



## Everest Base Camp

17 Nights



### Summary

Everest Base Camp Trekking is a once in a lifetime experience offering you with an adventure of the highest sort. The trek takes you through the beautiful Khumbhu valley, spectacular Everest High Passes and stunning Sherpa Villages leading you towards the Base camp of the Mighty Everest at 5430 meters. You will appreciate the beauty of the Everest region with stunning view of Everest Ice falls, stunning glaciers and panorama of majestic mountains while you make your way up to the Everest Base Camp.

### Overview

**Dates:** April - September 2018

**Interest:** Group – Family-- Couples

**Level of Comfort:** 2/5

**Minimum # of passengers:** none

**Maximum # of passengers:** none

### Day 1: Arrival - Kathmandu

Upon arrival in Kathmandu, meet and transfer to hotel

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You will have a brief orientation about your trek

The afternoon is left open for you to rest and explore your surrounding areas

In the evening, you will be enjoying traditional Nepali welcome dinner and cultural program in an authentic Nepali Restaurant

#### **Day 02: Kathmandu**

Meet your guide for the half day sightseeing tour around Kathmandu valley. You will visit various temples and palaces listed in the UNESCO World heritage site in Kathmandu valley

The valley of Kathmandu is covered with numerous ancient temples, shrines and palaces. The elegant ancient architecture with intricately carved details shows the prosperous past of the city. The close proximity of the sites and easy transport facilities will give you ample of time to explore these sites at your own pace. After the tour, our Trek leader/Guide will meet you for briefing to help you for the final preparation of the trek

#### **Day 03: Flight to Lukla - Start Trek to Phakding**

In the early morning, you will be picked from your hotel to be transferred to the domestic airport for incomparable first scenic flight to Lukla (2827m). The exciting 40 minutes flight to Lukla is filled with amazing Mountain View

Start the trek to Phakding passing through Sherpa farm villages filled with Prayers Stones and prayer flags

The trail descends towards Dudh Koshi River and join the main trail to Namche bazaar. The walk is easy and traverses the small village of Chheplung and Ghat (2550) before arriving at the lodge in Phakding

Total walking time for the day is around 3-4 Hours leaving you time to stroll around the village to explore the local life style

#### **Day 04: Phakding to Namche Bazaar (3450m)**

Today you start from Phakding towards Namche bazaar by crossing a suspension bridge over the Dudh Koshi River

Set out on the trail as it wanders through rolling terrain, past blue pine and rhododendron forest, traditional homes and fields. Cross the same River to encounter glorious views of the snow-capped peaks of Kusum Kanguru (6369m) and

Thamserku (6623m). Then walk to Monjo (2835) to enjoy your lunch to fuel your rest of the walk for the day. The walk now

becomes more exciting with uphill journey until you reach the entrance to the Sagarmatha national Park where your Trekking permits are checked. After you enter the national Park, gradually walk downhill to cross another suspension bridge

over the Bhote Koshi River to Jorsalle Village (2805m). The pleasant walk on the river bed gets exciting as you cross another suspension bridge followed by steep hike to the village of Namche Bazaar

Total walking for the day is around 6 to 7 hours

#### **Day 05: Rest Day at Namche Bazaar for acclimatization**

Stay in Namche for acclimatization, as you plan to hike high to gain strength, then descend again to sleep low, enabling your body to better adjust to the altitude. Namche, a prosperous village gained its importance at the time when the trade

between Nepal and Tibet flourished. The town is filled with colourful shops, restaurants, and bakeries. It is best to enjoy

both the sunrise and sunset views of the Himalayas from the national park headquarters. The early hike above town rewards you with a spectacular Himalayan sunrise and views of Khumbu peaks including Mount Everest. After the breakfast you will

have option to visit National park headquarters or to walk for beautiful mountains view. The visit to National park

headquarter will take you to the Sherpa Museum with interesting information about the Sherpa lifestyle and culture, the

great Himalayas and flora and fauna of this region. Alternatively, the steep walk out of the village bowl will reward you with beautiful view of panorama of mountains like Mount Everest, Aama Dablam, Lhotse, Tawoche, Peak 38 and Thamsherku

#### **Day 06: Namche to Tengboche (3860m)**

Your route of today to Tengboche weaves in and out of side valleys with many small ups and downs through village of

Kenjoma to finally join the trail from Khumjung. The trek continues along the rushing glacial waters of the Dudh Kosi with

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magnificent views of the mountains. The views of Everest and Ama Dablam are excellent from this part of the trek. Pass through Tibetan village of Sanasa, after which the trail drops to Phunki Thanga (3250m). From here the trail climbs steeply through the forest filled with silver fir, blue pines, rhododendron, magnolia and birch. Upon passing several prayer stones, a steep ascent will bring you to the famous Tengboche monastery at 3870m, with awe-inspiring panorama of the magnificent Himalayan giants like Ama Dablam, Mt. Everest, Kwangde, Tawachee, Kantega and Thamserku. Visiting the Monastery is an exciting part of the journey. The view from here is rightly deemed to be one of the world's most magnificent sights. Spend the night in this beautiful village of Tengboche. (5 hrs)

**Day 07: Tengboche to Dingboche(4345m)**

Begin your walk by descending through forests of birches, conifers and rhododendrons to a lovely village of Deboche. After crossing the Imja Khola on a swaying suspension bridge high above the rushing river, the trail climbs past some magnificently carved mani stones and rhododendron forest to Pangboche at 3901m.

Beyond Pangboche the route enters alpine meadows above the tree line, mostly consisting of scrub juniper and tundra. Pass through alpine meadows, yak herds and Imjatse River to finally arrive at Dingboche. Dingboche Valley is a labyrinth of walls and pastures made by Imjatse River that flows down from the Island peak. (5 hrs).

**Day 08: Acclimatisation Day in Dingboche(4345m)**

A slow ascend is very important for acclimatization. Your stop in Dingboche is designed to allow your body to adjust to the thinning air of the mountain due to increase in altitude. A good way to spend the day is to hike to the Nzagazong Parbat at the height of 5000m from where we can enjoy the spectacular view of the Himalayan range. Enjoy the magnificent view of Island Peak (6189m), south face of Lotse, the giant of Ama Dablam and Mount Makalu(8030m). The hike should help the body acclimatize effectively for more challenging days of the trek. After enjoying the beautiful view, return to spend your second night at Dingboche. (4 hrs)

**Day 09: Dingboche to Lobuche(4930m)**

Today the trail diverts towards the north. It is very important for you to be well hydrated for this challenging walk towards Lobuche. Start for lobuche with a gentle climb along the upper trail heading above Pheriche Valley. From Periche, we walk along the northwest side of the valley through alpine scrub and yak pastures, enjoying picturesque views of Tawoche and Cholutse on west. Following the trails through farmlands and meadows along the lateral moraine of the Khumbu Glacier, reach the small village of Dughla to enjoy your lunch. After the lunch climb steadily to Thokla Pass where you see long strands of prayer flags and stone memorials dedicated to Himalayan climbers who have perished in pursuit of their Everest expeditions over the last 50 years. You can enjoy a spectacular view of Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), Changtse (7550m) Nuptse and Lhotse from here. Continue walking beyond Thokla Pass to reach Lobuche where we'll spend a night. (5 hrs)

**Day 10: Lobuche to Gorak Shep (5200m)**

The first section of today's trail follows the western side of the broad Khumbu valley and ascends gently through meadows besides the glacial moraine. The ascend towards Gorak Shep becomes steeper and rougher as it crosses several side moraines. En-route to Gorak Shep the conical peak of Pumori comes into view. On the lower slopes of this mountain a ridge extending to the south and terminates in a small peak. This peak is called Kala Pattar (meaning 'black rock') known for the best vantage point for viewing Mt Everest. The trail then makes a short descend onto the sandy, flat expanse of Gorak Shep. After a hike of 3 to 4 hours you will reach the Everest Base Camp. The Base Camp is one of the greatest highlights of the trek in the Everest region. You will be returning to the small settlement of Gorak Shep after our visit to the base camp.

**Day 11: Gorakhshep to Pheriche (4240m)**

Retrace your steps back to Dughla heading down the glacier and enter the lush and beautiful valleys, surrounded by spectacular snow-capped peaks. You can view Lobuche Peak and the Cholutse in the distance to the left of Ngazong Parbat from here. Here you can find a trekkers' aid post, supported by the Himalayan Rescue Association which although not

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manned year round is well worth a visit if open. The center attracts world-renowned physicians who acquire data to analyze the effects of high altitude on human physiology. Then move to Pheriche for a long relaxing tea break (7 hrs)

**Day 12: Pheriche to Tengboche (3860m)**

Ascend a short steep trail to the top of a small ridge for great views of Imja Valley, Ama Dablam and Kantega, before taking lunch at Orsho. After the lunch descend through Shomare, Lower Pangboche to reach the suspension bridge over the Imja Khola River. Re-trace your steps back to Debuche before finally reaching Tengboche for a relaxing night. (6hrs)

**Day 13: Tengboche to Namche Bazaar**

Descend steeply to the suspension bridge at Phunkitenga where you will enjoy your short tea break. After enjoying a warm cup of tea, cross the roaring Dudh Koshi River and ascend to Tashing. The trail now moves high above the valley through Shanasa before returning to Namche Bazaar. Spend your night in Namche bazaar where you can enjoy services like hot showers, internet access, local bars and souvenir shops

**Day 14: Namche to Phakdingma**

Leaving Namche Bazaar, you have a big descent today to Phakding. After breakfast at the lodge, the trail drops downhill through the pine forest, over the bridge and continues towards Monju. You need to check out from the trekking check post of the National park at Monju. You will soon arrive at Phakding after a short descent from the Monju. (3hrs)

**Day 15: Phakdingma to Lukla**

After the breakfast at Phakding slowly retrace your way back to Lukla. Lukla is famous for its end of the trek celebrations, but you should not overdo it as the plane ride back to Kathmandu is not best enjoyed with a hangover! (3 hours)

**Day 16: Flight from Lukla to Kathmandu**

Rise early in the morning to be ready for the flight back to Kathmandu. Fly back to Kathmandu as you bid farewell to the Himalayas, thanking them for the awe-inspiring experiences. You will be picked up from the Kathmandu Airport to your hotel where you can relax after your great adventure. Now you can enjoy the relaxing warm shower, spa, lounge and bars

**Day 17: Kathmandu**

A Leisure day for shopping, lounging at the pool, strolling to Durbar Squares or perhaps catching up to the places you missed earlier

**Day 18: Kathmandu**

Transfer to the airport for your departure flight

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This is a product sheet elaborated in order to give you a quick overview of package suggestions our destination specialists can propose. Make an appointment to order to customize it as per your needs and get a detailed quotation.

CODE: NP-WIN18-EVEREST BASE CAMP

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