

TREKKING PACKAGE

EVEREST BASE CAMP TREK



Jwagal, Kupondole

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A) OVERVIEW:

Trip Duration: 16Nights / 17 Days
Trekking Grade: Strenuous
Max.Elevation: 5545 m.
Trekking Type: Tea House /camping
Best Season: -March-June/ Sept-Nov.
Start / Ending: Lukla / Lukla
Group Size: Min. 01-05 Pax

B) SUMMARY:

Everest Base Camp trek is one of the most famous trek in the Khumbu region of Mt. Everest which takes you into the heart of the Nepalese Himalaya, with awe-inspiring views of the world's highest and most beautiful mountains. Everest Base Camp Trekking takes you through lush valleys with abundant flora and fauna, past friendly Sherpa villages and Sherpa monasteries. You trek up Kala Patthar for a magnificent view of Mt. Everest, Mt.Lhotse, Mt.Nuptse and the Khumbu ice fall and glacier. The base camp is the starting point for many of the expeditions to take on the summit. Our itineraries are carefully designed to ensure you have adequate time to acclimatise comfortably, thereby enjoying the trekking experience to the full. The Everest Base Camp trek is a classic trek which follows in the footsteps of Hillary & Tenzing and ends with an ascent of Kala Patthar for superb views of Mt.Everest. This trek starts with an exhilarating 35 minute mountain flight from Kathmandu into the airstrip at Lukla. From here we trek slowly upwards to the Sherpa capital of Namche Bazaar(a junction for trekkers), following the valley of the Dudh Kosi river. It is not long before we glimpse our first view of Mt.Everest as it peeks above the Mt.Lhotse-Nuptse ridge. At this point it is still many days walk away, but with careful acclimatization it is not long before we find ourselves high up in the heart of the Khumbu region. We visit Tengboche Sherpa monastery en route before continuing on to our destination an ascent of Kala Patthar, a rocky outcrop to the west of Everest. This vantage point gives fantastic views of the Ice Fall and South Col as well as the immense south-west face of Mt.Everest which was first climbed in 1975 by Chris Bonington's team. This is truly a classic trek, which undoubtedly gives one of the best mountain views in the world. Accommodation and food is provided in the local lodges for the tea house trek.

C) ITINERARY:

Day 01	Arrival in Kathmandu Airport, receive and transfer to hotel by our representative.
Day 02	From Kathmandu to Lukla by flight and then trek to Phakding (2610m.).
Day 03	Trek from Phakding to Namche Bazaar (3440m.).
Day 04	Rest day at Namche Bazaar for acclimatization. We explore the Bazaar and experience local people.
Day 05	Trek from Namche Bazaar to Tengboche (3860m.).
Day 06	Trek from Tengboche to Dingboche (4410m.).
Day 07	Rest day in Dingboche for acclimatization and visit the local area.
Day 08	Trek from Dingboche to Lobuche (4910m.).
Day 09	Trek from Lobuche to Gorakshep (5153m.). (3820m.).

Day 10	Trek from Gorakshep to Everest Base Camp (5363m.).
Day 11	Trek from EBC to Kalapatthar (5545m.) and descends to Pheruche (4210m.)
Day 12	Trek from Pheruche to Khumjung (3786m.).
Day 13	Trek from Khumjung to Phakding (2610m.).
Day 14	Trek from Phakding to Lukla (2840m.).
Day 15	Lukla to Kathmandu by flight.
Day 16	Full day sightseeing in Kathmandu Valley.
Day 17	Final departure for next destination.

D) OPTIONAL DAY TRIP ACTIVITIES:

Particular	Cost USD \$ Per Person	Particular	Cost USD \$ Per Person
Paragliding in Pokhara (1 hrs)	\$ 100		\$ 130
Deep jeep safari in Chitwan (4 hrs)			\$ 40
Altra light flight in Pokhara			\$ 120
Rafting in Trisuli river (3 hrs)			\$ 50
Mountain Everest experience flight (1 hr)			\$ 230
Bunjee day Trip			\$ 190

E) PRICE OF THE PACKAGE:

Total Package Price (Normal) = USD 1351 / Per Person

Total Package Price (Special) = USD 1951 / Per Person

F) PRICE INCLUDES:

- ❖ Airport Pick-up and Drop Service.
- ❖ 3 Nights hotel in Kathmandu on Bed and Breakfast plan.
- ❖ 2 Nights hotel in Pokhara on Bed and Breakfast plan.
- ❖ All meals during trekking (3 meals a day + tea & coffee).
- ❖ Sightseeing tours with govt. license holder tour guide.
- ❖ Govt. license holder trekking guide and Porter During the trekking.
- ❖ All ground transportation as per itinerary.
- ❖ All transportation, food, salary, daily wages, allowance for all Nepali staffs.
- ❖ National park entrance fee.
- ❖ TIMS card fee.
- ❖ Insurance for Nepali staffs.

G) PRICE EXCLUDES:

- ❖ Airfare domestic / international
- ❖ Nepal entry visa fee.
- ❖ You will require 2 passport size photos.
- ❖ Airport tax domestic / international
- ❖ Hard / Soft Drinks like alcohol and coke and mineral water
- ❖ Any kind of personal expense / Helicopter rescue
- ❖ Personal travel and medical insurance
- ❖ Tips for guide /sherpa/ porter (expect some tips, it is up to you).
- ❖ Any expenses which is not maintain in above include list

NOTE:

- **For Group Package, contact us.**
- **For Bank info, we will provide it.**
- **For more information, email us.**