EVEREST BASE CAMP TREK

Activity description · Epic Shangri La Adventure P. Ltd

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Everest Base Camp Trek takes us to the home of the Sherpa, where the highest point Kalapathar beautiful mountain city Namche Bazaar, the Sagarmatha National Park, the mightiest viewpoint of Kalapatthar and the Everest Base Camp itself. Furthermore, we reach Tengboche monastery which is the highest and one of the oldest monastery in the Khumbu region of Nepal and come close to the world's tallest peaks: Mt. Everest, Mt. Lhotse & many more. We begin our hike to the Everest base camp with a flight from Kathmandu to Lukla equipped with all necessary permits and trekking gears. This trek is one of the lifetime adventure those who dream to see Everest world's highest 8848m.

This trip begins with your arrival in Kathmandu, the capital of Nepal. From Kathmandu, you will take a flight to Lukla's Tenzing Hillary Airport, one of the tiniest & dangerous airports in the world. After a thrilling experience flights, landing on the narrow & short runway is part of the adventure itself, you will start your trek and walk towards Phakding. The next day, you will hike in the beautiful Dudh Koshi Valley and walk up to the Sherpa capital of Namche Bazaar. It's a tough but blissful walk amidst refreshing Himalayan scenery. Interesting Buddhist architecture dots the trail. You will find white stupas, mani walls, prayer wheels, and prayer flags en route.

You will retrace your steps to beautiful small Sherpa heritage villages on the way to the EBC trail from Namchebazar, Tengboche, Dingboche, Lobuche, Gorakshep & to EBC. An acclimatization day in Dingboche will further prepare you for the high-altitude walk above 5000 meters. With Gorak Shep as your base camp, you can hike to Everest Base Camp and Kala Patthar. The walk through the Khumbu Glacier, with 7000 and 8000-meter mountains towering close to the trail is a once-in-a-lifetime experience. From Kala Patthar, you get impressive views of the Khumbu Icefall, Mount Everest, and other majestic peaks. On your return journey, following the same trail, your trip ends once you fly into Kathmandu from Lukla.

Detailed itinerary:

Day 01: Arrival in Kathmandu and trip preparation (1,300m/4,264 ft)

Upon your arrival in Kathmandu, we will pick you up from the airport and take hotel. After you check into the hotel after your refreshment we will discuss about the trip. Overnight at the hotel

Day 02: Fly to Lukla, trek to Phakding (2,651m/8,700ft): 8km, 3 - 4 hours trek

Early in the morning after breakfast or we take packed breakfast for early departure to Lukla. During the 40-minute flight from Kathmandu to Lukla (9,186ft), we enjoy one of the most beautiful air routes in the world surrounded by high mountainous peaks. At Lukla, a gateway destination from where our

trek begins, we meet our other crew members and begin packing and arranging with them. From Lukla, we start trekking. At one hour's gradual descent, we will be at a Cheplung village from where we have a glimpse of Mt. Khumbila (18900ft), a sacred mountain which has never been climbed. From Cheplung, we then gradually descend until we reach Phakding and spend the night.

Included meals: Breakfast Lunch Dinner

Day 03: Phakding to Namche Bazaar (3,438m/11,280 ft): 11km, 5 - 6 hours

After breakfast, Walking through a beautiful pine forest, we follow the trail north up the valley of Benkar. Then, we cross Dudh Koshi River and go on passing Chumoa to Monjo, the entrance to Everest National Park. Then crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. A steep ascent brings us to the prime heart land of Sherpa village - Namche Bazaar. At one hour's distance to reaching Namche Bazaar, Overnight in Namche Bazaar.

Included meals: Breakfast Lunch Dinner

Day 04: Acclimatization Day - Namche Bazaar: (3,440m/11,284ft)

There are plenty of things to do around Namche Bazaar, and we can spend a day here acclimatizing. Namche Bazzar is the main centre of the Khumbu region and has government offices, ATMs, Internet cafes, shops, restaurants, and a colorful market. We can explore the real charm of Namche Bazaar. Hiking to Sagarmatha National Park rewards trekkers with a sunrise view and the views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. Today we can do a short hike to view point where we can see a glimpse of Mt. Everest. In exploring Namche Bazar, we observe traditional Sherpa life, Khumjung Hillary School and enjoy flora and fauna found at such altitude. Overnight in Namche Bazaar

Included meals: Breakfast Lunch Dinner

Day 05: Namche Bazaar to Tengboche (3,870m/12,694ft): 10km, 5 - 6 hours

After breakfast, we descent to the Dudh-Koshi River and the equally famous ascent along the rhododendron forests to Tengboche. While descending to Dudh Kish River, we enjoy the views of mountain tops like Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. Upon reaching Tengboche, we visit Tengboche monastery-the largest monastery in the region and soak in the views of Everest, Ama Dablam and other peaks. Overnight in Tengboche.

Included meals: Breakfast Lunch Dinner

Day 06: Tengboche to Dingboche (4,360 m/14,300 ft): 9km, 5 - 6 hours

We descent and trek through forests filled with a variety of lush trees – birch, conifers and rhododendrons. This journey again rewards us with tremendous views of Mt. Everest, Lhotse, and Ama Dablam. The picturesque trail dips down to Devuche, crosses the Imja River and takes us to Pangboche. The upper Pangboche trails reward us with a more pristine view of the Himalayas and the Pangboche Monastery. The trek moves ahead towards the Imja Valley, Lobuche River and ultimately begins climbing up to Dingboche. At Dingboche, we see a beautiful array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold winds and grazing animals. Overnight at Dingboche.

Included meals: Breakfast Lunch Dinner

Day 07: Dingboche: Acclimatization

Dingboche is a popular stop for trekkers and climbers headed to Mt. Everest, Ama Dablam or Imja Tse. The village is beautiful with an array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold wind and grazing animals. We spend a day at Dingboche for acclimatization. We take day hikes to either Nagarjun Hill or Chukkhung Valley for great views of Makalu, Lhotse, Chalotse, Tawache and Ama Dablam.

Included meals: Breakfast Lunch Dinner

Day 08: Dingboche to Lobuche (4940 m/16,207 ft): 7km, 5-6 hours

We start the day with a gradual climb to Duglha at the end of the terminal moraine of the Khumbu Glacier. From here, we climb up a steep trail to Chupki Lhara, where we find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks - Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche. Overnight in Lobuche.

Included meals: Breakfast Lunch Dinner

Day 09: Lobuche to Gorak Shep (5,170 m/16,961ft), visit Everest Base Camp (5,364 m/17,594 ft): 13km, 6-7 hours

We take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come across the Indian army mountaineers' memorials. The path from here can be misleading; hence, it is important that we follow our lead Sherpa diligently. The walk is strenuous due to thin air in the high altitude. We pass through rocky dunes, moraine and streams before reaching the Everest Base Camp. Upon reaching the Everest Base Camp, we see tents of mountaineers that stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. We get back to Gorak Shep for a good night's rest. Overnight in Gorak Shep

However, the sunset view from Kala Patthar is more admirable than the sunrise view, so it is recommended that we visit Kala Patthar today during sunset. As the setting sun's rays strike the snow-capped mountains, the resulting scenery is incredible. Therefore, for those trekkers who wish to continue to Kala Patthar today instead of the next day please inform your guide and he/she will coordinate accordingly.

Included meals: Breakfast Lunch Dinner

Day 10: Gorak Shep to Kala Patthar (5,545m/18,192ft) to Pherice (4,288m/14,070ft): 16km, 7-8 hours

We prepare for an early morning departure, amid pre-dawn darkness and cold temperatures (-10 to -14 C). Plus, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east even as Everest begins to reveal itself. But, it is upon reaching Kala Patthar that we get to see360 degree up-close and formidable views of Mt. Everest. We take pictures, enjoy the magnificent mountain panorama, and then return back to Pheriche for a good night's rest.

Those participants who will visit Everest Base Camp today will have an early breakfast to start early as Everest base camp hike takes longer than the hike at Kala Patthar. After returning to Gorak Shep, both

the groups will have lunch together; afternoon time is taken to descend down to Pheriche for a good night's rest.

Included meals: Breakfast Lunch Dinner

Day 11: Pheriche to Namche Bazaar (3,440m/11,280 ft): 20km, 6 - 7 hours

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colorful pheasants and mountain goats. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails then through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.

Included meals: Breakfast Lunch Dinner

Day 12: Namche Bazaar to Lukla (2,860m/9,186ft): 19km, 6 - 7 hours

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After our arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Overnight in Lukla.

Included meals: Breakfast Lunch Dinner

Day 13: Fly to Kathmandu

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenir shopping or sightseeing. There will be a farewell dinner in the evening to celebrate the successful completion of our journey. Overnight in Kathmandu.

Included meals: Breakfast

Day 14: Final departure

Your adventure in Nepal comes to an end today! We will take you to the airport, approximately 3 hours before your scheduled flight. See you soon again, Namaste!!!!!!!!

Included meals: Breakfast