

Everest Base Camp Trekking

Everest, the top of the World. Reaching at top of the world is dream of every person. **Everest Base Camp Trekking** take you up to base camp of **Mount Everest**. The highest point of the trek Kalapathar is best viewer point of hundreds of Himalayan peaks including Everest. **15 days trek to Everest** passes many typical Sherpa villages, dense forest, rives, monasteries and off course mountain views. **Trekking to Everest** provides many optional itineraries but the first choice of peoples is to make **Everest base Camp Trekking**. This trek is facilitating of local guest houses all the way up to end point of trekking. Your professional guide and supporter is the key person to make your trip success and joyful.

Touch Kailash Travels and Tours provide professional, helpful, friendly and informatics guide and strong porter which caused your successful of **15 days trek to Everest**.

This trekking reach immediately to high altitude land. Your first day reaching at Lukla (2860) miter and sleep at 2610 miter is higher than staying in Kathmandu valley. A good acclimatization in Namche bazar (3440m) and easy hiking around makes your body fit in high altitude. You also can have one more acclimatization day in Dingboche in case of any doubt. This day can be adjusted with last spare day of Kathmandu of our 15 days itinerary. Trekking every day is about 5/6 hours which is slow walking in high altitude. Way back from **Everest Base Camp** is faster. This trek can be run throughout the year but there is the special season of sunny days with clear Himalayan views without rain in the mountain.



The best season **trekking to Everest** is autumn and spring. Month of March to May and September to November is sunny days with clear sky. You still can make this trek in winter season of December to February month.

Highlight of the Trek

- Sightseeing in Historical sites in Kathmandu valley
- Scenic flight from Kathmandu to Lukla (35 minutes)
- Namche Bazar, Tengboche and other Sherpa village on the way
- Local tea houses as accommodation and hygienic foods
- reaching at Everest base Camp
- Climb Kalapathar (5545m) and explore panoramic mountain view
- Famous and biggest Monastery, Tengboche Monastery

Fact of Trek

Total Duration: 15 Days

Destination: Nepal

Trip Grade: Moderate to Strenuous

Meals: Breakfast

Transportation: Private Vehicle / Aero plane

Accommodation: Hotel and Guest Houses

Max. Altitude: 5545m Kalapathar

Max. sleeping altitude : 5164 m

Group size: Any

Best Season: March - May / Sept - Nov

Details itinerary

Day 01: Arrival in Kathmandu and Transfer to Hotel (1350m) Overnight at Hotel

We pick up you from Tribhuban International airport Kathmandu and transfer to Hotel. We discuss about trekking and other arrangement if time permits.

Day 02: Sightseeing in Kathmandu valley and trip preparation. Overnight at Hotel

We start sightseeing tour in Kathmandu valley. A famous Hindu temple, A biggest Buddhist stupa and old king palace are covered. All these sites are listed in UNESCO cultural heritage sites. Late afternoon back to hotel and briefing about trip.

Day 03: Fly to Lukla (2860m) and trek to Phakding (4/5 hours - 2610m) Overnight at local guest house

Early in the morning drive to domestic airport and take flight to Lukla airport. It is 35 minutes flight with tiny aircraft. Another 4 hours easy trekking reach today to Phakding crossing by typical local villages.

Day 04: Trek to Namche Bazar. (6/7 Hours - 3440m) Overnight at local guest house

starting of the day is easy walking at flat land. We cross couple of similar villages on the and Cross Everest National Park permit checking counter. Cross several high and long

suspension bridges. Your first challenging uphill of this trek at the end of the day to reach Namche Bazar.

Day 05: Acclimatization in Namche Bazar. Short hiking till view point and Khumjung village. Overnight at local guest house

Namche is a great town with numerous little stores with numerous ranges of items from souvenirs to trekking gears. There are also a number of restaurants, coffee shops, bakery and bars. We involve in short hiking tour to Everest view point and explore Khumjung village. Come back to Namche and overnight.

Day 06: Trek to Tengboche. (5/6 Hours - 3860m) Overnight at local guest house

start trekking with easy climbing than trail goes flat and down till Phunki Thanka. After crossing the suspension bridge, start last bit of the climb into Tengboche Monastery. It is fairly steep but not as long or difficult as previous from Phakding to Namche. Reach at tenboche and explore Tengboche monastery. Tengboche Monastery is one of the larger monasteries in this trek.

Day 07: Trek to Dingboche. (5/6 Hours - 4410m) Overnight at local guest house

today is one of the easiest days so far and started with going downhill on a fairly wide path with well-established trees covering the path. Time of reaching Dingboche, land became less vegetation and plateau type. The massive view of Mt. Everest, Amadablam and more other mountain are near as you walk further.

Day 08: Trek to Lobuche. (4 Hours - 4930m) Overnight at local guest house

The short distant walking today from Dingboche to Lobuche. It is just awesome walking throughout largest mountains all around. We reach Lobuche at early afternoon. Have good rest in high altitude. You also can meet some peoples going to Gokyo lake via this place.

Day 09: Trek to Everest Base camp (5364m) and come back to Gorakhshep (7/8 Hours - 5170m) for overnight. Guest House

Total trekking duration is long today. Start walking over glassier with huge rocks. About 2 hours continue walking reach Gorakhshep, which is last lodges in this trek. Fix our room for tonight and further walking to Everest Base Camp. It is all walking over glacier and with heavy wind. It takes around 6 hours to be and back to Gorakhshep.

Day 10: Climb Kalapathar (5545m) early in the morning. Trek back to Feriche. (4/5 Hours - 4240m) overnight at local guest house

early in the morning climb to Kalapathar. Reach before sunrise on the top and view

panoramic Himalayas with sunrise. Get down to lodge and take breakfast. Start trekking down to Feriche via Lobuche. Along the way we pass many memories dedicate to those who passed the way attempting to climb the peaks.

Day 11: Trek back to Namche. (7/8 Hours - 3440m) Overnight at local guest house

It is long trekking down to Namche Bazar losing approximately 800 meter. Trekking trail include lots of ups and downhill. Some of them are serious uphill too. At our lunch time we reach at Tengboche monastery and then serious walking down. Once you cross river of Phunki Thanga, steeply up for 2 hours and get flat land to reach Namche

Day 12: Trek back to Lukla. (6/7 Hours - 2860m) Overnight at local guest house

another long day walking at the end of your Everest base camp trekking. All the way down till the long suspension bridge till foot of Namche. Follow all the way flat way to Lukla via many villages including Phakding, where we stayed a night in our first day of trekking.

Day 13: Fly back to Kathmandu (35 minutes). Transfer to Hotel and rest.

Overnight at hotel

Early in the morning reach at Airport and fly back to Kathmandu. It is 35 minutes flight back and transfers to Hotel. Take rest and fresh after your long trekking.

Day 14: Spare day in Kathmandu. In case of disturbance in Lukla flight. Overnight at Hotel

Today is as spare day of the trekking. In case of you need one more day acclimatization at the mountain or in case of your flight cancellation of Lukla. You still can plan to visit some historical places in Kathmandu valley.

Day 15: Final departure

we drop you to International airport for your final departure

Cost Include

- Arrival and Departure arrangement
- 3 nights' accommodation on twin sharing in Kathmandu
- Every morning breakfast in Kathmandu
- One day sightseeing in cultural heritage monuments in Kathmandu valley
- Private car, professional tour guide and entrance fees in Kathmandu sightseeing
- Flight ticket of Kathmandu - Lukla - Kathmandu
- Flight ticket of your guide from Kathmandu
- Everest National Park permit and TIMS card for trekking

- Professional, helpful and friendly trekking guide in entire trek
- Trekking porter
- Salary, Foods, Accommodation, Insurance and equipment of guide and porter
- 1 nights' accommodation in local tea houses on twin sharing
- 3 times foods and hot drinks during your trekking days
- Farewell with a dinner in typical Nepali restaurant
- Emergency evacuation management
- Service charge and official taxes

Service Exclude

- Lunch and dinner in Kathmandu
- Bottled drinks and bar bills
- Personal insurance, equipment and Tipping
- Emergency evacuation and Medical expenses
- Extra cost because of any Natural calamities which is not in our hand
- Any other activities, other than mentioned in cost including

Trip Note

Everest Base Camp Trekking can be combining with some other destinations in Nepal. White water rafting, Jungle safari, Paragliding, Mountain flight, Bungee jumping, Natural and culture tours are the optional activities.

You also can include Renjo La, Chola and Kongma La pass, Gokyo valley with **Everest Base Camp Trekking**.

Trekking package cost is based on minimum 2 pax a group. Single supplementary charged will be applied if you are single or want single supplementary.