an entry permit must be showed or obtained and kept safely for showing on exiting the park. Once passed through the gate, the trail drops to river level which is set among fields of huge cabbages, crosses to the west bank of the Dudh Koshi river on a long suspension bridge and passes teahouses and lodges in Jorsale (2,775m/9,104ft). This is the last available accommodation before Namche Bazaar. About halfway up, at a bend on this ascent we should get our first brief view of Mt. Everest, Nuptse and Lhotse. As our trek continues up mostly among trees, we will eventually come to a group of buildings, then broad stone steps and finally arrive in one of the lower streets of our overnight stop Namche Bazaar. This town is known as the Sherpa "Capital" and gateway to the Mt. Everest. Namche Bazaar has many facilities – a post office, banks, ATMs, money exchange centre, a health post, a dental clinic, numerous shops, restaurants, cyber cafés and telephone facilities, a gumpa and several chortens. The headquarters of the Sagarmatha National Park and a military post are situated above the town. We stay two overnights in Namche Bazaar for acclimatization and excursion around. Trekking time 5-6 hours.

Day 03 : Rest and acclimatisation day in Namche Bazaar.

Today we stay in Namche Bazaar for acclimatisation. Because of the altitude, it will be necessary for us to spend a minimum of two nights here. On this day, we have the choice of just relaxing and roaming round this interesting hill town, or alternatively trekking round a nearby 3-4 hour circuit with stunning views. On this excursion trek, we pass through two traditional Sherpa villages Khumjung (3,780m/12,402ft) which has a chorten at its entrance and Khunde (3,841m/12,602ft) where there is a small hospital. This day helps a lot for acclimatisation for our further trek to Everest Base Camp.

Day 04 : Trek Namche Bazaar to Tengboche (3,867m/12,687ft).

On this day while climbing out of Namche Bazaar along the hillside to a point, we will have the stunning views of Everest, Nuptse, Lhotse and Ama Dablam. A large white chorten is built along the trail to commemorate the 50th anniversary of the first ascent of Mount Everest on 29 May 1953. After wading through the rhododendrons and some small settlements, the trail continues on a steep descent to cross the Dudh Koshi on a suspension bridge. From the bridge, there is approximately a 2 hour steady climb up to Tengboche. Just beyond the bridge, a series of water-driven prayer wheels and lodges alongside the trail are found. We then continue to climb mainly through forest and before reaching the ridge at Tengboche, the trail then past a chorten with Nepal's largest gumpa nearby. The up valley view from the top is unbelievable with Mt. Everest dominating the background (a great photo shoot). Tengboche or Thyangboche Monastery (3,867m/12,687ft), also known as Dawa Choling Gumpa, is a Tibetan Buddhist monastery of the Sherpa community located in the Everest Base Camp trail of Nepal. It is the largest gumpa in the Khumbu region which was built in 1916 by Lama Gulu with strong links to its mother monastery known as the Rongbuk Monastery in Tibet. We stay overnight in this beautiful Tengboche village. Trekking time 4-5 hours.

Day 05 : Trek Tengboche to Pheriche (4,252m/13,950ft).

The trail passes downhill from Tengboche through the pine and birch trees and tall rhododendrons. we then arrive at Deboche (3,710m/12,171ft) which has a trekkers' health post. Over the bridge, the way climbs up valley, passes chortens and mani walls, then goes through a kani. Shortly after this the trail divides as it approaches the village of Pangboche (3,930m/12,894ft). We arrive at this point in about 1:30 hours from Tengboche. Next comes Orso a high yak-grazing pastureland before Pheriche. The trail splits here at a small mani wall, the left-hand branch going to Pheriche while the other branch going towards Dingboche. Heading for Pheriche the trail climbs steeply in places to reach a high point marked by cairns, manis and prayer flags.

From here the path descends to the river, crosses a wooden bridge and soon enters our stop at Pheriche for overnight halt. We stay for two nights at Pheriche for acclimatisation. Trekking time 5-6 hours.

Day 06 : Rest and acclimatisation day in Pheriche.

Pheriche is an expanding cold and windy village and consists of lodges and tea-houses and most importantly it has a health post run by western volunteer doctors. We strongly recommended to attend one of the lectures (available every afternoon) on how to avoid AMS (Altitude Mountain Sickness). To aid acclimatisation while relaxing in Pheriche, it is good to have a trek up the hillside to the crest of a ridge with a chorten at (4,412m/14,475ft).

Day 07 : Trek Pheriche to Lobuche (4,910m/16,109ft).

From Pheriche, We continue through the kharka (grazing pastureland) to cross the Khumbu Khola on a wooden bridge and then climb to Dughla (4,620m/15,157ft) where there are a few lodges. From here the route heads up steep moraine (ridge of rocks) slopes, to a ridge with a number of large cairns, chortens, prayer flags and mani stones covered with Tibetan Buddhist prayer flags. The trail now enters the Khumbu valley, crosses to the western side from which one gets a clear view of the massive Nuptse (7,861m/25,791ft) and finally arrives at Lobuche. This is a busy place with trekkers camping in various spots on the far side of the stream and around the lodges. We stay overnight at Lobuche. It can be very cold overnight here. Trekking time 3-4 hours.

Day 08 : Trek Lobuche to Everest Base Camp (5,364m/17,598ft), return trek to Gorakshep (5,140m/16,864ft).

Today, we set off to the Everest Base Camp with the trail initially crossing a stream below Lobuche and then progressing along the left-hand side of the valley, before rising to a higher narrower step. Soon we will reach a point where a narrow side valley cuts off to the left. After about 200m it takes us to the "Italian Pyramid", a stone-built lodge and scientific station which collects meteorological and seismic (earthquake) data. Continuing on, the main trail comes to a more open area, climbs a moraine where edelweiss grows on a slope – crosses a sandy stretch, weaves among heaps of moraine, climbs once again and then drops down to Gorakshep. The trail to Base Camp begins just beyond the Gorakshep Lake, runs for some way along the moraine crest and then appears to descend to the Khumbu glacier. Once in the centre of the glacier, the route signs are somewhat dubious – e.g. the occasional cairn of yak dung! – but we will be okay with our experienced guide. Although Everest Base Camp does not provide a view of the world's highest mountain itself, tomorrow's trek will more than compensate for this – today we will get a real close-up of the impressive Khumbu ice fall. The Base Camp can be quite a bustling place with expeditions camping, porters, trekkers and yaks, etc. Having achieved our first goal, and after resting, we will return to Gorakshep for our overnight stay. It consists of three lodges on the rim of a level basin of glacial sand, with the small lake nearby. Tibetan snow cocks chase one another noisily across this sand flat. Although it is very close, Everest is not visible from Gorakshep, however there is a stunning view of the majestic Nuptse, soaring high in the east. We stay overnight at Gorakshep. Trekking time 7-8 hours.

Day 09 : Trek/Climb Gorakshep to Kalapatthar (5,545m/18,192ft) and return trek to Lobuche.

Today's trip is not only literally the "high point" of our entire trek but it also has the absolutely high point with unbelievable views from the summit of Kalapatthar. The long awaited trek starts around 5.00am. The climb takes about 1-2 hours (depending upon the route chosen) to reach the summit. On the arrival at the summit, one can experience the most fantastic sunrise over Mt. Everest. Kalapatthar is a spur of Pumori

(7,165m/23,507ft) and in Hindi means “black rock” which is appropriate. It has two summits and two ascent routes, both paths being clearly visible from Gorakshep. The left-hand path which wriggles its way to the secondary summit (5,545m/18,192ft) takes 1-1:30 hours and the other which zig-zags up the eastern flank to the higher summit (5,623m/18,448ft) takes 1:30-2 hours. Neither route is technically difficult. Another alternative is available which takes in both summits, climb the left-hand trail to gain the lower top, marked with a number of slender cairns and then continue along the ridge scrambling over rocks and reach the higher summit with its flutter of prayer flags. From both summits, a truly incredible panorama is spread before you. Although Everest is of course the main focus of attention, the ice cone of Nuptse which from this view point appears higher than Everest, has stunning beauty. Having really soaked up these incredible views we will return downhill to Gorakshep and then continue our trek to Lobuche after breakfast. We stay overnight at Lobuche. Trekking time 5-6 hours.

Day 10 : Trek Lobuche to Dingboche (4,410m/14,469ft).

From Lobuche we start by trekking southward along part of the route already covered in the opposite direction on day 7. We pass through Dughla, re-cross the Khumbu Khola on the wooden bridge and shortly afterwards take the left-hand fork at the road junction and continue on to Dingboche, on the way passing yak-herders’ huts at Dusa. Dingboche has a number of lodges, spread among its stone-walled fields. On the western hillside adjacent to the village, there are two large chortens. Dingboche is dominated by the world’s fourth highest mountain, Lhotse (8,501m/27,890ft). We stay overnight at Dingboche. Trekking time 3-4 hours.

Day 11 : Trek Dingboche to Tengboche.

Here we have a choice of having an excursion to Chhukung valley. We then continue our trek southward down the west bank of the Imja Khola, cross a bridge over the Khumbu Khola close to where it is joined by the Imja Khola and proceed down the west bank through Pangboche to Tengboche. This last section of the trail is of course the one we covered on our northbound trek, but now facing in the opposite direction will have a totally different prospect. We stay overnight at Tengboche. Trekking time 3-4 hours.

Day 12 : Return trek Tengboche to Namche Bazaar.

We retrace our route covered on day 4 and stay overnight in Namche Bazaar. Trekking time 4-5 hours.

Day 13 : Return trek Namche Bazaar to Lukla.

Again we proceed southward, retracing the route trekked on day 1 and 2, crossing and re-crossing the Dudh Koshi at intervals. We stay overnight in Lukla. Trekking time 6-7 hours.

Day 14 : Fly Lukla to Kathmandu.

We take the 35 minute breathtaking flight from Lukla.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.