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Everest base camp trekking is regard as one of the trendiest trails in Nepal. Trek to Everest base camp offers all travellers the opportunity to fulfil their dream of standing and admiring the highest peaks in the world at the foot of Everest with a panoramic view of many other snowy mountains. The Everest base camp trek is not easy, but it is the best trip in the Himalayas. Kalapatthar is the best vantage point to admire the majestic golden Himalayas by the rising sun

Everest base camp trekking

- ❖ Nepal's best known classic hiking trail
- ❖ Experience the euphoria of trekking to Everest base camp
- ❖ Walk up to 5,555 m through spectacular landscapes
- ❖ Breathtaking views of the Everest region
- ❖ Rest of Everest, Ama Dablam, Lhotse, Changtse, Nuptse, and dozens of other ridges seen from a top position.
- ❖ Travel to the heart of the Sherpa country and explore its culture and way of life
- ❖ Enter the hustle and bustle of the Namche Bazar market
- ❖ Guided tour of the world cultural heritage of Kathmandu (Swyombhunath, Bouddhanath, Patan, and Pashupatinath)

Everest Base Camp Trek

Every year, thousands of travellers visit Nepal to complete the popular and rewarding Everest Base Camp trek. This hike is more than just conquering altitude. If you live about two weeks away from luxury and combine with the Himalayan lifestyle, you will feel completely different. The extraordinary beauty of nature that surrounds you every day of the trip makes this trip spiritually satisfying.

The highlight of this trip is, of course, Everest Base Camp, at the foot of the highest mountain in the world Mount Everest. But you can't see Mount Everest from here very well. Kalapatthar is where this journey will ultimately take you from where you can enjoy the majestic view of Everest. Most of the Everest base camp route is in Sagarmatha National Park. With this hike, you can explore the biodiversity of Nepal.

Everest Base Camp Trek is a wish list for mountain enthusiasts worldwide. This 15-day hike offers you a unique experience of living in the remote parts of the Himalayas, surrounded by breathtaking mountain views. This trek starts and ends in Kathmandu and takes you up to 5550 meters to the pinnacle of Kalapatthar.

Everest Base Camp location is in Sagarmatha National Park, which is home to many mountains over 8000 meters high, various plant and animal species as well as indigenous groups in the region such as the Sherpas.

The Everest Base Camp Trek route takes you through many unique Village, picturesque valleys, rhododendrons, oak and pine forests, and new suspension bridges over raging rivers. This hike also allows you to be part of the incredible Sherpa culture while visiting monasteries and living among the villagers to witness their way of life. With the combined effort of experienced guides and their persistence, trekking to Everest Base Camp can offer you one of the best experiences of your life.

Itinerary details

Day 1: Arrival in Kathmandu

Our representatives will pick you up when you arrive at the airport and take You to a 3-star hotel. You will rest for a while. You will receive a brief introduction to Everest Base Camp trekking. You can then spend the rest of the day shopping for your trip or exploring the streets of Thamel.

Meals included: none

Day 2: City tour around Kathmandu Valley.

Today we explore Kathmandu with a local tour guide; The day is flexible depending on what you want to see. However, the most popular places are generally the following:

Pashupatinath Temple: It is a Hindu holy temple with burning Ghats on the banks of Bagmati River.

Swayambhunath, also known as the Monkey Temple, climbs a long set of stairs and offers a great view of Kathmandu.

Many traditional gompas with colourful prayer flags hang in the Boudhanath stupa. It attracts many Sherpas and Tibetans for the Stupa Ring (Koras).

Kathmandu Durbar Square, one of the ancient palace of the Kathmandu Valley, offers a mix of Hindu and Buddhist temples.

Meals included: breakfast

Day 3: Flight Kathmandu to Lukla and Trek to Phakding: Walking Distance 3-4 hours

After completing the flight to Lukla, Your trekking tour starts in Lukla. You walk along the Dudh Koshi River for about 3 hours to reach Phakding, where you will spend the night.

Meals included: Breakfast, lunch, and dinner

Day 4: Phakding to the Namche Bazaar: walking distance 5-6 hours

On the third day of your trip to Everest Base Camp, have breakfast in Phakding and head to Namche Bazaar. On the way, you can see the first glimpse of Mount Everest. You will find many shippers who transport goods from the Namche bazaar. On the way, you will see mountains like Kusum-Kanguru, Thamserku, etc. You will hike through the pine and rhododendron forests along the Dudh Koshi River. After lunch and a rest in Monjo, climb to the Namche Bazaar. You pass many of the suspension bridges and steep stairs to reach the Namche Bazaar. You will be able to see the Mount Everest, Mt. Lhotse, and Taweche from Namche.

Meals included: Breakfast, lunch, and dinner

Day 5: Acclimatization day at the Namche Bazaar

When you reach Namche, you cross the 3000-meter mark from where you are at risk of altitude sickness. It takes our body some time to adapt to this rapidly changing height and falling temperature. Therefore, stay in the Namche Bazaar for a day to acclimatize and reduce the risk of altitude sickness. On this day, you can take a short hike to Everest View Hotel to see the sunrise over Everest. From the Sagarmatha National Park headquarters, you can also enjoy sunrise and sunset over the Himalayan panorama. You can also stay in the Namche Bazaar and explore the Sherpa lifestyle and culture.

Meals included: Breakfast, lunch, and dinner

Day 6: Namche to Tengboche: walking distance 5-6 hours

On this day you will hike through almost flat terrain along the Dudh Koshi River. You will walk through the pine forests and cross many suspension bridges. Walk the gentle slope for the first few hours and then climb the rest of the day. On the way, a spectacular view of Ama Dablam and Mount Everest awaits you. You arrive in Tengboche, where you can visit the Tengboche monastery. You will spend the night in the tea house in Tengboche.

Meals included: Breakfast, lunch, and dinner

Day 7: Tengboche to Dingboche: Walking distance 5-6 hours

You have breakfast early in the morning in Tengboche and walk to Dingboche. The mountain range is getting closer and closer as you walk. On his sixth day, you will walk through pine forests and Sherpa villages to reach Dingboche. On the way, you will cross some communities, including Pangboche and Somare, where you can enjoy the beautiful view of the Mt. Ama Dablam.

You can see barley fields, potato farms, and stone walls that built to protect the crop from strong winds. You can't get a view of Everest on the way. However, you

get a spectacular view of Mount Lhotse, Mt. Nuptse, etc. You will have a chance to see the magnificent sunset and sunrise over the mountains.

Meals included: Breakfast, lunch, and dinner

Day 8: Acclimatization day in Dingboche

Take a second acclimatization break on the seventh day of your trekking trip. You can stay in the Village, explore things, or walk. You can explore Sherpa people and lifestyles. You can visit the Dingboche Monastery or take a short walk to Amadablam Base Camp, Nagarjuna Hill, or Chukung Ri.

Meals included: Breakfast, lunch, and dinner

Day 9: Dingboche to Lobuche: Walking distance 5-6 hour

On this day you climb the crest behind the Dingboche village. The path is a bit steep. However, the moving look at the Himalayas around you will motivate you to move forward. You can see Lobuche Peak in the north. After a few hours' walk, the path becomes flatter. You cross the Khumbu Glacier and the moraine. In the next few hours, you will climb through the valleys of Morena. You can see the memorial stone pile built into the memories of deceased Sherpas and other hikers. You can get the fascinating view of the mount Pumori, Lingtren, Khumbuste, etc.

Meals included: Breakfast, lunch, and dinner

Day 10: Lobuche to Gorak Shep and Everest Base Camp and back to Gorak Shep

This day will be full of excitement as you hike to Everest base camp. In the early morning, you walk to Gorak Shep on the rocky moraine trails. After 3 hours of walking, you will reach Gorak Shep and have lunch there. After relaxing a few moments, head to Everest base camp. During the expedition season, you can meet some climbers and porters in the Everest base camp. You cannot see the top of Everest from the base camp. From there, however, you have a view of icefalls, glaciers, and other adjacent peaks. After spending several times there, return to Gorak Shep and spend the night.

Meals included: Breakfast, lunch, and dinner

Day 11: Gorak Shep to Kala Patthar (5550 m) descent back to Pheriche: 6-7 hour walking

The sunrise over the Himalayas seems fascinating so, get up early and walk to Kalapatthar to see the sunrise over Mount Everest. Kala Patthar is an excellent vantage point at the foot of Mount Everest. From there you also have a magnificent view of the Khumbu Glacier and other adjacent peaks of Mount Everest etc. After spending a few times in Kalapatthar, descend to Gorak Shep and have lunch. Then descend to Pheriche and explore the new route.

Day 12: Pheriche to Namche: Walking Distance 6-7 hours

You have breakfast early in the morning in Pheriche and walk down to Namche Bazar. You can enjoy the Himalayan panorama as you descend to Namche. The path leads through rhododendron, pine and oak forests, where you will find musk deer, Himalayan tar, snow leopards, etc. You can meet hikers returning from Lake Gokyo and sharing their trekking experiences along the way. After a few hours' walk, you arrive in Namche and rest in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 13: Namche to Lukla: walking distance 6-7 hours

You have breakfast in Namche and walk down to Lukla. You will spend this day in Lukla and celebrate the success of your trip. You can take a shower, have a drink, walk around the town, and try different foods. You can also visit the school set up by Sir Edmund Hillary. On this day you say goodbye to your porters.

Meals included: Breakfast, lunch, and dinner

Day 14: Lukla to Kathmandu

You fly to Kathmandu catching an early morning flight. However, there is always a possibility to delay your flight because the weather conditions in the Lukla area are unpredictable. When you return to Kathmandu, you can explore the

surrounding restaurants and cafes. You can go to bars and spas or just stay in your hotel and relax.

Meals included: breakfast

Day 15: departure

After having breakfast, our representative will take you to the airport with hopping to meet again in the future

Meals included: breakfast

What is included in Package

- ❖ Airport pickup and delivery in a private vehicle
- ❖ Accommodation in a three-star deluxe hotel in Kathmandu with breakfast
- ❖ All accommodations in guest houses or huts during walks
- ❖ Bod All ground transportation in a private vehicle according to the travel route.
- ❖ Domestic flights (Kathmandu Lukla-Kathmandu)
- ❖ Guided city tour and tickets
- ❖ Erfahren An experienced, English-speaking, state-licensed trekking guide and trekking assistant
- ❖ Necesario goalkeeper needed
- ❖ Personnel costs, salary, insurance, equipment, national airfare, meals, and accommodation.
- ❖ All necessary documents and trekking permits (National Park Permit, TIMS)
- ❖ First aid kit (carried by your hiking guide)
- ❖ Necessary Government taxes and official expenses.

What is excluded in the package?

- ❖ International airfare
- ❖ entry visa for Nepal; You can get a visa upon arrival at Kathmandu Airport
- ❖ Travel insurance that covers high-altitude emergency rescue and evacuation
- ❖ Lunch and dinner in Kathmandu

- ❖ excess baggage fee (s)
- ❖ Personal expenses.
- ❖ Tips for guides, porters, and drivers.

Food and accommodation

We will reserve a three-star hotel in Kathmandu and tea rooms during the trek. All accommodations are on twin sharing. Single supplement will be served on request and costs an additional \$ 400. We will organize rooms with attached bathrooms; however, in some places, tea houses only have shared washing and toilet facilities. Also, note that single rooms are available in Kathmandu and the lower trekking regions. However, it can be challenging to find them at higher altitudes.

During your trip, you can try the authentic Nepalese cuisine, as well as universal international cuisine (Tibetan, Continental, Italian, Indian, etc.). We serve breakfast and dinner in the tea house lodge menu where we spend the night, while lunch is served on the way to the next destination. All meals are offered during the trek, while in Kathmandu only breakfast is provided.

Hiking guides and other personal arrangements

The most important thing that makes this trip pleasant and unforgettable are the experienced, polite, and helpful guides and crew members who can easily spend our days in the mountains. The best and most professional staff leads our trip. All of our employees are carefully selected based on their conscious experience, leadership skills, and personal talent. To support local communities, we employ only local staffs who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their local regions.

Travel insurance

Travel insurance for each itinerary of our company is a prerequisite for booking vacations. At a minimum, you must have emergency and repatriation insurance that must include the cost of the mountain rescue. Please read the terms and

conditions of your insurers carefully, especially make sure that the following are covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on trekking 3) evacuation of the helicopter in an emergency. You must understand that you will bear the cost of the evacuation and return procedures, and it is your responsibility to pay for the evacuation or medical treatment. You must be fully aware of the effects of travel insurance and understand the limitations and exclusions of your policy. Please note that our company guide may, under certain circumstances, initiate helicopter rescue (or other necessary) operations in medical emergencies without first asking approval from your insurance company.

The best time to travel

Everest Base Camp Trek is best in the fall (September through November) and spring (March through May). During this time, you will get clear sky, and the view is outstanding. The weather is perfect for trek without big rain. You will also enjoy lush flora in the lower regions, particularly during the spring season.

Trekking grade:

The Everest base camp trek is a pretty challenging journey. It's a moderately long hike that leads to the highest mountain in the country. Therefore, travellers need more energy, and the trip is exhausting, including 6-8 hours. (approx.) walk on the rocky edges per day. It does not require any previous trekking hiking knowledge, but you need to be physically healthy and better if you exercise regularly. If you like to hike high up, this trip is for you.

Baggage:

The porters carry and transport your luggage during the entire mountain trekking trip. You must bring a water bottle, sunscreen, camera, spare jacket, etc. Your main baggage is your trekking bag, and you can carry a small zippered bag that provides security. A free Luggage room is available at the Kathmandu Hotel. The permissible weight of the national airlines in Nepal is up to 15 kg. For more weight, depending on the region, you'll have to pay \$ 1 per kg.