

Everest Base Camp Trek - 16 Days

EVEREST BASE CAMP TREK: A ONCE-IN-A-LIFETIME EXPERIENCE

The **Everest Base Camp Trek** is renowned as one of the most iconic trekking routes globally, providing an exceptional adventure for nature enthusiasts and cultural aficionados. This trail leads you to the base of the highest mountain in the world, taking you to the foothills of what is often referred to as the roof of the world. The Everest Base Camp (EBC) Trek is a journey that brings you to the gateway of Everest Base Camp, situated at an altitude of 5,364 meters above sea level at the Khumbu Glacier. Located within the Sagarmatha National Park in Nepal's eastern mountainous region, this trek fulfills the aspirations of those who dream of reaching Everest Base Camp in their lifetime. Your adventure begins in Kathmandu with an exhilarating short flight to Lukla, lasting approximately 30 to 35 minutes. Lukla is a well-known Sherpa village that serves as the entry point to the Khumbu region.

From Lukla, you will embark on the Everest Base Camp Trek route, following the classic path alongside the Dudh Kosi River and through charming Sherpa villages, alive with vibrant colors and the presence of Buddhist prayer flags. Engage with the local people, immerse yourself in their culture, and experience their warm hospitality, all while being surrounded by the stunning natural and cultural diversity. This trip is enjoyable for everyone, allowing you to cherish every moment of the journey. As you ascend, the villages will change with the elevation, and each day will reveal more breathtaking views of the Himalayan landscape and towering peaks. You will spend additional nights in Namche Bazaar and Dingboche to aid in acclimatization and reduce the risk of Acute Mountain Sickness (AMS). This journey will take you to Everest Base Camp (5,364m) and Kalapathar (5,545m) for some of the best mountain vistas. After completing your ascent, you will return to Lukla via the same route or by helicopter. Book your Everest Base Camp Trek with the reputable Sherpa Nomad Trek Pvt. Ltd for a safe, secure, and cost-effective experience, complemented by top-notch service and flexibility, all led by a professional local guide.

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel

Day 2: Preparation Day in Kathmandu

Day 3: Kathmandu to Lukla (2860m) and Trek to Phakding (2610m): 30 minutes flight and 3 hours Trek

Day 4: Trek from Phakding to Namche Bazar (3440m): 5-6 hours Trek

Day 5: An Extra Day in Namche Bazar (3440m): Best for Hike and Explore the Sherpa's Capital

Day 6: Trek from Namche Bazar to Tengboche (3870m): 5-6 hours

Day 7: Trek from Tengboche to Dingboche (4410m): 5-6 hours

Day 8: An Extra Day in Dingboche : Hike and Preparation

Day 9: Trek from Dingboche to Lobuche (4940m) via Thukla Pass (4830m): 5-6 hours

Day 10: Trek from Lobuche to Gorakshep (5160m): 3 hours: Hike to Everest Base Camp (5364m): 5 hours

Day 11: Hike to Kalapather (5545m): 4 hours and Trek Back to Pheriche (4371m): 4 hours

Day 12: Trek from Pheriche to Namche Bazar (3440m): 6 -7 hours

Day 13: Trek from Namche Bazar to Lukla (2860m): 6-7 hours

Day 14: Flight from Lukla to Kathmandu (1350m)

Day 15: Free Day in Kathmandu

Day 16: Departure

PRICE INCLUDES

- International Airport Pick-up & Drop-off service
- 4 Nights Kathmandu Accommodation (Ramada Encore) with complimentary breakfast
- Kathmandu/ Ramechhap- Lukla - Ramechhap/ Kathmandu by plane
- Domestic Pick-up and Drop-off by Private/shared Jeep
- 11 Nights Mountain Accommodation at Lodge
- All the Trekking Permits (National Park Fees, and Pasang Lhamu Rural Municipality Fees)
- A professional English-speaking Local Guide
- Two guests: One porter is available for your heavy luggage; please be aware that the maximum weight allowed is 20kg in total.
- Guide and Porter related expenses such as Salary, meals, insurance, gear, and accommodations.
- 3 cups of Tea or coffee every day
- Mountain Meals (breakfast, Lunch, & Dinner)
- Organic fresh fruit, nuts, and energy bars
- Gears such as a sleeping bag, Map and a duffel bag
- Baggage storage facility and first Aid service.
- Farewell Dinner after the trip completion.

PRICE EXCLUDES

- Nepal Visa Fees
- Travel Insurance for clients
- Meals in Kathmandu (Lunch & Dinner)

- Drinks (Drinking Water, Soft & hard Drinks, Extra Hot Drinks)
- Wi-Fi, a hot shower, and personal expenses
- Kathmandu -Ramechha-Kathmandu by Car: 200\$ per Car
- Kathmandu to Lukla Shred Helicopter- USD350 per person
- Gorakshep to Lukla by Shared Helicopter- USD600 per person
- Lukla to Kathmandu by Shared helicopter- USD350 per person
- Tips for Diver, Guide, and Porter
- Kathmandu sightseeing with entrance, car, and Guide: USD80 per person
- Extra Day in trek: USD 70 per person per day
- Extra Night in Kathmandu: USD90 per night for single and USD110 per night for Double/ Twin.
- Trekking Gears and personal equipments
- Extra Days due to adverse weather conditions.
- Rescue fees and Medical related expanses - suggest having proper travel insurance for the evacuation.

