

# Everest Base Camp Trekking

5 stars

 14 days

From \$1300



## Highlights:

- Travelling through the home of the legendary sherpas
- Diverse range of wildlife and vegetation are seen
- Animals to be sighted are mountain goat, musk deer and barking deer
- The best time to visit is spring and autumn.
- once in a lifetime trek to the Everest Base Camp
- To know the Buddhist culture by visiting some beautiful and old monasteries
- To see the view of Mt. Everest along with Mt. Makalu, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam & Khumbu Ice fall.

This is a trek that lets you start at right at the base of Mount Everest! The E.B.C Trek for 14 days will start at the E.B.C or the Mount Everest Base Camp. To get to this base camp, you will first need to go on a plane, ride a car, and even hike to different places around Nepal. The tour will start with you getting on a plane to fly to Lukla. And after disembarking from the plane, you will get to trek to Phakding. This whole trip will last about 4 hours, so you should be prepared to start fairly strong on this trekking trip. Finally, after reaching Phakding, you will get to trek to Namche Bazaar, which is around 11 kilometers distant from Phakding. You will get to spend one rest day at Namche Bazaar. After that, you will also trek from Namche Bazaar to Dingboche, and this trek can last a long time reaching up to 6 hours in length. After that trek, you will get to go to Lobuche, after spending another day of rest at Dingboche. So as you can see on an E.B.C Trek for 14 days, you will also get to rest a lot.

The next trek after Lobuche is GorakShep. This is a place that will take you at least another 7 hours to reach. However, it is also the final stop before you get to visit your destination! After you reach GorakShep, you will get to go to and visit the Mount Everest Base Camp. And you will be reaching the Mount Everest base camp, in your E.B.C Trek for 14 days, right towards the end of your trekking trip. So you will finally reach your destination of the Everest Base Camp after several days of trekking and resting. On this trekking trip, before you even reach the base camp, you will also get to experience a trekking tour that is filled with experience. You will get to spend a day of shopping and taking in Nepalese culture at the Namche Bazaar. And you will also get to see stunning sights at Lobuche and Dingboche. So there is a lot to experience before you even reach your destination. Finally, after reaching your destination, you will leave the base camp for Kala Patthar and then wind your journey back to Namche Bazaar and your previous checkpoints. The trips end with you flying back to Kathmandu.

On an [E.B.C trekking](#) trip lasting 14 days, you will also find that your accommodations and even food are covered by the tour package that you pay for. You will be provided with 3 meals a day, breakfast, lunch, and dinner at your various stops on the trip. And all of these meals will be authentic and delicious Nepalese dishes. You are also provided with accommodations the moment you reach Kathmandu. For tourists who want to receive a lot during their trek to the Everest base camp, this is one of the best trekking trips to go on.

Grade: Moderate

Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

### Date & Prices:

Start Date	End Date	Price
30th May, 2019, Thursday	12th Jun, 2019, Wednesday	\$1170

Start Date	End Date	Price
03rd Jun, 2019, Monday	16th Jun, 2019, Sunday	\$1170
06th Jun, 2019, Thursday	19th Jun, 2019, Wednesday	\$1170
10th Jun, 2019, Monday	23rd Jun, 2019, Sunday	\$1170
13th Jun, 2019, Thursday	26th Jun, 2019, Wednesday	\$1170
14th Jun, 2019, Friday	27th Jun, 2019, Thursday	\$1170
17th Jun, 2019, Monday	30th Jun, 2019, Sunday	\$1170
19th Jun, 2019, Wednesday	02nd Jul, 2019, Tuesday	\$1170
21st Jun, 2019, Friday	04th Jul, 2019, Thursday	\$1170
24th Jun, 2019, Monday	07th Jul, 2019, Sunday	\$1170
26th Jun, 2019, Wednesday	09th Jul, 2019, Tuesday	\$1170
28th Jun, 2019, Friday	11th Jul, 2019, Thursday	\$1170
30th Jun, 2019, Sunday	13th Jul, 2019, Saturday	\$1170
01st Jul, 2019, Monday	14th Jul, 2019, Sunday	\$1170
05th Jul, 2019, Friday	18th Jul, 2019, Thursday	\$1300
08th Jul, 2019, Monday	21st Jul, 2019, Sunday	\$1300
12th Jul, 2019, Friday	25th Jul, 2019, Thursday	\$1300
22nd Jul, 2019, Monday	04th Aug, 2019, Sunday	\$1300
26th Jul, 2019, Friday	08th Aug, 2019, Thursday	\$1300
31st Jul, 2019, Wednesday	13th Aug, 2019, Tuesday	\$1300
02nd Aug, 2019, Friday	15th Aug, 2019, Thursday	\$1300
05th Jul, 2019, Friday	18th Jul, 2019, Thursday	\$1300
08th Jul, 2019, Monday	21st Jul, 2019, Sunday	\$1300
15th Jul, 2019, Monday	28th Jul, 2019, Sunday	\$1300

<b>Start Date</b>	<b>End Date</b>	<b>Price</b>
19th Jul, 2019, Friday	01st Aug, 2019, Thursday	\$1300
22nd Jul, 2019, Monday	04th Aug, 2019, Sunday	\$1300
31st Jul, 2019, Wednesday	13th Aug, 2019, Tuesday	\$1300
01st Aug, 2019, Thursday	14th Aug, 2019, Wednesday	\$1300
05th Aug, 2019, Monday	18th Aug, 2019, Sunday	\$1300
08th Aug, 2019, Thursday	21st Aug, 2019, Wednesday	\$1300
08th Aug, 2019, Thursday	21st Aug, 2019, Wednesday	\$1300
12th Aug, 2019, Monday	25th Aug, 2019, Sunday	\$1300
19th Aug, 2019, Monday	29th Aug, 2019, Thursday	\$1300
21st Aug, 2019, Wednesday	03rd Sep, 2019, Tuesday	\$1300
23rd Aug, 2019, Friday	04th Sep, 2019, Wednesday	\$1300
26th Aug, 2019, Monday	08th Sep, 2019, Sunday	\$1300
30th Aug, 2019, Friday	12th Sep, 2019, Thursday	\$1300
02nd Sep, 2019, Monday	15th Sep, 2019, Sunday	\$1300
05th Sep, 2019, Thursday	18th Sep, 2019, Wednesday	\$1300
06th Sep, 2019, Friday	19th Sep, 2019, Thursday	\$1300
09th Sep, 2019, Monday	22nd Sep, 2019, Sunday	\$1300
11th Sep, 2019, Wednesday	24th Sep, 2019, Tuesday	\$1300
13th Sep, 2019, Friday	26th Sep, 2019, Thursday	\$1300
16th Sep, 2019, Monday	29th Sep, 2019, Sunday	\$1300
16th Sep, 2019, Monday	29th Sep, 2019, Sunday	\$1300
18th Sep, 2019, Wednesday	01st Oct, 2019, Tuesday	\$1300
20th Sep, 2019, Friday	03rd Oct, 2019, Thursday	\$1300

Start Date	End Date	Price
23rd Sep, 2019, Monday	06th Oct, 2019, Sunday	\$1300
26th Sep, 2019, Thursday	09th Oct, 2019, Wednesday	\$1300
27th Sep, 2019, Friday	10th Oct, 2019, Thursday	\$1300
30th Sep, 2019, Monday	13th Oct, 2019, Sunday	\$1300
02nd Oct, 2019, Wednesday	15th Oct, 2019, Tuesday	\$1300
04th Oct, 2019, Friday	17th Oct, 2019, Thursday	\$1300
07th Oct, 2019, Monday	20th Oct, 2019, Sunday	\$1300
10th Oct, 2019, Thursday	23rd Oct, 2019, Wednesday	\$1300
11th Oct, 2019, Friday	24th Oct, 2019, Thursday	\$1300
14th Oct, 2019, Monday	27th Oct, 2019, Sunday	\$1300
17th Oct, 2019, Thursday	30th Oct, 2019, Wednesday	\$1300
18th Oct, 2019, Friday	31st Oct, 2019, Thursday	\$1300
21st Oct, 2019, Monday	03rd Nov, 2019, Sunday	\$1300
25th Oct, 2019, Friday	07th Nov, 2019, Thursday	\$1300
28th Oct, 2019, Monday	10th Nov, 2019, Sunday	\$1300
31st Oct, 2019, Thursday	13th Nov, 2019, Wednesday	\$1300
01st Nov, 2019, Friday	14th Nov, 2019, Thursday	\$1300
28th Oct, 2019, Monday	28th Oct, 2019, Monday	\$1300
31st Oct, 2019, Thursday	13th Nov, 2019, Wednesday	\$1300

### Itinerary:

1:Kathmandu: Arrival Day Altitude: 1,350m/4,428ft

Arrival in TIA Welcome you in Kathmandu, the capital and cultural hub of Nepal. Then transfer to Hotel. Welcome Drinks

**2:Kathmandu to Lukla Flight and Phakding. Walking Distance: 8km (3-4 hours)**

After a short 35 min flight to Lukla then heading the way to phakding through Chaurikharka village and descent towards Dudhkoshi. This easy ways follows the bank of the Dudhkoshi River till Phakding, where we will stay for the over night. explore the small village.(B,L,D)

**3:Phakding to Namche Bazaar. Walking Distance: 10-12km (5-6 hours)**

After breakfast we will heading to Namche Bazaar, biggest sharpa,s community. Our ways goes to through the Dudhkoshi River with long suspension bridge, crossing through a beautiful pine forest to Monjo. After a while we will reach to main entrance gate for Sagarmatha National Park. we have to show Trekking permit check, we may take lunch around there and then it's uphill to Namche. we will pass along the river bank then met two crossing along with Hillary Suspension Bridge. heading to up hill then reach to Namche Bazar with your first glimpse of Mt. Everest. Over night in Namche Bazar. (B,L,D)

**4:Namche Bazaar: Rest and Acclimatization Day**

This day we will take rest for acclimztization. After noon either we can do hike to Thame side then back to Namche. or we can trek to syamboche valley takes around 2 hour. this is best view point of Everest. There is also located Everest View Point hotel, evening you can walk to Namche Bazar overview of the Sherpa culture and history of mountaineering. Over Night in Namche Bazar. (B,L,D)

**5:Namche Bazaar to Tengboche. Walking Distance: 10km (6 hours)**

After Breakfast we start to walking with breathtaking views of the Himalayas - Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde - are some of the high lights. we go down to the riverside, cross it and continue uphill trek with pine forest then we reach to Our destination, Tengboche, we say this is one of the most beautiful places in the Everest region. Its views, include Ama Dablam. we have to stay in Tengboche Monstery with great view of Everest Regino. Over night. (B,L,D)

**6:Tengboche to Dingboche. Walking Distance: 11km (6 hours)**

After Breakfast we will walk through the rhododendron forest to Deboche followed by a bridge over the raging Imja Khol River. Valley with Pangboche village, the biggest settlement of Sherpas in the region. where we will see the typical Sherpa village and have lunch

with the locals. also you can hike to oldest Pangboche monastery. Our afternoon trek will be up to the Dingboche. Over Night. (B,L,D)

#### **7:Dingboche: Rest and Acclimatization Day**

This is our last acclimatization day then after will start our real adventure part ! full day exploring to Dingboche side and the surrounding valleys of Chhukung and Imjatse, we will also see the links with Island Peak and the Amphu Laptsa passes. This whole day will be most important and interesting with lot's of view.Over night.(B,L,D)

#### **8:Dingboche to Lobuche (Walking Distance: 11-12 km (6-7 hours)**

After breakfast we start to walk farther From this place gradually be more hardest, due to the high altitude part. Our first pass will be the Dunga, but not before a tough, steep walk to the top of a high hill. we will see memorial stupas dedicated to the climber who lost their lives to Everest. The next part will be to the Lobuche, a small settlement with beautiful views of Mt. Lobuche, Mt. Pumari and the Nuptse.Over Night in Lobuche. (B,L,D)

#### **9:Lobuche to Gorakshep and Everest Base Camp, EBC to Gorekshep. Distance of walking: 15km (6-8 hours)**

This is it! Our big day kicks off with an initial, relatively easy trek from Lobuche to Gorekshep. After Breakfast we start to walk to the Gorakshep side. This might be the harder, involving rocky dunes and moraine.. On the way we will see the Khumbu Glacier and icefall, located on the slopes of Everest. There are lot's of unbelievable beauty with breathtaking views. after completing all the views then we heading back, to Gorekshep for rest and relaxation. Over Night. (B,L,D)

#### **10:Gorekshep to Kalapathar and Pheriche. Walking distance: 12-13km (5-6 hours)**

This day morning first We'll go to Kalapathar (which means "black rock ) for a fiery, glorious sunrise over Mt. Everest with the spectacular view of Nuptse Nup, Changtse and Lhotse. you will see amazing pictures of Everest and its neighboring peaks. Afterwards, it's back to Gorekshep for breakfast and down towards to Pheriche, our night time stop. This is almost easy way today. Over night. (B,L,D)

#### **11:Pheriche to Namche. Distance of walking: 13-15km (7-8 hours)**

After breakfast we wil walk from Pheriche back to Tengboche is mainly downhill, we say, this day will be so easy to reach Namche. I think around by late afternoon we will reach to Namche. Over Night. (B,L,D)

**12: Namche to Phakding and Lukla. Walking Distance: 16km (6-7 hours)**

After breakfast, we come down and cross the Hillary Suspension Bridge then walk through the local villages. when we reach to Phakding then having Lunch. Our arrival in Lukla brings an evening in our last Tea House and a party with your trekking crew: you complete it with out any problem. Great opportunity. This is your last night in Mountain, which can be really sweet. Over Night. (B,L,D)

**13: Lukla to Kathmandu. Flight time: 35 min**

After Breakfast we will take the flight from Lukla to Kathmandu, where your journey both began and ends. after reaching to Kathmandu Airport we will pick up you again and transfer to your hotel. Evening we will have together Nepali typical Dinner with cultural program. Over night. (B,L,D).

**14: Kathmandu: Departure Day**

After Breakfast we will drop to you to International Airport. at least 3 hours before we have to be there in the Airport. we will say good byes and wish for your pleasant flight to your home. END OF OUR SERVICES.

**Cost Include:**

- Pick up and drop from Airport with Private transport.
- Hotels in Kathmandu with breakfast
- Guided sightseeing in Kathmandu
- A welcome/farewell Nepali dinner with live culture program
- Sagarmatha National Park, TIMS and monument entrance fees
- Accommodations at teahouse in the mountain
- Three meals (B/L/D) while you are in trekking
- An English speaking Trekking Guide with necessary Porters
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Lukla-Kathmandu flight fare, airport tax, and all transportation

**Cost exclude:**

- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc
- Insurance for accidental, medical and evacuation





- Tips to the staff
- Meals in Kathmandu
- International Airfare and taxes
- Guide tips
- Rescue evacuation

### **Equipment Lists:**

Everest Base camp Trek is one of the planets most identified and popular trips that have become a status figure for adventure lovers the world over.

### **Custom Section**

This is content.