

## EVEREST BASE CAMP TREK

This trek combines cultural insights and sightseeing in the Kathmandu Valley along with the famous trek to Everest base camp. This exciting trek in the Everest region gives you the opportunity to witness Mt. Everest from the ground, while taking in some of the most breathtaking scenery in the Himalayas. Ever since the days of early climbing expeditions, this 29,035 foot mountain has a lure of its own, drawing climbers to scale it and trekkers to gaze at its icy faces. Naturally, the trail to the base camp of the mountain has become one of the most popular trekking routes in Nepal. Few people return from the trek unmoved by the experience of being surrounded by the highest peaks in the world.

The adventure of trekking in the Everest region starts with a flight into the tiny airstrip of Lukla. You will spend several days trekking through the homelands of the Sherpa people and through their villages and Buddhist monasteries, with views of Everest and neighboring Ama Dablam, considered by many to be among the most beautiful mountains in Nepal. Stroll around Namche Bazaar the busy market town in the heart of Sherpa country and soak up the magnificent mountain scenery. Without doubt, the highlights of the trek are the awe-inspiring views of some of the most amazing mountains in the world, which unfold as you venture into the Khumbu Valley; not forgetting, of course, the personal sense of achievement in reaching Everest Base Camp at 17,500 feet.

### **Itinerary**

Day 1 Arrival in Kathmandu

Day 2 Sightseeing in Kathmandu

Day 3 Fly to Lukla and trek to Phakding (2,652m/8,751ft)

Day 4 Trek to Namche (3,450m/11,385ft)

Day 5 Rest day in Namche and acclimatization hike

Day 6 Trek to Tengboche (3,867m/12,754ft)

Day 7 Trek to Pheriche (4,252m/14,031ft)

Day 8 Rest day in Pheriche and acclimatization hike

Day 9 Trek to Lobuche (4,930m/16,269ft)

Day 10 Trek to Gorak Shep (5,184m/17,107ft) hike Kalapathar (5,545m/18,300ft) and back to Gorak Shep

Day 11 Trek to Everest base camp and back to Lobuche (4,930m/16,269ft)

Day 12 Trek to Pangboche

Day 13 Trek to Namche

- Day 14 Trek to Phakding
- Day 15 Trek to Lukla
- Day 16 Extra day to allow for weather/flight delays/acclimatization
- Day 17 Fly to Kathmandu
- Day 18 Rest day in Kathmandu
- Day 19 Day trip to Bhaktapur
- Day 20 Depart Kathmandu

**PRICE INCLUDES:**

- » Roundtrip Kathmandu - Lukla domestic airfare
- » Guide, porters
- » National Park fees, trekking permit
- » 4 nights hotel accommodations in Kathmandu in twin sharing room with breakfast
- » Guided sightseeing tour in Kathmandu and temple entry fees
- » Airport transfers
- » Equipment and clothing for porters and staff
- » Insurance for local staff and porters

**PRICE EXCLUDES:**

- » International flight and departure tax
- » Lunch and dinner in Kathmandu
- » Meals during the trek
- » Personal trekking gear and clothing (sleeping bags available for rent)
- » Tips and personal expenses
- » Travel/medical/emergency evacuation insurance

Please contact us for the Travel Application for this trip.

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