

Everest Base Camp Trekking



Overview

Everest base camp trekking is the best trekking you will ever have because Mount Everest is the most highest peak in the world. It attracts many mountaineers and trekkers through its beauty.

Everest base camp trek starts with a scenic flight from Kathmandu to Lukla where your trek starts. From Lukla we trek for hours and reach the gateway village to Mt Everest. Lukla also renowned for its beauty and harmony. Everest Base Camp trek trail passes by some of the renowned destination like Gokyo Lake (4700m) renowned for religious and beauty aspect. Along the trail we pass through one of the adventurous pass Cho La pass (5430m).

Note:

Everest Base Camp treks of 14 days also can be extended or reduce and redesigned as per your requirement

Location : Mt.Everest Duration : 13N 14D Best Time :

Package Itinerary

Day : 01 -ARRIVAL IN KATHMANDU (1,350 M)

Arrival in Kathmandu. Meet assist and transfer to the hotel. Overnight at hotel.

Day : 02 -FLIGHT FROM KATHMANDU TO LUKLA (2,800 M) & TREK TO PHAKDING (2,652 M)

Our Journey will start early morning with domestic flight from Kathmandu to Lukla, which will approximately take 35-40 minutes.

Day : 03 -TREK TO NAMCHE BAZAAR (3440M).

Leaving Phakding behind us start our trail crossing several suspension Bridges on Dudhkoshi River, Sagarmatha National park Checkpoint. Upon reaching the bridge spanning the Dudh koshi's gorge brings trekkers to the final long climb of about 3 hours to reach Namche Bazaar. Namche Bazaar has a gumpa and several chortens overlooking the amphitheatre in which a town is set. "It is far from being a city, and it has remained unvisited not because of nay very serious difficult on the way, but because no one has thought that it worth a trouble of overcoming them.

Day : 04-ACCLIMATIZATION DAY AT NAMCHE

Acclimatization is the process in which an individual organism adjusts to a gradual change in its environment, this is essential to every trip as we gradually pick altitude.

Day : 05 -TREK TO TYANGBOCHE.

By day 4, now all our five senses should be very familiar to the surroundings. After the early breakfast in the morning we will start our trek to Tengboche.

Day : 06 -TREK TO DINGBOCHE (4400M).

We will start our 5th day with the trek descending through the thick forest of rhododendron to rushing Imja Khola as we pass through magnificently carved stones and reach highest valley Pangboche (3901m).

Day : 07 -ACCLIMATIZATION DAY AT DINGBOCHE.

This day will once again be set for acclimatization and short hiking. After a quick early breakfast, we will proceed for a short hiking for two main purposes; for acclimatizing our body for further higher altitude which we will ascend on upcoming days and to endeavor one of best Mountain View in the world.

Day : 08 -TREK TO LOBUCHE (4920M)

Our trek to Lobuche will start after the breakfast early in the morning. We will climb the upper trail above Pheriche valley through the northwest side along with yak pastures, meadows and farms. Once we reach Duglha valley we will take a small break and enjoy our lunch.

Day : 09 -TREK TO GORAKSHEP (4920M), EVEREST BASE CAMP (5365M).

The first few hours will be simple ascent over western region of the Khumbu valley through various meadows which makes comfortable start.

Day : 10 -HIKE TO KALA-PATHAR

We will wake up early for our trek to Kalapathar before the first ray of sun illuminates the peak of Mt Everest.

Day : 11 -TREK TO NAMCHE BAZAR.

As we descend through hillside enjoying the shade of rhododendron and juniper trees with beautiful scenery of mountains we will reach Tengboche.

Day : 12 -NAMCHE BAZAR TO LUKLA

From Namche Bazar we will trek through pine forest until we reach Monjo as we descent in steep path. We will complete our check-out procedure at same check point at Sagarmatha National Park where we had checked-in when we began our trek.

Day : 13 -LUKLA TO KATHMANDU (FLIGHT).

We rise early in the morning and fly back to Kathmandu as we bid farewell to the Himalayas, thanking them for the awe-inspiring experiences.

Day : 13 -DEPARTURE

This is the final day, you can enjoy last minutes shopping if time permits. Transfer to the international airport for final departure.

Package Includes

- English speaking Guide.
- Porters.
- ECA and TIMS card.
- Kathmandu - Lukla - Kathmandu Air Fare.
- Accommodation for 11 nights while trekking in the mountain.
- Accommodation for 02 Night on BB Plan at Kathmandu.
- Meals - Breakfast - Lunch - Dinner while trekking.

Package Excludes

- Private insurance.
- Private equipment.
- Tipping for guide and porter.
- Bar bills, coke, bottle water.
- Meals in Kathmandu.
- Any other cost not mentioned in the above itinerary.
- Heater, Battery charge, shower etc.

“Make ME your priority, Travel with quality.”

With Best Regards,
ME Travel and Tours
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