

Everest Base Camp expedition



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14Nights/ 15 Days :

Day 1

Arrival in Kathmandu. Upon arrival, our representative will meet outside the arrival terminal building and transfer to hotel. Representatives from our office will meet you up at the hotel and brief you about the trekking. O/n in hostel on Bed and Breakfast basis.

Day 2

Breakfast at Hotel. (Packed breakfast served as the Lukla flight operates early in the morning) Your trekking guide will pickup you from your hotel to airport in a private car. We will board a flight to Lukla from Tribhuvan International Airport for about half an hour. After landing to Lukla, your trek will start formally from here. The trail to Phakding from Lukla is gradually downhill which about 3.5 hours of walk is. Now you have entered to the land of sherpas where you will see mane walls, monasteries, pray wheels and some sight of snow-capped peaks Then hike to Phakding(2660m). Walking hours – 3 hrs. approx) **Overnight stay at Tea house. (Breakfast, Lunch, Dinner Included)**

Day 3 Phakding to Namche Bazaar (3420m) Walking time: 5 to 6 hrs

Today you will be following the slightly uphill trail by the bank of Dudh Koshi river till the junction of Dudh Koshi and Bhotey Koshi river. From the junction you need to follow the uphill trail till Namche Bazar. If the weather is clear you will be able to get the first sight of Everest from Durbin danda along the way. You will be entering the world heritage site- Sagarmatha National park which is the house of multitude of mountain wildlifes. You may pass through the guest houses, farming lands, natural waterfalls and springs and pine forest, himalayan floras and faunas on the way. **Overnight stay at Tea house. (Breakfast, Lunch, Dinner Included)**

Day 4 Acclimatization Day

Today is the rest day but we recommend you to keep moving to acclimatize with the altitude. For this you can either take a short trip of about an hour uphill till army camp and visit museum inside Sagarmatha National Park and enjoy the panoramic mountain view or you can take a longer trip to Everest View Hotel (3900m) which is steeply uphill and takes you about 3 to 4 hours. From the hotel you can get the better panoramic views of the mountains. We recommend you to trek to Everest view hotel. **Overnight stay at Tea house. (Breakfast, Lunch, Dinner Included)**

Day 5 Namche to Tangboche(3870m) Walking time: 5 hrs

Today after breakfast we will take a uphill trail for almost 15 minutes uphill through the village then we will follow almost flat trail all the way to Sanasa village. From Sanasa village we will take a descending trail leaving aside the trail to Gokyo.The trail descends downward till Phunki Thenga and rest of the trail is uphill that passes through the forest all the way to Tangboche. From

Tangboche you can get the 360 degree panoramic mountain view including mighty Mt. Everest. The main attraction of Tangboche is Tangboche monastery where Buddhist monks chant prayers and do meditation every day. Trekkers who are heading to EBC are allowed to visit the monastery after 3PM to get blessings from the holy monk

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 6 Tangboche to Dingboche(4360m) Walking time: 5 hrs

Today, try to wake up early to view the sunrise. After breakfast follow the descending trail passing through the forest of Birch and Rhododendron until you reach the suspension bridge. After crossing the bridge the trail goes slightly uphill passing Pangboche, Orsho to Dingboche. You will leave the treeline behind and enter the alpine grassland today. You will see yaks and sheep grazing on a pasture. Today you can get view of mountains like Amadublam, Lho-tse, Taboche and island peak which is popular for climbing

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 7 Acclimatization Day

Today is another day for rest you will have during your EBC trek session. You can climb to Nangkartshang hill at an elevation of 5000m or you can head to Chhukung at 4730m, choice is yours; We recommend you to opt for Nangkartshang hill because you will get better view from here and it will ease your trekking the next day as you will ascend to an altitude greater than 5000m tomorrow.

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 8 Dingboche to Lhobuche (5000m) Walking time: 5 hrs

The trail goes slightly uphill till Thugla then descends moderately up till Lobuche. You will see memorial stupa and pray flag hanging on the hill over the Thugla pass. The stupas were built in the memory of climbers who have lost their life during the expedition of Mt. Everest. You will get an opportunity to get the view of Tawache, Cholache, Ama Dablam, Thamserku, Pumari, Nuptse Kusum kankaru mountains. The glacier ridge of Lobuche offers you the view of Everest base camp, Kala pattar, Khumbu glacier and moraines formed by glaciers.

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 9 Lobuche to Gorakshep (5165m) then to Everest Base Camp (5364m). Walking time: 3 hrs to Gorakshep and 4 hrs to Everest Base Camp.

The trail is flat and easy for about an hour then you will pass through the moraine formed by glaciers; where the trail becomes rocky and icy. The trail ascends gradually up all the way to Gorakshep. You will leave your bags behind at the hotel and hike to Everest base camp which is 4 hours walk (both ways) Finally you are at the elevation of 5345m from the sea level. You will see the closer view of Khumbu glacier, some of the popular mountains like Nuptse, Pumari, Lobuche, Khumbtse, Lingtung, slight view of Mt. Everest and Lho-La.

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 10 Hike to Kalapather(5545m) then back to Phariche(4200m) . Walking time: 4 hrs to Kala pattar and 3.5 hrs to Phariche

You need to wake up quite early today because it is recommended that you climb up to Kala Pattar before sunrise. Hike to Kala pattar from Gorakshep is about 2.5 hour walk steeply uphill which is challenging. Since this is the final goal point of your trip, you need to collect as much as energy you want and use it. From the top of Kala pattar you can see the 360 degree astounding view of mighty mountain range including Mt. Everest and closer view of Khumbu glacier. After you are done with your stay at Kala pattar descend to Gorakshep then continue to Lobuche after breakfast. From Lobuche continue downhill to Phariche. Stay overnight here.

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 11 Phariche to Namche(3420m) Walking time : 6.5 hrs

Since we are following the same trail to Namche, it is downhill now till Dibuche which takes around 3 hours. From Dibuche the trail climbs upwards to Tangboche which is half an hour walk. From Tangboche the trail goes steeply downhill for an hour to reach Phunki Thenga. From here, the trail ascends up for 1.5 hours to Sanasa village. The trail becomes flat and easy from Sanasa to

Namche.

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 12 Namche to Lukla Walking time :- 6 hrs.

The trail descends along the ridge through pine forest until high suspension bridge then rest of the trail goes easy until Lukla. Today is the last day of your trip, you can gather and enjoy with your trekking team to make it memorable.

Overnight stay at Tea house. (Breakfast, Lunch, Dinner included)

Day 13 Namche to Lukla Walking time :- 6 hrs.

Fly back to Kathmandu Today take early morning flight to Kathmandu. We will recommend you to take one day buffer in case the flight from Lukta to kathmandu gets postponed due to bad weather condition. You will fly back to Kathmandu in normal condition .

Overnight stay at Hotel in Kathmandu

Day 14 Breakfast at Hotel Free day on your own

Overnight stay at Hotel on Bed & Breakfast basis

Overnight stay at Hotel in Kathmandu

Day 15

Breakfast at hotel. Departure for the airport to catch onward flight.

Inclusions

1. 3 night's accommodation at hostel in Kathmandu on Bed and Breakfast basis.
2. 11 nights' accommodation at normal Tea house during trekking.
3. Breakfast, Lunch, Dinner during the trekking as per mentioned in the itinerary.
4. Airfare Lukla-Kathmandu for the participant.
5. Trekking as per the itinerary throughout one trekking guide per 15 people.
6. Insurance, Food, Salaries and accommodation to the guide and porters.
7. National Park fees, TIMS fees, monuments fees and other applicable taxes.
8. One trekking map compulsory.
9. Arrival/Departure through big buses with English Speaking Representative.
10. One litre hot drinking water each person everyday excluding Gorakshep.

Exclusions

1. Any emergency evacuation expenses if in case of any kind of emergencies occurred during traveling & trekking.
2. Any kind of Personal Insurance such as medical, accidental and for rescue (Helicopter etc.). Insurance policy can be made available at a mere Rs. 2000 per person which would give you a cover of up to Rs 2 crores. I can share those details with you if interested.
3. Any kind of Personal trek equipment.(Sleeping bags and Down jacket)
4. Any expenses for Personal nature such as alcoholic beverages, bottled drinks (cola etc.), bottled mineral water, laundry service, telephone bills.
5. Tipping to the trekking guide and porters.
6. Any other services as not stated above.
7. Porters (They can be made available at Rs. 5000 per person for the entire trek)

Also please make a note that each person can carry up to 10 kg luggage during your Lukla flight and in meal you can order one main course. For any other services like hot shower, WiFi, charging cell and cameras you need to pay extra. The inclusions and exclusions mentioned above can also be modified depending on your needs.

Please find the detailed itinerary in the attachment. Further if you need any information please do not hesitate to write us.

Note- Please makes sure that the insurance cost, even though is excluded from the package, must be highly recommended and be taken by all the participants.

For tour cost please call **+91-9818810980, 9540001053** and **9958802244** or visit our website **www.adventureonmymind.com**