



Nepal: 18d Everest Base Camp Trek

Grade: Moderate

Altitude: 5,364 m.

Tea House Days: 10

Highlights:

EBC Trekking (Everest Base Camp) The EBC Trekking (Everest Base Camp) is one of the most popular trekking destinations in Nepal. We explore the world's tallest mountain i.e. Mt. Everest with beautiful scenery. Similarly, we also get the chance to flight experience in one of the adventurous airports in Tenzin Hillary airport/Lukla. The airport is built under the supervision of Tenzin Hillary. When there was no airport, Jiri is the gateway for camp trekking. The trek to EBC is perhaps the world's most famous adventure trek. Here, the trekkers follow the same route every year to see the Sherpa's village. On the way, you can explore panoramic mountains view along with world highest mountain Mt. Everest (8848 m). But this region is challenging for the trekkers because of its altitude and geographical structures. Then also the infrastructure, trekking trail are highly developed to make it easy and comfortable for the trekkers. In short, the main aim of this trek is the Everest Base Camp at an altitude of 5380meters. But we can't see the view of Mt. Everest from Basecamp. So to see Mt. Everest, we have to climb Kala-Pattar at the altitude of 5545meters. Besides the mountain, this region is also famous for its biodiversity. During our trek, we explore the Sagarmatha National Park. Snow leopard, Himalayan Thar, Himalayan Musk Bear, musk deer Pikka, are the major attraction animals in this region. Therefore the journey of the EBC trek is a great way to explore the cultural and adventure experiences in the Himalayan region. Route Highlight Area: Everest Region, Difficulty: B (Moderate). Altitude: 5364m, Duration: 18 days, Starting point: Lukla. Ending point: Lukla Best season: Sep-Dec, Feb – May, Maximum group size: 30 pax Minimum pax/Person: 1 pax. Culture: Renowned Sherpa Culture. Mode of trekking: Popular in teahouse but it can be operated in both tea house and camping as per clients interest. Himalayan sights: The Himalayan range including the world's highest Mt. Everest (8850m). Note: B=Breakfast, L= Lunch, D=Dinner

Day to day:

Day 01: Arrival o/n in a hotel +D :

Arrival and transfer to hotel, after some refreshment, welcome dinner.

Day 02: Fly to Lukla and trek to Phakding (2,652m, 3/4hrs) o/n in lodge +O+L+D :

After breakfast, we get transferred to the domestic terminal of Kathmandu airport for an early morning flight to Lukla (2,800m), a gateway destination from where our trek starts. After an adventurous 40 minute flight above breathtaking green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. Here we meet our other crew members and after some packing and arrangements, we start our trek through the prosperous village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if interested in additional activities we can take a side trip to a nearby monastery.

Day 03: Trek to Namche Bazaar (3440m, 5/6hrs), o/n in hotel +O+L+D:

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch wonderful prospect of the glistening Mt. Thamserku (6618 m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhoté Koshi rivers. After a final

steep ascent of about two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. We stop at Chautara to admire the view. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and main trading centre of this region.

Day 04: Rest day in Namche Bazaar, o/n in a hotel +O+L+D :

this is the scheduled 'acclimatization' day for this trek. Health experts always recommend us to stay active and moving during the rest day too instead of being idle. We either spend the day taking a day hike and relaxing and exploring hundred vertical feet during the day, it will help us to properly acclimatize. Our guides will take us to the Tourist Visitor Center near the headquarter of the Sagarmatha National Park where we can observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. We also take an interesting side trip up to Khumjung. We climb up to the famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel, a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley is surrounded by the snowy peaks of Kongde and Thamserku Namche Bazaar itself. Namche Bazaar is the main centre of the Everest (Khumbu) region and has government offices, ATMs, Internet cafes, shops, restaurants, a bakery and a colorful market each Friday evening and Saturday. If we trek a few and the sacred peak Khumbila, hosts a well known monastery that houses a yeti scalp. We also visit Hillary School which is at the same site. After having lunch and spending some time in Khumjung, we walk back down to Namche Bazaar.

Day 05: Trek to Tengboche (3,860m, 5/6hrs), o/n in lodge +O+L+D:

After breakfast in Namche, we start our trek towards Tengboche enjoying superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking magnificent view of the great Himalaya. Along the way we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sansa which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga we then have a little tough climb steep up through the pine forests while before we reach Tengboche. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and it has a biggest Buddhist Monastery all over in Khumbu region. We visit the monastery the same day at around 3 p.m. to witness the ceremony in the principal and popular monastery of Everest region.

Day 06: Trek to Dingboche (4,360m, 5/6hrs) o/n in lodge +O+L+D:

Mountains as a backdrop, the monastery in Tengboche looks spectacular more in the morning. We snap pictures of the monastery and the sceneries around and as usual start the day journey. We choose the upper trail for better views to visit Pangboche village and its ancient Monastery. We pass through several Chortens and Mani walls and small villages. We enjoy lunch with fantastic close-up views of Ama-Dablam. In the afternoon, go north to Pheriche or take the eastward trail beneath the towering north face of Ama Dablam. From here onwards the walk is fairly moderate as we enter the Imja Valley. The valley ahead will begin to open up as we approach the confluence of the Lobuche River, we descend into the river and begin the last and steepest climb of the day up to Dingboche On arrival in Dingboche, we enjoy the beautiful array of fields enclosed by stone walls to protect the barley, buckwheat and potatoes from the cold winds and grazing animals.

Day 07: Rest and hiking to chukung ri and back to Dinboche , o/n in lodge +O+L+D:

Day 08: Trek to Lobuche (4940m, 3/4hrs) o/n in lodge +O+L+D:

Beyond Duglha we trek up the steep terminal moraine of the Khumbu Glacier. We find our way through the boulder-strewn slope as we ascend Chupki Lhara, an eerie ridge top with dramatic mountains views. At the top of the ridge we will find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10 times Everest submitter Babu Chiri Sherpa (mountain guide from Nepal) who perished on a mission to climb Everest. As the trail drops to the Khumbu Glacier moraine, we find ourselves right "in front of" several great peaks - Khumbutse, Lingtren, Pumori and Mahalangu Himal. We are now in the vicinity of Everest but the great mountain still remains

hidden. Nuptse towers to the right as the trail crosses the Khumbu Glacier. As we trek along a murmuring stream we do not see the Khumbu glacier because of its lateral moraine wall and we now begin to feel a little out of breath due to high altitude.

Day 09 Trek to Gorak Shep (5170 m) - Everest Base Camp (5380 m) Gorak Shep: (8/9 hrs) o/n in lodge +O+L+D:

The trail to Gorak Shep goes ahead through the lateral moraine of the Khumbu Glacier. We pass through the pyramid sign post. Ahead on the trail we see crest of north ridge of Everest along with Mt. Pumori, Mahalangur, Lingtern, Khumbutse, Nuptse, etc. A small ascent would take us to Thangma Riju. As we reach Gorak Shep, we will be surrounded by snow-capped mountains looming all around us including the top of the world - Mount Everest. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep. Lake and return back to Gorak Shep

Day 10: Morning to Kalapather and trek to Diboche (3900m, 8/9hrs) o/n in lodge +O+L+D:

This day is the climax of our trip. We start early in the morning to catch the dramatic views from Kala Patthar witnessing the first light of day shining on Mount Everest. However, we need to get prepared for an early morning; there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. During the ascent to Kala Patthar we can pause to catch our breath at several outstanding view points to snap pictures. After several hours of an ascent, we reach Kala Patthar. From here we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kala Patthar rocks our eyes taking in the unbelievable Himalayan Panorama, wandering from one mighty massif to another. We take as many pictures as we can with our camera and take the in view with our mind's eye to last lifetime. On being back to Gorak Shep, we have breakfast and continue trek back to Pheriche.

Day 11: Trek to Tenboche (3800, 5hrs) o/n in lodge +O+L+D:

This day is easy to trek, downhill through the hillside blanketed by rhododendron and juniper trees. If it's spring, pink and red rhododendron flowers ablaze our surroundings

Day 12: Trek to Namche Bazaar (3,440m, 5/6hrs) o/n in a hotel +O+L+D:

After breakfast, we start our trek, we walk about one hour all the way down to the river then uphill with crossing the prayer flag festooned bridge over the Dudh Koshi River trail then follows the Dudh Koshi gorge descending rapidly through the pine forests. The path eventually reaches Sansa which is the major trail junction in the region. We stop at Kyangjuma (3570 m) for a relaxed lunch. We unknowingly appreciate the gorgeous Ama Dablam, Thamserku and Nuptse with every bite. Following lunch, the trail to Namche Bazaar clings to the steep wooded slope beyond Kyangjuma, winding through several bends. We keep a lookout for wild life such as mountain goats, snow leopards, colorful pheasants, etc., while we pass through the forest by the trail. After passing a Chorten, we reach the army camp at of Namche Bazaar. We want to take a long last look (and picture!) back to Lhotse, the tip of Everest and Tengboche from here. On reaching our lodge, we take a nice hot shower and have very relaxed sleep in our room in Namche Bazaar.

Day 13: Trek to Phagding (2600, 5hrs) o/n in lodge +O+L+D:

The trail descends steeply downward so we need to walk slowly and under control as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing DudhKoshi and its tributaries the trail becomes more level and natural. By today we start to get warmed up by the light breeze. Any remaining sore throats and colds will be gone by today as we pass through this charming mountain air to Phagding.

Day 14: Trek to Lukla (2850m,3/4hrs) o/n in lodge +O+L+D :

After breakfast ,we start trek same route down, we feel completely different views, we snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We walk through the Sherpa villages' noticing impressive faith in Buddhism and culture of prayer stones and prayers flag while we walk through the villages. On arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with smile on their faces.

Day 15: Flight to Kathmandu and transfer to hotel, o/n in a hotel +O :

Day 16; free day in Kathmandu, o/n in a hotel +O:

Day 17; Sightseeing around in Kathmandu valley, o/n in a hotel +O:

After breakfast, we will start for sightseeing tours around in Kathmandu valley, the sightseeing program is focused to introduce some highlights and UNESCO World Heritage sites of Kathmandu such as Durbar square, Swoyambhunath, Pashupatinath and Bouddhanath.

Day 18: Departure:

Transfer to international airport in Kathmandu

What is included?

- Arrival and transfer transport from to international and domestic airport in Kathmandu
- Sightseeing with cultural guide as per mention in the program
- Government licensed guide for sightseeing in Kathmandu valley
- Government licensed trekking guide and porters during trekking
- 3 meals a day during trekking (B, L, D)
- Welcome dinner by arrival
- Domestic flight ticket KTM- LUK-KTM
- Everest National park fee and trekking permit (TIMS)
- Hotel in Kathmandu with bed and breakfast
- Domestic airport tax
- Accommodation in lodge during trek

What is excluded?

- Travel insurance incl. Repatriation by helicopter rescue in case of emergency
- International Airfare
- Monument entrance fees during sightseeing in Kathmandu valley
- Extra transport or horse in case of road block and any accident
- Nepal visa fee USD 40 for 30 days and 4 passport sized pict
- Tips for local staff
- Sleeping bag while trekking
- Personal expenses