

Everest Base camp

This Everest Base Camp trek encompasses trekking through the enchanting Sherpa high country and unspoilt Buddhist monasteries to Everest Base Camp and the amazing Khumbu Glacier.

Make a direct approach to the foot of the world's highest mountain with this adventurous Everest Base Camp Trek. This leisurely itinerary allows a direct approach to the foot of Mt. Everest, the world's highest mountain. You trek through enchanting Sherpa high country and unspoilt Buddhist monasteries to Everest Base Camp and the amazing Khumbu Glacier.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal " KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

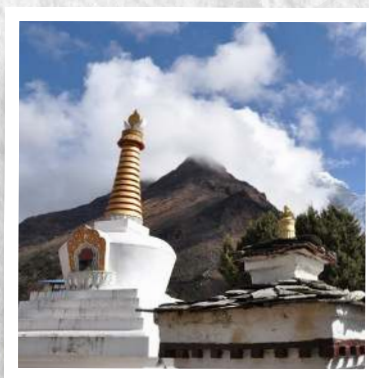
"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

Day 3: Kathmandu – Lukla – Phakding

Early in the morning you head to the airport for your flight to Lukla. This is an approximately 45 minutes flight with incredible mountain views north to the Himalayan Range. After meeting the crew in Lukla, you head up the DudhKoshi River Valley on a well-marked trail to Phakding.

Day 4: Phakding – Namche Bazaar

This morning you continue north following the DudhKoshi river and on to Jorsale where you enter the Sagarmatha (Everest) National Park. From here it is a short walk to the confluence of two rivers, the Imja Drangpa (Imja Khola) and the NangpoTsangpo (Bhote Kosi) where you cross once more on a suspension bridge. This is followed by a steep climb (for about 2hrs) up to Namche Bazaar, the main town in the Khumbu region. Namche is a prosperous Sherpa town and an important trading centre with a weekly Saturday market.

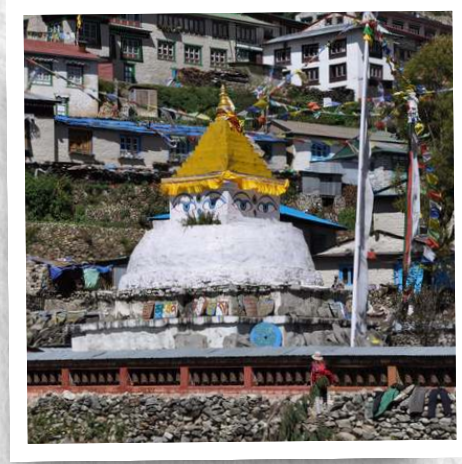


Day 5: Rest day

Today is for letting your bodies rest and acclimatise. If you are feeling good you could go for an acclimatisation walk, or explore the village. Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Options for acclimatisation walks include a visit to Khunde Hospital, or the one hour walk up to the Everest Hotel above Namche for the view of Ama Dablam, Nuptse, Lhotse and Everest, with many more in the mix as well.

Day 6: Namche – Tyangboche

From Namche, the trail contours around the side of the valley, high above the river and, as you go, you get great views of the great peaks of the Khumbu including Mt Everest, Lhotse, Nuptse and AmaDablam. After dropping down steeply to the river at PhunkiTenga and having lunch, you have a long steep climb up through beautiful forest to tonight's lodge. Tyangboche is famous for its legendary monastery, the largest in the Khumbu and you will stay near this monastery with Everest, Lhotse and AmaDablam in full view.



Day 7: Tengboche – Dingboche (4320m)

After breakfast we head up to Dingbuche. On the way, the majestic Amadablam overshadows our day. On the way we meet a little Sherpa village called Pangbuche and continue to Dingboche for overnight.

Day 8: Dingboche – Lobuche

Today is for letting your bodies rest and acclimatize. If you are feeling good you could go for an acclimatization walk up the valley for a wider variety of photos of the valley and mountains of the Khumbu region.

Day 9: Rest day

Today you head up a wide valley beneath the impressive peaks of Cholatse and Tawache on the left. You 'turn right' and climb more steeply towards the foot of the Khumbu Glacier, passing many stone cairns, built as memorials to the many Sherpas who have died helping people climb Mt Everest. The path then climbs gently along the glacier to reach the cluster of houses at Lobuche.

Day 10: Lobuche to Everest Base Camp via Gorakshep and back to Gorakhsep

Today is a long day so you make an early start. You head out steeply up for about 5 hours to reach the pass and then you make the journey down to the Khumbhu Glacier. You are tired when you get there so crossing the glacier requires full attention, but you are rewarded once you reach the lodge and can simply crash. Drink lots to rehydrate and reminisce about the stunning views you had during the day.

Day 11: GorakShep – Kalapattar – Pheriche

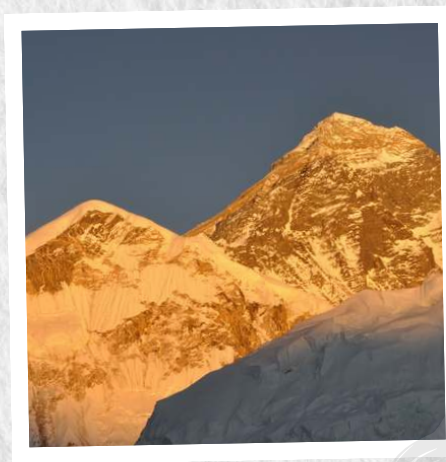
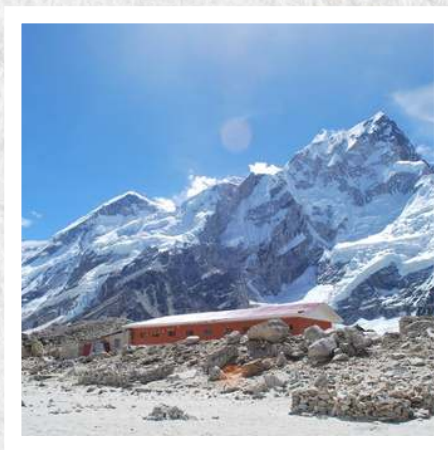
This morning you get up early to start the climb up to one of the finest viewpoints in the Everest region, Kala Pattar 5554 m enjoying the sunrise over the mountains and the amazing views of Everest and the surrounding mountains you trek back to GorakShep. After breakfast you will walk down hill most of the way, as you retrace your steps to Duglha and then descend into Pheriche.

Day 12: Pheriche – Phortse

Today you rejoin the Imja Khola which you followed on the way up. Continue along the river to Pangboche and gradual walk through mountain ridge takes us to Phortse.

Day 13: Gorekshep – Dzongla

Today we start coming down to Dzong La very nice and enjoyable walk, camp at Dzong La. Dzong La is also base camp of Cho La pass.



Day 14: Namche Bazaar – Lukla

From Namche Bazaar you will be amazed at how easy that steep trail is to go down (as opposed to the hard slog you had as you came up) as you descend back down to the village of Jorsale. Passing the villages of Phakding and Choplung you arrive at Lukla.

Day 15: Lukla – Kathmandu

This morning you get up early to catch the morning flight to Kathmandu from Lukla. Arrival in Kathmandu and relax

Day 16: Fly back

Drive to the airport and farewell



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