

## Everest Base Camp Trek

15 Days 14 Nights

### Highlights of Everest base camp trek

- Mountain Ranges: Panoramic views of Mount Everest, Lhotse, Nuptse, Ama Dablam, and other Himalayan peaks.
- Communities and Ethnic Groups: Sherpa culture, traditional mountain villages, and vibrant prayer flags.
- Cultural Heritage: Tengboche Monastery, Namche Bazaar, and Khumjung villages.
- Flora and Fauna: Rhododendron forests, alpine landscapes, and diverse wildlife including Himalayan Tahr and Snow Leopard.
- Adventure: Kala Patthar viewpoint and the iconic Everest Base Camp.

### ITINERARY

01 DAY	Hotel in Kathmandu	<b>Kathmandu (1,400m)</b> Arrive at Tribhuvan International Airport, Kathmandu. Meet our team and transfer to the hotel. In the evening, enjoy a welcome dinner with traditional Nepalese cultural programs. <b>Sleeping Altitude:</b> 1,400m.
02 DAY	Tea House, Phakding	<b>Kathmandu to Ramachhap to Lukla, Trek to Phakding (2,610m)</b> Early morning (2 am) drive to Ramachhap (4 hours), followed by a short flight to Lukla (2,840m). Begin a pleasant trek to Phakding, passing through lush green landscapes and local monasteries. <b>Distance:</b> 6.2 km <b>Trek Duration:</b> 3 hours <b>Sleeping Altitude:</b> 2,610m
03 DAY	Tea House, Namche	<b>Phakding to Namche Bazaar (3,440m)</b> Follow the Dudh Koshi River, crossing suspension bridges adorned with prayer flags. The trail ascends steeply to Namche Bazaar, the "Gateway to Everest." <b>Distance:</b> 7.4 km <b>Trek Duration:</b> 6 hours <b>Sleeping Altitude:</b> 3,440m
04 DAY	Tea House, Namche	<b>Acclimatization Day at Namche Bazaar (3,440m)</b> Take a rest day to acclimatize, exploring the Everest View Hotel, Khumjung and Khunde villages, and the Sherpa Museum. Enjoy the amenities of Namche Bazaar. <b>Sleeping Altitude:</b> 3,440m
05 DAY	Tea House, Tengboche	<b>Namche Bazaar to Tengboche (3,860m)</b>

		<p>The trail leads to the famous Tengboche Monastery, offering panoramic views of Everest, Ama Dablam, and more.</p> <p><b>Distance:</b> 9.2 km</p> <p><b>Trek Duration:</b> 5-6 hours</p> <p><b>Sleeping Altitude:</b> 3,860m</p>
06 DAY	Tea House, Dingboche	<p><b>Tengboche to Dingboche (4,410m)</b></p> <p>Hike through rhododendron forests and small villages to reach Dingboche, with stunning views of surrounding peaks.</p> <p><b>Distance:</b> 12 km</p> <p><b>Trek Duration:</b> 5-6 hours</p> <p><b>Sleeping Altitude:</b> 4,410m</p>
07 DAY	Tea House, Dingboche	<p><b>Acclimatization Day in Dingboche (4,410m)</b></p> <p>Take a short hike to a higher altitude for acclimatization, or challenge yourself with a trek to Nangkar Tshang (5,616m).</p> <p><b>Sleeping Altitude:</b> 4,410m</p>
08 DAY	Tea House, Lobuche	<p><b>Dingboche to Lobuche (4,940m)</b></p> <p>Follow the trail along the Khumbu Khola Valley, passing memorials for climbers and breathtaking mountain views.</p> <p><b>Distance:</b> 8.5 km</p> <p><b>Trek Duration:</b> 5-6 hours</p> <p><b>Sleeping Altitude:</b> 4,940m</p>
09 DAY	Tea House, Gorakshep	<p><b>Lobuche to Gorakshep (5,170m), Hike to Everest Base Camp (5,364m)</b></p> <p>Trek to Gorakshep before heading to Everest Base Camp. Return to Gorakshep for the night (4 km to Gorakshep, 3 km to EBC).</p> <p><b>Distance:</b> 4 km (to Gorakshep), 3 km (to EBC)</p> <p><b>Trek Duration:</b> 4-5 hours (to Gorakshep), 2-3 hours (to EBC)</p> <p><b>Sleeping Altitude:</b> 5,170m</p>
10 DAY	Tea House, Pheriche	<p><b>Hike to Kala Patthar (5,545m), Trek to Pheriche (4,240m)</b></p> <p>Climb to Kala Patthar (5545m) for panoramic sunrise views of Everest and surrounding peaks, then descend to Pheriche</p> <p><b>Distance:</b> 10 km</p> <p><b>Trek Duration:</b> 4-5 hours (Kala Patthar), 6-7 hours (Pheriche)</p> <p><b>Sleeping Altitude:</b> 4,240m</p>
11 DAY	Tea House, Namche	<p><b>Pheriche to Namche Bazaar (3,440m)</b></p> <p>Descend back to Namche Bazaar, enjoying the changing scenery and warmer temperatures.</p> <p><b>Distance:</b> 15 km</p> <p><b>Trek Duration:</b> 6-7 hours</p> <p><b>Sleeping Altitude:</b> 3,440m</p>
12 DAY	Tea House, Lukla	<p><b>Namche Bazaar to Lukla (2,840m)</b></p> <p>Trek back to Lukla, with a challenging descent and final uphill section.</p> <p><b>Distance:</b> 18 km</p> <p><b>Trek Duration:</b> 6-7 hours</p> <p><b>Sleeping Altitude:</b> 2,840m</p>

13 DAY	Hotel in Kathmandu	<b>Fly to Ramachhap, Drive to Kathmandu</b> Fly to Ramachhap and drive to Kathmandu. Enjoy a relaxing evening exploring the city. <b>Fly Duration:</b> 30 min <b>Driving Duration:</b> 4 hr <b>Sleeping Altitude:</b> 1,400m.
14 DAY	Hotel in Kathmandu	<b>Free Day in Kathmandu</b> A day to relax, explore, and shop for souvenirs. <b>Sleeping Altitude:</b> 1,400m
15 DAY		<b>Final Departure</b> After breakfast, transfer to Tribhuvan International Airport for your departure flight.

Based on the above itinerary please find below our special rates per person.

	<b>Join Group</b>	<b>single supplement</b>
Total in USD per person	\$ 995	\$95

## ESSENTIALS

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|--|--|
| <input type="checkbox"/> Sleeping bag  | <input type="checkbox"/> Hat                           |
| <input type="checkbox"/> Neck gaiter   | <input type="checkbox"/> Sunglass                      |
| <input type="checkbox"/> Base layer top / Baselayer pant (Wool, Merino wool) | <input type="checkbox"/> Trekking pole                 |
| <input type="checkbox"/> Insulated layer (fleece)                            | <input type="checkbox"/> Water bottle/bladder          |
| <input type="checkbox"/> T-shirt   | <input type="checkbox"/> Toiletries                    |
| <input type="checkbox"/> Puffy Jacket  | <input type="checkbox"/> Sunscreen SPF 30 / Lip balm   |
| <input type="checkbox"/> Waterproof shell Jacket                             | <input type="checkbox"/> Protein bars                  |
| <input type="checkbox"/> Trekking pant / half pant                           | <input type="checkbox"/> Iodine tablet to purify water |
| <input type="checkbox"/> Trekking shoes                                      | <input type="checkbox"/> Headlight                     |
| <input type="checkbox"/> Wool socks  | <input type="checkbox"/> Toilet paper and baby wipes   |
| <input type="checkbox"/> Glove   | <input type="checkbox"/> Hand sanitizer / Hand wash    |
| <input type="checkbox"/> Towel (light)                                       | <input type="checkbox"/> First aid kit                 |
|  | <input type="checkbox"/> Take all the cash you need    |

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## INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Ground transfer by private vehicle from Kathmandu to Ramechhap and return.
- Round-trip domestic flights: Ramechhap–Lukla–Ramechhap.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off in Kathmandu.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

## EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

## IMPORTANT NOTES

- The itinerary is changeable and modifiable per the trekkers' needs and time frame.
- Cost will be recalculated if the itinerary is changed or modified.
- Additional activities may be added as per the trekker's request with appropriate additional cost.
- The cost may also be affected due to weather, political disturbance, and natural calamities.
- The cost may also be affected due to the requirement of a number of guides and porters.
- For any kind of change, please contact us by email or call.
- Guide and potter will expect tips of \$10 and \$5 respectively per day.
- We're not liable for domestic flight delays or cancellations.
- Himalayan Yatri is not responsible for incidents caused by natural hazards.