



# PREMIUM EVEREST BASE CAMP TREK

“One of the best treks in the world, Everest Base Camp Trek is an adventurer’s dream come true.”

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**Everest Base Camp Trek Region - Nepal**

**Grade - Difficult**

**Max Altitude - 18,200 Ft. / 5545 meters**

**Total Duration - 15 Days**

**Trekking Days - 11 Days**

**Activity per Day - Approximately 4-6 hrs. Walking**

**Distance - Lukla-EBC-Lukla (130km /80 miles)**

**Ages – 10 years plus to adults of all ages**

## Highlights

- Visiting Everest Base Camp (5,545 mt/ 18,192 ft), view of three of the of the 5 highest peaks of the world – Mt. Everest (8848 mt), Lhotse the 4<sup>th</sup> highest peak (8516 mt) and Makalu the 5<sup>th</sup> highest peak (8481 mt) and other Himalayan peaks like Thamserku (6,608 mt/ 21,680 ft), Kangtega (6,788 mt/ 22,251 ft) and Ama Dablam (6,812 mt/ 22,389 ft)
- Walking over the Hillary Bridge – one of the highest suspension bridges in the world
- Visit to one of the oldest monasteries, ‘Tengboche Monastery’ built-in 1916 Lama Gulu
- Understanding and experiencing the Sherpa culture

**Parent – Child Trek:** Our programs are designed to take children out of their comfort zones, give them a variety of experiences that test their mental endurance and sometimes even physical capabilities and what better than the EBC trek to achieve this with the high of a sense of accomplishment & achievement?! It is for this very reason that we believe that the EBC trek journey is also one that most parents would like to go through with their child. The sense of shared accomplishment, of bonding through the 11 days of ascent and descent through the rhododendron forests, pine trees, the wind-swept valley of Periche, the hanging bridge over Namche culminating at the base of the tallest mountain in the world – Mt Everest; sharing joys and fears together- all of it leading to an experience of a lifetime with hundreds of stories to be shared.

The trek starts from one of the epic airports ‘Tenzing Hillary Airport-Lukla Airport’ which was built in 1964 and is elevated at 2,860 mt/ 9,383 ft. This 2-week voyage will follow the same path ‘Sr. Edmund Hillary and Tenzing Norgay Sherpa’ used (although shorter as it starts from Lukla instead of Jiri)





## Itinerary: EBC Trek

### Day 01: Arrival in Kathmandu, Nepal

Kathmandu (1,300m /4,265 ft)

### Day 02: Fly to Lukla, and trek to Phakding

Lukla: (2,850m/9,350 ft) Phakding: (2,650 m/ 8,562 ft)

### Day 03: Trek from Phakding to Namche Bazaar

Phakding: (2,650 m/ 8,562 ft) Monjo: (2,835m/9,301 ft) Namche Bazaar: (3,440m/11,285 ft)

### Day 04: Acclimatization day in Namche Bazaar

Namche (3,440m/11,285 ft) Everest View Hotel: (3,962m/12,998 ft)

### Day 05: Trek from Namche Bazaar to Deboche

Namche (3,440m/11,285 ft) Phunki Tenga: 3,312m/10,866 ft) Deboche: (3,740m/12,270 ft)

### Day 06: Trek from Deboche to Dingboche

Deboche: (3,740m/12,270 ft) Somare: (4,060m/13,320 ft) Dingboche: (4,360m/14,290 ft)

### Day 07: Acclimatization day in Dingboche

Nangkartshang: (5,085m/16,683 ft)

### Day 08: Trek from Dingboche to Lobuche

Dingboche: (4,360m/14,290 ft) Dhugla: (4,620m/15,157 ft) Lobuche: (4,930m/16,175 ft)

### Day 09: Trek from Lobuche to Everest Base Camp and back to Gorakshep

Gorakshep: (5,185m/ 17,010 ft) Everest Base Camp: (5,364m/17,598 ft)

### Day 10: Hike to Kala Patthar (5,555m/18,208ft)-viewpoint, trek back to Pheriche

Kala Patthar: (5,555m/18,208ft) Pheriche: (4,250m/13,945ft)

### Day 11: Trek from Pheriche to Namche Bazaar

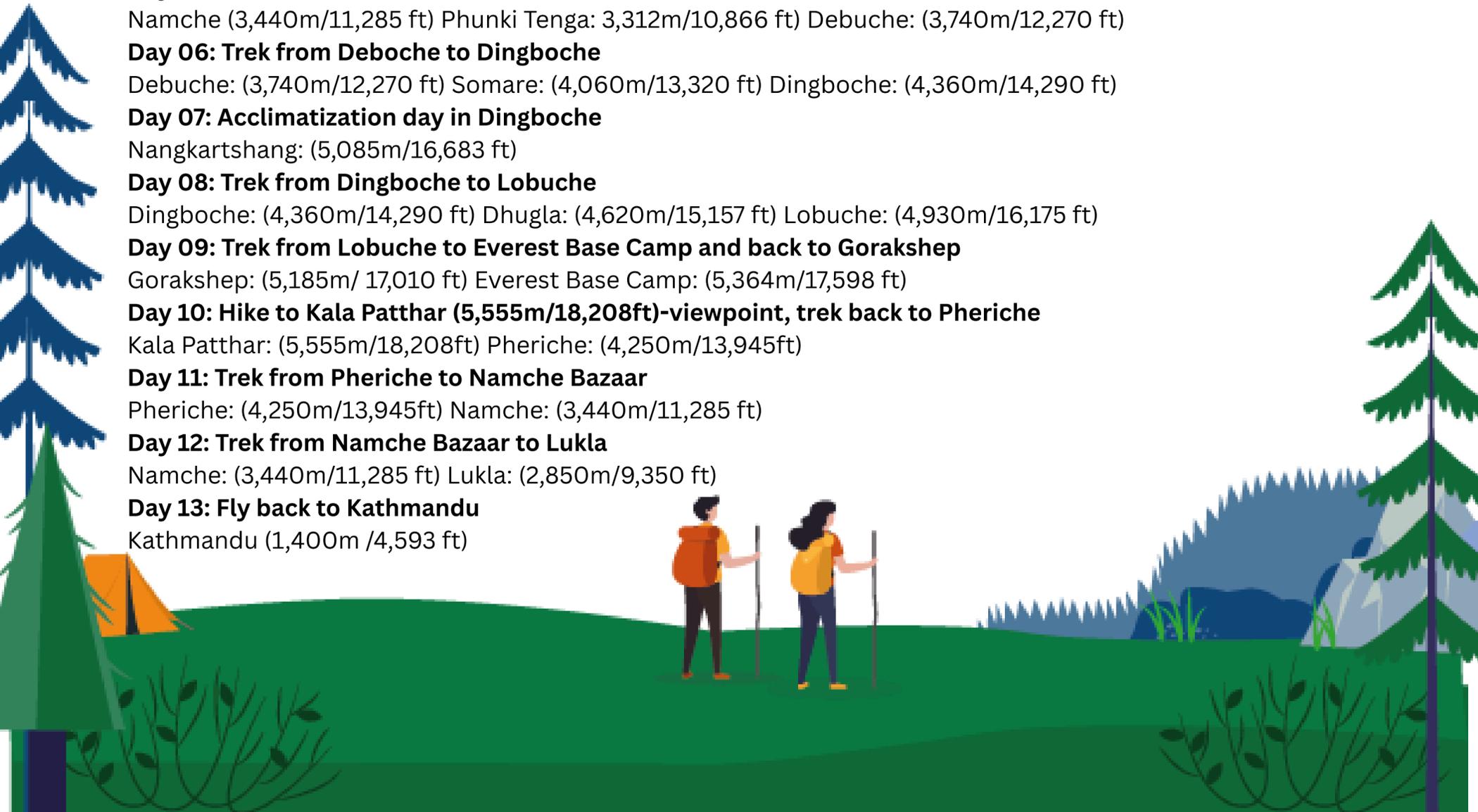
Pheriche: (4,250m/13,945ft) Namche: (3,440m/11,285 ft)

### Day 12: Trek from Namche Bazaar to Lukla

Namche: (3,440m/11,285 ft) Lukla: (2,850m/9,350 ft)

### Day 13: Fly back to Kathmandu

Kathmandu (1,400m /4,593 ft)

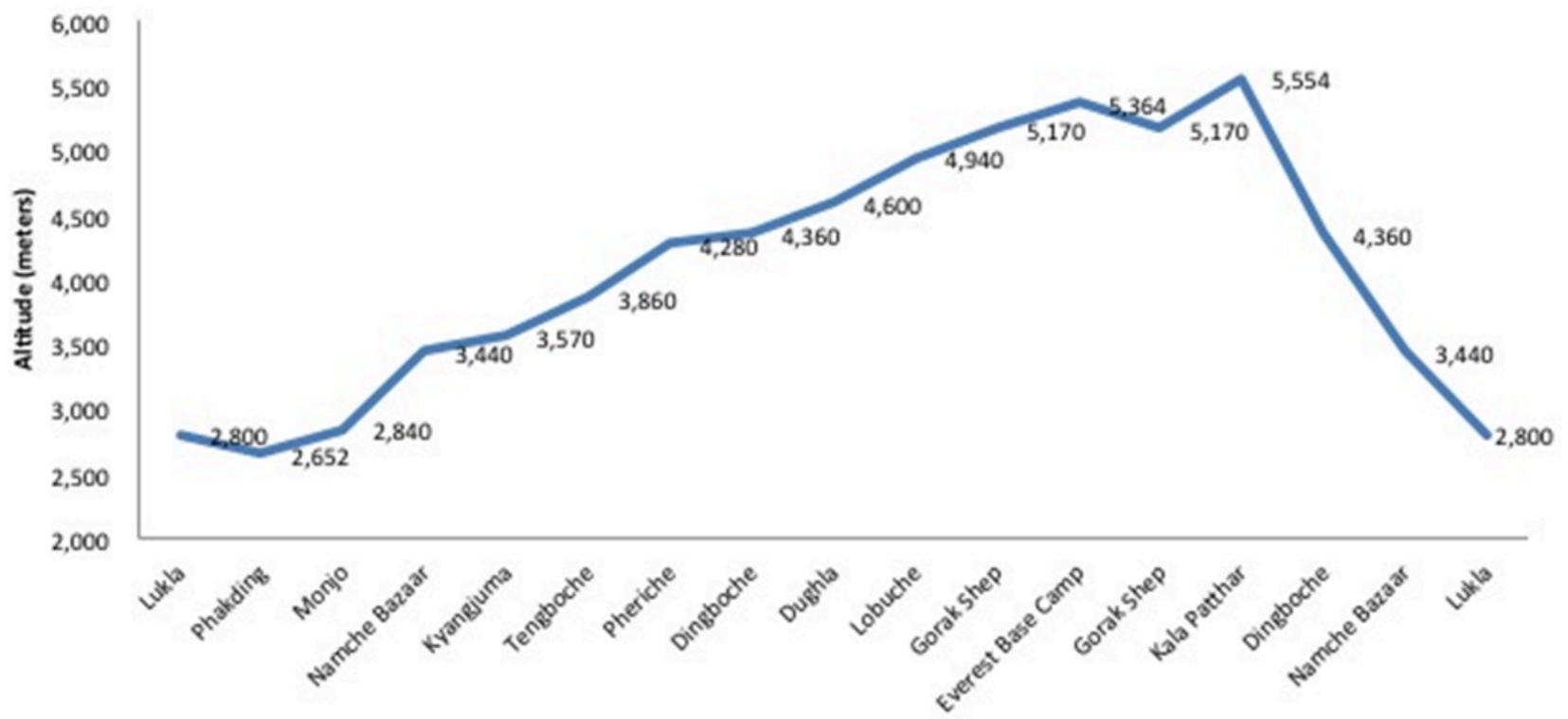


**Day 14: Rest day at Kathmandu or Departure**

Kathmandu (1,400m /4,593 ft)

**Day 15: Final Departure**

Kathmandu (1,400m /4,593 ft)



### Inclusion :

- All necessary airport arrival departure as per the itinerary.
- 3 night's hotel accommodation in Kathmandu on a twin sharing basis on BB plan with breakfast. Meals in KTM are not included
- Domestic Flights (Kathmandu/ Ramechap – Lukla – Ramechap/ Kathmandu) Tickets for clients
- Full board tea house trekking cost with breakfast, lunch, dinner/ you can order your meal from the menu as you please and tea, or coffee during the trek (4 times a day)
- 11 Nights (OR 14 Nights Gokyo Circuit) rooms in local tea houses / lodges during the trek along the EBC route. Note that this cost is for stay in twin sharing room. Also note that in Gorakshep and Lobouche there are no lodges at all which have rooms with attached washrooms. All the rooms have only common washrooms
- Professional government license holder English speaking trekking guide and his salary, Assistant Guide and his salary (we'll have 2 assistant & 1 senior guide)
- The required number of Porters to carry the luggage during the trek (We assign one porter for every two guests). Each person 10 to 11 kg luggage.
- Sagarmatha National Entry Park Permit , Rural Municipality fee (Lukla), All government and local taxes
- Drinking water purification liquid or tablet
- A basic medical kit.
- Pre program preparation mentioned above including a short & long trek
- Open Skiez certificate after the successful trek

### Note:

For foreign passport holder (non Indian) joining the trip, additional cost \$350/400. These are additional taxes levied by the hotels, lodges and airlines. Please feel free to ask us details if needed.

### Exclusion:

- International airfare to/ from Nepal.
- Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuwan International Airport- (15 days – \$30, 30 days- \$50 and 90 days- \$125) except Indian nationalities
- Lunch and dinner in Kathmandu
- Insurance covers, medical, emergency evacuation, loss, etc.
- Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters, etc.
- Hot water & Hot shower during the trekking; except attached rooms where (and if) it is available with the room
- Hot water is additional
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary.
- Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes, etc.
- Tips and gratitude provided to staff.

