

INDEPENDENT TRIPS

## Everest Base Camp Trek 13D/12N

Hiking & Trekking

13 Days / 1 Country

Nepal

Departure city: Kathmandu, Nepal

End city: Kathmandu, Nepal



### HIGHLIGHTS

- Trek to the renowned Everest Base Camp
- Conquer high passes, glaciers and valleys
- Enjoy stunning sunrises and sunsets over the Himalayas
- Walk through remote Sherpa villages

Trek to the legendary Everest Base Camp, see extraordinary sights, explore picturesque towns, and challenge yourself on this unforgettable 13-day Himalayan adventure!.

### MAP



## What is included



### Independent Trips

Include all of your accommodation, transport and experiences on a pre-set trip that you can customize to perfectly suit your travel needs.

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### Accommodation: 12

- Budget guesthouse accommodation
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### Transport: 4

- Flights, airport transfers
  - Flights Kathmandu - Lukla - Kathmandu with 15kg luggage (total - checked & carry-on)
- Airport transfers by private car
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### Guides:

- Government-licensed English speaking guide
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## What is not included

- \*Accommodation in Kathmandu
- \*Food & drinks (dependent on the package)
- \*Personal expenses
- \*Tips Travel insurance (mandatory)
- \*1

\*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

## Additional information

### ADDITIONAL INFORMATION

*Suggested Packing List:* Backpack (10 - 15 liters), sleeping bag (if desired-- sheets & blankets are provided), hiking poles, rain pants, plastic rain poncho, trekking boots, sandals/flip flops, thermals (socks, t-shirts, sweater), windbreaker, hiking trousers, shorts, wool hat/beanie, gloves, sun hat, sun block, sunglasses, flashlight/torch, camera (with extra batteries & memory card), personal medications, reusable water bottle, water purification tablets, toiletries (toothpaste, soap, shampoo, toothbrush, toilet paper, towel)

*Food Budget:* Please expect to spend at least 20 USD per day on food and beverages. Please note that food costs will vary depending on the number of portions consumed, location and availability

# Itinerary

## Day 1: Kathmandu - Phakding, Nepal

Flight Kathmandu to Lukla (2860m), Trek to Phakding (2886m) approx. 3 hours

Begin your exciting 12-day Himalayan adventure with a 40-minute flight from Kathmandu to Lukla, a small mountain town with an airport, a few tea shops, lodges, hotels and general stores. Your trek begins from Lukla following a gentle climb up the mountain side on the left bank of the Dudh Koshi River. You descend a mountainside path that merges into your route to Everest, with views to a valley to your right.

## Day 2: Phakding - Namche, Nepal

Phakding to Namche Bazaar (3440 m) approx. 6.5 hours

Today you begin by crossing the river on high suspension bridges to reach Monjo village (2800m) nearby the entrance to the Sagarmatha National Park, which was established in order to protect and preserve this fragile mountain environment. You then ascend quite steeply to Namche (3440m) and along the way, if the weather is clear, catch a first glimpse of Mount Everest in the distance. Namche is the main trading village of the Everest region and a well-known resting stop along the Everest trekking route.

## Day 3: Namche, Nepal

Namche Bazaar acclimatization and excursions

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tengboche Village. Take a walk up to Khunde Hospital which was set-up by Sir Edmund Hillary, or visit the village of Syangboche (3800m), where the 5-star Everest View Hotel is located. Enjoy outstanding views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru.

## Day 4: Namche - Tengboche, Nepal

Namche Bazaar to Tengboche (3867m) approx. 5 hours

From Namche, the trail contours around the side of the valley, high above the Dudh Koshi. Now you have your first glimpse of incredible views of the great Khumbu peaks including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. Passing by several villages and numerous tea shops, the trail descends steeply to a bridge over the river Dudh Koshi at Phunki Tenga (3250m). Tengboche is also very famous for its legendary monastery, the largest in the Khumbu region.

## Day 5: Tengboche - Dingboche, Nepal

Tengboche to Dingboche (4260m) approx. 5 hours

Gradually descend through a forest, cross the Imja Khola and climb steadily up to the village of Pangboche. This is directly opposite to Ama Dablam [6,856m], and has exceptional views of the mountain, with the Gompa, mani walls and scattered pine trees in the foreground. As you gradually ascend, you find thick forests. This part of the trail is full of thorny and juniper bushes. A further two and half hour's walk brings you to Dingboche. Here you can see Sherpa people working hard in the agricultural farm.

## Day 6: Dingboche, Nepal

Dingboche acclimatization and excursions

Take a rest day to acclimatize to the high altitude and enjoy a day of local excursions. Choose to climb steeply to Nakartsang Gumpa for the rare outstanding view of Mount Makalu (8463m) along with Lhotse, Island Peak, Baruntse, Ama Dablam and Thamserku. An alternative choice is a small side trip to Chukung which takes about 2.5 hours up and 1.5 hours down. Enjoy a Nepalese meals at a lodge in Dingboche.

### **Day 7: Dingboche - Lobuche, Nepal**

Dingboche to Lobuche (4930m) via Dongla (4620m) approx 6.5 hours

Now you begin your trek to Lobuche via Dongla which offers you panoramic views of the mountains along the way. The teahouse at Dongla is a good spot to have lunch (not included), before zigzagging up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone caves, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

### **Day 8: Dingboche - Everest Base Camp - Gorakshep, Nepal**

Lobuche to Gorakshep (5180m), to Everest Base Camp (5380m) and back; approx. 3.5 hours

Today we will make the ascent from Lobuche to Gorakshep carefully traversing glaciers and snow-capped rocks arriving in time for lunch (not included). If everyone is feeling well, we can continue our hike to reach Everest Base Camp (5380m) where we can see small frozen lakes in the afternoon and return to Gorakshep (5180m) where we will spend the night to acclimatize.

### **Day 9: Gorakshep - Pheriche, Nepal**

Gorakshep to Kala Patthar (5545m) and back to Pheriche (4243m) approx. 6 hours

Head off on an early morning climb to Kala Patthar (5545m) for a beautiful view of the sunrise with panoramic views of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more. In Pheriche, there are foreign volunteer doctors are always available to provide medical treatment to trekkers as well as local people.

### **Day 10: Pheriche - Tengboche, Nepal**

Pheriche to Tengboche (3867m) approx. 6 hours

Descend from Pheriche (4243m) through agricultural terraces where local Sherpa people are tending to their crops and walk among thorny juniper bushes in dense forests as you make your way towards the village of Tengboche, with the largest monastery in the Khumbu region. Cross the Imja Khola River to reach Pangboche with exceptional views of Ama Dablam Peak (6,856m) along the way.

### **Day 11: Tengboche - Namche Bazaar, Nepal**

Tengboche to Namche Bazaar (3440m) approx. 5.5 hours

Depart Tengboche passing by several villages with their quaint tea shops and cross the Dudh Koshi River at Phunki Tenga (3250m). Descend along a trail that contours the valley with incredible views of impressive Khumbu peaks including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru to reach Namche Bazaar (3440m).

### **Day 12: Namche Bazaar - Lukla, Nepal**

Namche Bazaar to Lukla (2860m) approx. 7 hours

Depart the main trading village of the Everest region and your last glimpse of Mt. Everest in the distance towards Lukla passing by the Sagarmatha National Park near the Monjo village (2800m). Cross the Dudh Koshi River on suspension bridges as you make your descent along a gentle sloping mountainside to Lukla where your trek began.

## Day 13: Lukla - Kathmandu, Nepal

Morning flight back to Kathmandu

Say goodbye to the Himalayas after an incredible trek to Mt. Everest Base Camp with a feeling of pride and accomplishment after reaching a stunning 5545 meters! Return to Kathmandu filled with unforgettable memories of the authentic villages, unbelievable mountain views and pristine natural landscapes you experienced on this once-in-a-lifetime trek.

