

14 Days Everest Base Camp Trek

TRIP OVERVIEW



Trip profile
14 Day Everest Base Camp Trek



Cost
USD 2250



Type
Trekking



Trek Days
14 Days



Accommodation
4 star hotel in Kathmandu and Teahouse during trek



Meal
All meals (breakfast, lunch, dinner) included

What's included ?

- Accommodation at 4-star Hotel or similar category in Kathmandu
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- An experienced, English-speaking local leader
- Domestic flights (as per the itinerary)
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- Free Trip dossiers & other information in a printable format
- Kathmandu airport transfers and escorts
- Medical kit (carried by your guide)
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Porter service (2 trekkers: 1 porter)
- Private Cooking staff or support staff on a trek
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Staff costs including their salary, insurance, equipment, food and accommodation
- Trek staff and full portorage

What's excluded ?

- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Gratuities for staff (as an appreciation)

- International airfare to and from Kathmandu
- Meals in the city except for breakfast and other mentioned special dinner.
- Nepalese visa fee
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Your travel insurance that covers Helicopter evacuation as well as medical expenses and trip cancellation.

Day 1: Arrival In Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

Highlights: Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

Accommodation: Kathmandu 4 star hotel.

Elevation: 1,400 metres (4,600 feet)

Day 2: Fly to Lukla & Trek to Phakding

Airport transfer: 20 minutes drive

Flight Kathmandu to Lukla: 30 minutes

Trek Lukla to Phakding: 3 - 4 hours, Elevation: 2,610 m

Accommodation: Basic Teahouse

Meals Provided: Breakfast, Lunch, Dinner

Difficulty: Easy

Highlights: Enthralling flight to Lukla, old Gumela/Rimishung Monastery, prayer flags, Buddhist shrines, prayer flags & traditional Sherpa peoples.

Day 3: Trek to Namche Bazaar

Walking Hours: 5-6

Difficulty: Moderate.

Accommodation: Basic Teahouse

Elevation: 3,440 m

Topography: Uphill ascends, Stones steps, Steep Inclines

Highlights: Suspension bridge, Dudh Koshi river, Yak herds, Traditional food Tsampa, Prayer wheels

Meals Provided: Breakfast, Lunch, Dinner

Day 4: Acclimatization day in Namche Bazaar & Hike to Khumjung

Walking Hours: 3

Difficulty: Easy

Accommodation: Basic Teahouse

Elevation: 3962m

Topography: Grassy, Flat tracks

Highlights: Nauche Monastery, Sagarmatha National Park, Sherpa Culture Museum, Khumjung Edmund Hillary School, **views-** Everest, Lhotse, Lhotse Shar, Lobuche Peak and Ama Dablam.

Meals Provided: Breakfast, Lunch, Dinner

Day 5: Trek to Tengboche

Walking Hours: 5

Difficulty: Moderate.

Accommodation: Basic Teahouse.

Elevation: 3,860 m

Topography: Steep inclines, short descends

Highlights: Tengboche monastery, magnificent panoramic views from Tengboche

Meals Provided: Breakfast, Lunch, Dinner

Day 6: Trek to Dingboche

Walking Hours: 5

Difficulty: Moderate.

Accommodation: Basic Teahouse

Elevation: 4360m

Topography: Stone steps, Uphill tracks

Highlights: Pangboche Gompa, beyul(hidden valleys of Himalaya), Imja Khola, mani walls, views-Lhotse, Island Peak, Ama Dablam, Kangtega, Thamserku

Meals Provided: Breakfast, Lunch, Dinner

Day 7: Acclimatization Day in Dingboche-Hike Chukhung

Walking Hours: 4

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 4410m

Topography: Stone steps, Rocky, steep inclines

Highlights: Imja valley, Amphu Lapcha, Makalu Barun National park, Views-Lhotse, Thamserku, Kantega, Ama Dablam, Makalu, Cholatse, and Island Peak

Meals Provided: Breakfast, Lunch, Dinner

Day 8: Trek to Lobuche

Walking Hours: 5

Difficulty: Moderate to difficult

Accommodation: Basic Teahouse

Elevation: 4940m

Topography: Stone steps, Rocky, steep inclines

Highlights: Buddhist chortens, rare Dwarf Snow Rhododendron, Shrubby Horsetail, sherpa settlements, views- Pokalde, Taboche, Khumbu Icefall and Pumori

Meals Provided: Breakfast, Lunch, Dinner

Day 9: Trek to Gorak Shep & Everest Base Camp. Trek back to Gorak Shep

Walking Hours: 8

Difficulty: Difficult/strenuous

Accommodation: Basic Teahouse

Elevation: 5300m at base camp & 5170m at Gorak Shep

Topography: Uphill climbs, Flat trails, Steep Inclines

Highlights: Base camp, sunset views from Gorak Shep, Kala Patthar, views- Everest, Nuptse, Changtse

Meals Provided: Breakfast, Lunch, Dinner

Day 10: Hike up to Kala Patthar and retreat trek to Pheriche

Walking Hours: 7

Difficulty: Strenuous

Accommodation: Basic Teahouse

Elevation: 5545m at Kala Patthar & 4270m at Pheriche

Topography: Rocky climb, Steep Inclines

Highlights: Base camp, sunrise Kala Patthar, views- Everest, Nuptse, Changtse

Meals Provided: Breakfast, Lunch, Dinner

Day 11: Trek to Namche Bazaar

Walking Hours: 7

Difficulty: Easy to difficult

Accommodation: Basic Teahouse

Elevation: 3440m

Topography: Grasslands, rocky trails

Highlights: Sherpa town, local Souvenirs

Meals Provided: Breakfast, Lunch, Dinner

Day 12: Trek to Lukla

Walking Hours: 7

Difficulty: moderate

Accommodation: Basic Teahouse

Elevation: 2840m

Topography: downhill descends, walk by river banks

Highlights: Khumbu region, thick forests, species of birds, mountain views, **views-** Everest, Nuptse, Changtse

Meals Provided: Breakfast, Lunch, Dinner

Day 13: Early morning fly back to Kathmandu

Flight Lukla to Kathmandu: 30 minutes

Accommodation: 4-star Hotel

Elevation: 1400m

Highlights: Bird's eye view of forested lands, hills, breathtaking flight

Meals Provided: Breakfast, Lunch & Farewell dinner

Day 14: Final Departure

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country, Nepal