

15 Days 14 Nights Everest Base Camp Trek

Highlights of Everest base camp trek

1. Chance to explore the culture and lifestyles of the local Sherpa people
2. The magnificent views of the world's highest peak, 8,848.68m/29,029 ft.
3. Views of other peaks such as Mt. Lhotse(8,516m), Cho Oyu (8,201m) and Mt. Makalu (8,463m)
4. Explore Sagarmatha National Park
5. Prayer wheels, colorful flags, Mani stones, high suspension bridges
6. Wide range of flora and fauna
7. Ancient monastery in Tengboche (3,867m / 12,687ft)
8. Wildlife like musk deer, colorful pheasants, snow leopards, and Himalayan Tahrs
9. Highest glacier on Earth- Khumbu Glacier (4,900 m)
10. Amazing panoramic views from Kala Patthar (5,555m)

DATE MEAL	HOTEL	ITINERARY
01 DAY	Hotel in Kathmandu	Arrival at Tribhuvan International Airport, Meet our representative & Transfer to hotel. Trek preparation. Welcome dinner with Nepalese cultural programs & Overnight.
02 DAY	Tea House, Phakding	Weak up 1:30 am and drive to Ramachhap airport from Kathmandu (4 hr ride) flight to Lukla (2840 m/25 min flight). Trek to Phakding (2620 m/ 4-5 hrs). Overnight.
03 DAY	Tea House, Namche	Trek to Namche Bazaar (3440 m/5-6 hrs). Overnight.
04 DAY	Tea House, Namche	Rest day for acclimatization. Visit Sagarmatha National Park Museum, Everest views point, Nauche Monastery, etc. Overnight.
05 DAY	Tea House, Tengboche	Trek to Tengboche (3740 m/5-6 hrs). Visit Tengboche Monastery. Overnight.
06 DAY	Tea House, Dingboche	Trek to Dingboche (4440 m/5-6 hrs). Overnight.
07 DAY	Tea House, Dingboche	Rest day for acclimatization. Overnight.

08 DAY	Tea House, Lobuche	Trek to Lobuche (4930 m/5-6 hrs). Overnight.
09 DAY	Tea House, Gorakshep	Trek to Gorakshep (5170 m/4-5 hrs). Hike up to EBC (5364 m/2-3 hrs). Overnight.
10 DAY	Tea House, Pheriche	Hike to Kala Patthar (5545 m/4-5 hrs). Trek to Pheriche (4243 m/6-7 hrs). Overnight.
11 DAY	Tea House, Namche	Trek to Namche (3440 m/5-6 hrs). Overnight.
12 DAY	Tea House, Lukla	Trek to Lukla (2840 m/6-7 hrs). Overnight.
13 DAY	Hotel in Kathmandu	Fly to Ramachhap(25 min flight) and drive to Kathmandu 4 hr. Evening shopping at Thamel.
14 DAY	Hotel in Kathmandu	Breakfast at the hotel. Free day. Overnight.
15 DAY		Breakfast at the hotel. Final departure.

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

No of people	01 pax	02 pax	04 pax	06 pax	08 pax	10 pax	15 pax	Single sup
Total in USD	\$ 1,495	\$ 1,095	\$ 995	\$ 965	\$ 899	\$899	\$895	\$95



ESSENTIALS

1. Sleeping bag
2. Neck gaiter
3. Base layer top / Baselayer pant (Wool, Merino wool)
4. Insulated layer (fleece)
5. T-shirt
6. Puffy Jacket
7. Waterproof shell Jacket
8. Trekking pant / half pant
9. Trekking shoes
10. Wool socks
11. Glove
12. Towel (light)
13. Hat
14. Sunglass
15. Trekking pole
16. Water bottle/bladder
17. Toiletries
18. Sunscreen SPF 30 / Lip balm
19. Protein bars
20. Iodine tablet to purify water
21. Headlight
22. Toilet paper and baby wipes
23. Hand sanitizer / Hand wash
24. First aid kit
25. Take all the cash you need



INCLUDING IN PACKAGE: -

- One government certified and experienced English-speaking local for the whole trip.
- 1 Sharing Sherpa porter between 2 clients to carry your main pack (weight limit 25 kg).
- One guide cum Potter if the group size is 1 pax or 2 pax. (weight limit 15 kg)
- An assistant guide if the group size of more than 6 participants in the trek.
- Kathmandu - Ramachap - Kathmandu Privet vehicle.
- Ramachhap- Lukla-Ramachhap Flight.
- All necessary trekking permits for Everest three high passes trek.
- All local tax, vat, office service charges and domestic airport taxes, etc
- Airport pick up and drop with a/c.
- nights' accommodation during trek on twins/double sharing (*as much as better hotel and attach room are not available while trekking*).
- night accommodation at Kathmandu and Pokhara with breakfast.

EXCLUDING IN PACKAGE: -

- All the bar bills, beverages such as coke, fanta, mineral water.
- Personal travel insurance, internet, phone calls, and laundry service.
- Rescue operation charge in case of emergency.
- All Meals.
- Gratitude and tips for guides and porters.
- Trekking Equipment.
- Hot shower, battery charging, and hot water during trekking.

NOTES:

- The itinerary is changeable and modifiable per the trekkers' needs and time frame.
- Cost will be re-calculated 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 mail or call.
- Guide and potter will expect tips of \$10 and \$5 respectively per day.
- No booking is made yet, so the price is subject to change.