

## Overview

**Everest base camp trek** with hike the Kala Pattar (5554m) and base camp of Everest in just two weeks in Nepal! This trek takes you to the heart of the Khumbu area and its beautiful local Sherpa villages. You travel to the top face of the world throughout the land of the well-known Sherpa's. Our 14 Days Everest base camp trek is fully supported by our experience local Sherpa guide and team from **Everest Regions**. You immerse their honest culture and join Buddhist ceremonies. **Everest 8,848 meter**, scaled for the first time May 29, 1953 by **Sherpa Tenzing and Hillary**) stands at the mouth of a glacial valley, the ascent is beyond doubt one of the finest mountain treks in Nepal.

Anyone with good fitness can discover these great valleys where the Sherpas, the people of the "Roof of the World" live. This Everest base camp itinerary will take the time to visit Sherpa villages of Khunde, Khumjung, Pangboche, and their monasteries in Tengboche and Namche. After well acclimatized, then you will go to the conquest of Kala Pattar (5,600m) for a fantastic view of Mount **Everest**, the Ice Fall, Nuptse (7,861m) and Pumori (7161). Your expedition with us ends with the witnessing of the Kathmandu Valley, an authentic cultural and historic mosaic.

## Itinerary Details

### **Day 01 : Arrival Kathmandu (1300m/ 4264ft) Tribhuvan International Airport and Transfer to Hotel**

Our airport guide & driver will welcome and greet you at Tribhuvan International Airport on your Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself. Overnight Hotel

### **Day 02 : Fly to Lukla and Trek to Phakding (2652m/8699ft (Approx. Distance: 8 KM) Time: 3-4 hours**

Estimated time: 3-4 hours Estimated height gain: ~1352m/ 4436ft Early morning you will be pick up from Hotel and drive to the domestic airport, from where we will take the flight to Lukla. The mountain flight into Lukla is amazing and the landing an exciting start to the trek – one end of the runway is 60m (197ft) higher than the other. The flight is on a tiny Dornier / Twin Otter aircraft and flight duration is usually about 25 – 30 minutes. Sir Edmund Hillary and his friends to service the Everest Region built the Lukla Airport. When he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvelous views of the Eastern Himalaya. Encircled by tall peaks and jaded hills, the airstrip at Lukla is quite enthralling and the flight is believed as a little

### Everest Base Camp Trek

exciting adventure in itself. Upon arriving at Lukla, the change in the landscape is immediately felt. At Lukla we will meet our expert local Sherpa guide and porters and will head north from the airstrip to Chablung (2700m). We can see beautiful views of the sacred Mount Khumbila from the village. From there, a slow hike downwards leads to the village of Phakding. The terrain is incredible and tall peaks encircle the trail like massive mounts of emeralds. From Phakding, the view of the Kusum Kangru Mount can be seen. The village of Phakding is located in the Dudh Koshi River valley north of Lukla and contains many guesthouses and lodges that cater to tourism and trekkers. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included

#### **Day 03 : Phakding to Namche Bazaar (3440m/11283ft) (Approx. Distance: 10-12 KM) Time: 6-7 hours**

Estimated time: 6-7 hours Estimated height gain: ~788m/ 2580ft From Phakding we follow the valley of the Dudh Kosi River, remaining on the west bank of the river. We hike steeply over a rocky ridge towards Benkar (2710m). From here the way remains beside the river. All along this part of the trail, local Sherpa villages are interspersed with splendid forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola River and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was founded in 1976 to safeguard an 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi River on a 120m-long suspension bridge towards Jorsale (2830m). We follow the river course to the confluence of the Dudh Kosi and the Bote Kosi, and cross a spectacular high bridge before beginning our ascent to the village of Namche Bazaar, the Sherpa 'capital' of Nepal. It is a hard climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche, and the sight of this flourishing village spread within a horseshoe formed valley opposite the stunning peak of Kongde Ri is worth every step. After lunch you may wish to check the Tibetan merchant's stalls or the Sherpa shops in search of a bargain. Our expert Sherpa guide will do his best to escort of Namche and neighbouring. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included

#### **Day 04 : Hike Khunde/Khumjung & visit Everest View Hotel (Approx. Distance: 5-6 KM)Time: 4-5 Hours**

Well Acclimatisation is most important before advancing higher. Today our expert Sherpa guide will take you a day hike through the villages of Khunde and Khumjung. We began with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing many chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest Sherpa village in Khumbu, at the foot of the sacred peak Khumbila. We also visit the Khunde Hospital and Hillary school in Khumjung that built by Hillary. After enjoying lunch here we further walk to visit Everest View Hotel. The hotel is the highest located hotel in the world and offers view of Mount Everest and numerous other Himalayan peaks from all of its windows. After that,

### Everest Base Camp Trek

We will follow a steep switch-backing trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar. You can visit the Everest Photo Gallery and the Sherpa Culture Museum as well. Overnight stay in Namche Bazaar. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included

### **Day 05 : Trek from Namche to Tengboche (3860m/12660ft) (Approx. Distance: 10-11 KM) Time: 5 Hours**

Estimated time: 5-6 hours estimated height gain: ~430m/ 1414ft The route from Namche to Tengboche route is exceptionally beautiful – the Dudh Kosi is far below and Thamserku, Kantega, Ama Dablam, Lhotse, and Everest rise in front. Forests, rhododendron jungles, mani walls, chorten (stupas), and suspension bridges through the river make this a lovely hike. After breakfast an easygoing path from Namche opens out towards the Dudh Koshi Valley at the town of Phungki Thangka. En Route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. We pass the small town of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m The village of Tengboche is located at the confluence of the Dudh Koshi and the Imja Khola Rivers and is surrounded by tall hills that are covered in rhododendron trees. The village is also well known for Tengboche Monastery, the biggest monastery of the Khumbu region. The Tengboche Monastery is also considered as the spiritual hub of the Khumbu region and is encircled by forests. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

### **Day 06 : Tengboche to Dingboche (4410m/14464ft) Approx. Distance: 11-12 KM) Time: 5 Hours**

Estimated time: 4-5 hours estimated height gain: ~490m/ 1606ft After healthy breakfast, we trek to Dingboche, crossing bridges and rivers with sweeping views of the Himalayan region. Spend 2 nights here to acclimatize. The spectacular views of Everest, Lhotse, Kantega, Thamserku, Ama Dablam and Nuptse are outstanding during our walk today. We head down to cross the Imja Khola before an easy ascent along a wide, open trail to the small Sherpa village of Pangboche (4000m). We may take a small detour to visit the Pangboche Gompa - the oldest monastery (around 300 years old) in the Khumbu Region. We cross the river again and then slowly trek up to Dingboche, located just beneath the impressive Ama Dablam. Dingboche is called the “Summer Valley” of the Khumbu and includes a kilometer long wall built to keep the village’s harvests from the cold winds that descends down the Imja Valley. Dingboche, as the name reflects, receives more sun too. From Dingboche, the only place in the region where barley is produced, the highland views are exceptional. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

**Day 07 : Acclimatisation: Hike to Nangkartshang Peak & return (Distance: 5-6 KM)  
Time: 4-5 Hours**

Dingboche is also a great village for acclimatizing. Today is an acclimatization day. We have two options to hike today. We can hike Chhukung or Nagarzhang Peak. An acclimatization day here can be used to hike up the Imja Khola to Chhukung or Nagarzhang Peak, a small summer settlement from where stunning views of Island Peak, Lhotse, Ama Dablam, and the fluted ice walls flanking the Amphu Lapcha pass can be seen. A hike to Nangkartshang Peak is a great way to spend time at Dingboche. Nangkartshang Peak is located at the height of 5100 meters and lies just above Dingboche on a hill at the edges of the Chhukung valley. The hike is ascending and steep, and needs a bit of an active energy. Hiking for roughly 3-4 hours, we will reach Nangkartshang Peak from where stunning view of Lobuche East (6119m), Lobuche West (6145m), Kangtega (6685m), Taboche Peak (6367m), Thamserku (6608m), and the Ama Dablam (6856m) can be seen. If you are fortunate, you can also spot magnificent sights of Mount Makalu, the world's fifth highest peak on a clear day. The view of the Pheriche Valley from here is also marvelous. Returning back to Dingboche is also very lovely. After having our lunch, we can take a refreshing sunbath and relax at the village. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

**Day 08 : Hike from Dingboche to Lobuche (4910m/16105ft) (Distance: 11-12 KM)  
Time: 5 Hours**

Estimated time: 5-6 hours Estimated height gain: ~580m/ 1907ft We are increasing elevation and it is essential that we move at a gentle, steady pace. The slopes are quite infertile now as we move above the tree line. Views of different peaks, such as Cholatse and Lobuche, reveal before us in this different and impressive landscape. We move up the Dhugla Ridge and onto moraine towards the Khumbu Glacier From Dughla the trail goes straight up the terminal moraine of the Khumbu Glacier for about an hour to the memorial area known as Chukpilhara, which was build in memory of six Sherpa's who died in an avalanche during the 1970 Japanese skiing expedition on Everest. From here the trail drops a bit and follows the western side of the valley to Lobuche, a summer settlement at 4930m that has become a major trekking stop. The temperatures fall here as we are more exposed between these glacial moraines. We experience exceptional views all day today of Pumori and Nuptse. The hill beyond the town allows good sunset views of Nuptse. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

**Day 09 : Lobuche - Everest Base Camp (5364m/17594ft) - Gorekshep (Distance: 15 KM) 8 Hours**

Estimated time: 7-8 hours estimated height gain: ~424m/ 1387ft Today's include an interesting ascent past the Khumbu Glacier Cross the Changri Glacier to Gorakshep, and then enjoy the highlight of getting Everest Base Camp. The higher altitude makes this day's trekking quite challenging. In order to avoid altitude sickness, our expert Sherpa

## Everest Base Camp Trek

guide will lead you a slow walk .We will trek to Gorakshep (the Last point where lodges are Available). From these places, we have to walk up to Everest base camp and next morning hike to Kalapattar. There are no lodges at Everest base camp or kalapattar. Walking for about 2-3 hours from Lobuche, we will get to Gorakshep (5181m/16994ft), a tranquil location dotted with some lodges.The first section of today's trail follows the western side of the broad Khumbu valley and ascents gently through meadows besides the glacial moraine. The ascent becomes steeper and rougher as it crosses several side moraines. After rounding a bend in the trail, the conical peak of Pumori comes into view. On the lower slopes of this mountain a ridge extending to the south terminates in a small peak, known as Kala Pattar (5545m), meaning 'black rock'. The trail then makes a short descent onto the sandy, flat expanse of Gorak Shep. From here, the path moves all the way to the top of the edge, ultimately reaching at the Everest Base Camp. Here, the sight of the Khumbu Icefall and the view of the Khumbutse and Lingtren mountains are quite heavenly. After spending some time at the base camp enjoying the sights and the environment, we shall return back to Gorakshep. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

### **Day 10 : Gorakshep - Kala Pathar (5545m/18188ft) - Pheriche (4210m) (Distance: 13-14 KM) 7 Hours**

Estimated time: 6-7 hours After an early morning rise we will start our day by climbing the Kala Pattar (5545m) accompany by expert Sherpa guide. Enjoy an early morning hike to Kala Pattar for magnificent sunrise views of Everest and surrounding vistas is another highlight of the journey. This is a steep ascending up the grassy slopes west of Gorak Shep. Kalapatthar is a well-known vantage point well liked for offering panoramic views of Mount Everest, Nuptse, Chagatse, Lhotse and the Pumori among many other peaks. Hike to Kalapatthar is made early at dawn because the sight of the rising sun seen from the vantage point is extremely mind-blowing. The sun rises from amongst the Mount Everest Mountains and it changes the color of the mountains from silver to gold. After spending sometime, we begin the descent from Kala Pattar, to Gorakshep heading for Pheriche. This is not the most challenging of hikes, but the altitude can make the many ascending sections below Gorakshep appear hardy. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

### **Day 11 : Pheriche to Namche (3440m/11283ft) (Approx. Distance: 14-15 KM) Time: 7 Hours**

Estimated time: 6 hours The route keep on the Imja River again all the way to Tengboche. From Tengboche, we will travel down towards Phungki Thanka, Kyangjuma and get Namche. It is a relaxing walks back and the view of the scenery and the Himalayas can be experienced nicely. The settlements are also vigorous with people and you can witness local Sherpa customs and actions as you pass through. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

**Day 12 : Namche to Lukla (2800m/9184ft) ( Approx. Distance: 18-19 KM) Time: 7 Hours**

Estimated time: 6-7 hours The trek back to Lukla follows a path that moves sharply downwards and crosses a suspension bridge. Chortens, tiny gompas, prayer flags and Mani-stone walls line the villages and the trail. The Dudh Koshi River gushes by and adds a beautiful atmosphere to the natural setting. Open plains, pine and rhododendron jungles as well as snow-covered peaks beautify the attractive picturesque settings. As we get Lukla, We enjoy our time to reflect on the trek as a group and the personal success of all those who took part. The afternoon is free, so you can stroll about, relax and enjoy a hot shower! In the evening, have a few festive drinks and dance with your trek-mates and local sherpas. Overnight stay at the Guesthouse. Meals: Breakfast, Lunch and Dinner included.

**Day 13 : Fly from Lukla to Kathmandu.met our Guide and Airport and Transfer to Hotel**

Enjoying the last glimpse of the highlands and the last sunrise in the Everest area we have freshly stayed, the 35 minutes picturesque flying takes us back to Kathmandu. On arrival in Kathmandu, we are met and moved back to our first hotel. If you are interested in extending the tour, there are many choices such as Chitwan jungle safari, river rafting quest, biking adventure tour, Kathmandu heritage tour and other activities. Overnight stay at the Hotel. Meals: Breakfast

**Day 14 : Drive to Airport by Private Can and Fly to Home**

Morning free for last Minute shopping or time as your own.Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime. Breakfast included.