



Global Treks & Expedition P. Ltd.

**Chakshibari Marg 591, Thamel
Kathmandu, Nepal**

Everest Base Camp Trek Brief Itinerary

Day 01 : Arrival in Kathmandu and trip preparation (1,350 M/4,264 FT)

Welcome to the country of Himalayan Nepal. Upon your arrival at the Tribhuvan International Airport, our representative welcomes you and transfers you to your hotel in Kathmandu. Later in the evening, we will take you to welcome dinner at one of the finest restaurants in Kathmandu offering typical Nepalese cuisine which will introduce you to the country's food culture. Overnight at the hotel.



Day 02 : Kathmandu Valley Sightseeing & Pre-trip meeting

After breakfast, we will conduct a guided tour and introduction to our rich culture and fascinating history. You will visit with our guide of these places Swoyambhunath, Pashupatinath, Boudhanath and Patan Durbar Square.

Day 03 : Fly to Lukla, trek to Phakding (2,651 M/8,700 FT)

Early morning we will fly from Kathmandu to Lukla. Lukla has a fine airstrip and the scenic flight of 40-minute duration above the breathtaking green and white mountains, we reach the Tenzing-Hillary airport. Lukla, a gateway destination from where our trek begins. Upon landing, while the guides and porters will divide the baggage and you can have a good look around and take pictures. Depending upon when we land at Lukla, we might even have our lunch there. From Lukla, we walk to Phakding village. The walk is fairly easy and we will stay overnight in Phakding. We can spend our evening stroll around the village, visit the nearby located monasteries. Overnight at Phakding at Yeti Mountain Home or similar hotel.

Day 04 : Phakding to Namche Bazaar (3,438 M/11,280 FT)

Our day's hike will start after our breakfast. We start by walking through a beautiful pine forest, the track leads us along the banks of Dudh Koshi River; we cross this river twice a day. We will have to cross many suspension bridges, one of which is the famous Hillary Suspension Bridge. We catch the wonderful prospect of the glistening Mt. Thamserku (6,618 M). then arrive to small village called Monjo. Monjo is the gateway to Sagarmatha National Park. After entering the National Park, we descend down to Bhote Koshi River upon which we arrive at Jorsalle village. We walk further from there heading off to Namche Bazaar, a prosperous trade hub in the lap of the Himalayas which is also the capital of Khumbu region. We will stay overnight at hotel in Namche Bazaar.

Day 05 : Acclimatization Day - Namche Bazaar: (3,440 M/11,284 FT)

After already having ascended an altitude of (3,440 M /11,253 ft), we will use today for acclimatization. It is very important that our body is prepared for further ascending and is also a scheduled acclimatization day. We have the day at our disposal and can choose to do what you wish with it. We can walk up to the Everest View Point Hotel and enjoy the view it offers. We can also choose to just walk around Namche Bazaar and observe the local proceedings and lifestyle. If it is Saturday today, there will be local traditional Saturday Market and it will be a wonderful experience visiting the marketplace. There is a

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Sherpa Museum in Namche which would be the place to visit if we are into Sherpa culture and history of mountaineering. We can also hike to Thame or visit Khunde. We also take an interesting side trip up to Khumjung. We further climb up to the famous airstrip at Syangboche. The Khumjung valley, surrounded by the snowy peaks of Kongde and Thamserku and the sacred peak Khumbila, hosts a well-known monastery that houses a yeti scalp. We also visit the Hillary School which is at the same site. Overnight at Namche Bazaar.

Day 06 : Namche Bazaar to Tengboche (3,870 M/12,694 FT)

Today after breakfast we start our trek with the pleasant walk through the forest with the magnificent view of mountains. The great view of the mighty peaks like Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peak is a constant throughout the day. Today's trail goes through gradually down up to Kayangjuma. The path eventually reaches Sansa, which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer-flag festooned bridge over the Dudh Koshi River. Upon crossing the river, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga, we then have a tough little climb that goes steeply up through the pine forests until we reach Tengboche. The first thing that could draw your attention after reaching Tengboche could be its big monastery. Tengboche has a large campsite, tea houses and lodges overseeing Mt. Ama Dablam. We will spend the night at a hotel in Tengboche.

Day 07 : Tengboche to Dingboche (4,360 M/14,300 FT)

We descent and trek through forests filled with a variety of lush trees – birch, conifers and rhododendrons. This journey again rewards us with tremendous views of Mt. Everest, Lhotse, and Ama Dablam. The picturesque trail dips down to Devuche, crosses the Imja River and takes us to Pangboche. The upper Pangboche trails reward us with a more pristine view of the Himalayas and the Pangboche Monastery. The trek moves ahead towards the Imja Valley, Lobuche River and ultimately begins climbing up to Dingboche. At Dingboche, we see a beautiful array of fields enclosed by stone walls etc. buckwheat and potatoes from the cold winds and grazing animals. Overnight at Dingboche.

Day 08 : Dingboche Acclimatization

Dingboche is a popular stop for trekkers and climbers headed to Mt. Everest, Ama Dablam or Imja Tse. The village is beautiful with an array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold wind and grazing animals. We spend a day at Dingboche for acclimatization. We will have a trip to Chhukung valley via the Imja Khola valley to get a marvellous view of the surrounding mountains, especially Lhotse's massive south wall, then return to Dingboche in the evening. Overnight at Guesthouse.

Day 09 : Dingboche to Lobuche (4,940 M/16,207 FT)

We start the day with a gradual climb to Duglha at the end of the terminal moraine of the Khumbu Glacier. From here, we climb up a steep trail to Chupki Lhara, where we find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks – Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche. Overnight in Lobuche.

Day 10 : Lobuche to Gorak Shep (5,170 M/16,961 FT), visit Everest Base Camp (5,364 M/17,594 FT)

For those of you who are doing the Everest Base Camp Trek for the first time, the day starts with a mixture and anxiety. Today you will be hiking up to the Everest Base Camp. The day will be the most

challenging day of the trek and at the same time the most fulfilling as well. The base camp is situated at an altitude of above 5,000 M (16,000 FT).

We start off by hiking to Gorak Shep first. It is a small village sitting atop a small frozen lake buried under sand. We will have our lunch there and hike further following the trails of the Khumbu Glacier. We pass through the pyramid signpost. Ahead on the trail, we see the crest of the north ridge of Everest along with Mt. Pumori, Mahalangur, Lingtern, Khumbutse, and Nuptse. A small ascent would take us to Thangma Riju from where we perceive a 360-degree vista of the snowy mountains. Upon climbing steeply up to the top through the torrent of the Changri glacier, we catch our first glimpse of Kala Patthar, a grey-green knoll beneath the Mt. Pumori. As we reach Gorak Shep, we will be surrounded by snow-capped mountains looming all around us including the top of the world – Mount Everest. Continuing straight ahead, we come through the Indian army mountaineers' memorials. As we reach Everest Base Camp we cannot help appreciating the Everest climbers that take the hazardous route through the Khumbu icefall. Mountaineers' tents stand out in bright colours against all the dull grey surroundings (especially in the spring). Nuptse, Khumbutse and Pumori are the mountains we can view from base camp. We will spend quality time exploring the base camp and surrounding areas and return to Gorak Shep to spend the night.

Day 11 : Gorak Shep to Kala Patthar (5,545 M/18,192 FT) to Pheriche (4,288 M/14,070 FT)

Our first destination for the day will be Kala Patthar. We will start especially early at dawn to catch the dramatic views from Kala Patthar witnessing the first light of day shining on Mt. Everest. and your guide will arrange everything for the early departure. The reason behind leaving early is to reach Kala Patthar before sunrise. During the ascent to Kala Patthar, we can pause to catch our breath at several outstanding view points to snap pictures. After several hours of ascent, we reach Kala Patthar. From here, we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kala Patthar rocks and our eyes take in the unbelievable Himalayan Panorama, wandering from one mighty massif to another. We take as many pictures as we possibly can with our camera so they can last a lifetime. We will have breakfast on returning to Gorak Shep. Upon returning back to Gorak Shep, the group will have lunch together and afternoon time is taken to descend down to Pheriche for a good night rest. Overnight at a local lodge in Pheriche.

Day 12 : Pheriche to Namche Bazaar (3,440 M/11,280 ft)

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colourful pheasants and mountain goats. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails then through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.

Day 13 : Namche Bazaar to Lukla (2,800 M/9,186 FT)

Finally, we return to Lukla where the trek began, which will seem like a lifetime ago; enjoying time to reflect on the trek as a group and the personal achievement of all those who took part and also giving you time to explore the town. Overnight at Guesthouse.

Day 14 : Fly to Kathmandu

We take the earliest possible flight back to Kathmandu. Our guide will transfer you to your hotel where you can relax at your will. Later the evening, we will treat- exquisite Nepalese cuisine at one of the finest restaurants. It will also be a great opportunity to hear from you about your experiences and get constructive criticisms and suggestions that will help us make improve ourselves. You can also go shopping to Thamel for typical Nepali handicrafts as the gift for your friends and family as you have day leisure after arriving from Lukla.

Day 15 : Final departure

Your adventure in Nepal comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from World Favour will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal.

Cost include

- Airport / Airport pick up & drop by private tourist vehicle.
- 3 Night Kathmandu Hotel accommodation sharing bases with B/B.
- Kathmandu valley sightseeing in Swoyambhunath, Pashupatinath, Boudhanath and Patan Durbar square.
- All your standard mentions Meals during the trek **(B-Breakfasts, L-Lunches, D- Dinners)**.
- Lodges/Guesthouses accommodation during the 11 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and Tims permit for trekking.
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

Cost Exclude

- Lunch /Dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in 'Price Includes' section.

Trip Map



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