



Everest Base Camp Trek

The trek starts from Lukla, one acclimatisation day in Namche Bazaar and another at Dingboche. The trek takes you right into the heart of the Himalayas to an altitude higher than any other tea-house trek. The highest point of the trek is Kalapathar (5545m) with a spectacular view of the Everest Panorama and the Khumbu icefall.

During the trek we come across Sherpa villages, yak caravans, grazing lands, Tengboche Monastery, all with beautiful background of the world's tallest mountains.

Ironically, the view from the base camp is not very impressive and the Everest Peak is completely invisible.

However, it gives you the feeling of "I was there". So, Kalapathar is the highlight of the Trek and many quit the Base Camp part in order to reduce a day of trek.

Trip Features

Trip Duration: 16 days

Trek Duration: 12 days

Max. Elevation: 3860m

Grading: Moderate to Strenuous

Trek Style: Lodge-to-lodge (Teahouse)

Walking Time: 5 to 7 hours per day

Best season: March-May, September-November

Nepal

Itinerary

Day1:	Arrival in Kathmandu(1350m). Transfer to Hotel.
Day2:	Trek Briefing and Sightseeing around Kathmandu.
Day3:	Fly Kathmandu to Lukla(2,744m). Short walk to Phakding.
Day4:	Phakding to Namche Bazaar(3,480m)
Day5:	Rest Acclimatisation day at Namche Bazaar(3,480m)
Day6:	Namche Bazaar to Tengboche(3,898m)
Day7:	Tengboche to Dingboche (4,386m)
Day8:	Dingboche rest: Another day for rest and acclimatisation. Excursion: A two hours walk to the huts at Chukhung(4,750m)
Day9:	Dingboche to Labuche(4,931m)
Day10:	Labuche(4,931m) / Kalapathhar(5,550m) / Labuche
Day11:	Labuche to Pheriche(4,268m)
Day12:	Pheriche to Tengboche(3,898m):
Day13:	Tengboche to Jorsale(2,744m) via Namche Bazaar
Day14:	Jorsale to Lukla(2705m)
Day15:	Fly Lukla to Kathmandu
Day16:	Rest Day in Kathmandu.

Costs:

Complete Package: Starting from €929,-

Trek Only: Starting from €849,-

Highlights:

- Kathmandu Valley
- Everest Range
- Everest Base Camp
- Dingboche
- Chukhung



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Everest Basecamp Trek Details

Day One - Arrival and Transfer to Hotel

On the day of your arrival in the Tribhuvan International Airport, Kathmandu, you will be picked up by our airport representative at the airport and transferred to your hotel. The drive from the Airport to the hotel will be of less than an hour. In case you will arrive early in the morning we can arrange a day programme. This however is optional.

Day Two - Trek Briefing and Sightseeing around Kathmandu

Your trekking guide will visit you in the hotel to brief you about the trek after your breakfast. After a short briefing you will be accompanied by our city guide for a sightseeing tour of Kathmandu Valley. We will visit places such as Kathmandu Durbar Square, Pusipatinath Temple and Baudhanath Stupa.

Day Three - Fly Kathmandu to Lukla(2744m)

After an early breakfast, you fly from Kathmandu to Lukla. The flight takes one hour. Landing in the tiny airstrip at Lukla is in itself an adventure. The airport was named Tenzing-Hillary airport after the adventurer Sir Edmund Hillary. After we have landed, we have our lunch/brunch while the porters are busy loading the equipments. Then we walk to Phakding which will take around three hours.

Day Four - Trek to Namche Bazaar(3480m)

The first phase of the walk goes along the Dudh Koshi river valley, through pine forests. In around 2.5 hours we reach Monjo(2840m) and within a few minutes from here we enter the "Sagarmatha National Park". We stop for Lunch at Dorsale(2805m). After that we continue and will cross several suspension bridges including the "Hillary Bridge" on the way. Following the Hillary Bridge, the trail climbs steeply to Namche Bazaar, a Sherpa Village. From here there are good views of Nuptse(7927m), Lhotse(8434m), and also the Everest(8848m) peaks.

Day Five - Acclimatisation day at Namche Bazaar

After breakfast we hike up to Syangboche(3800m) from where we enjoy a majestic view of the Ama Dablam peak(6995m), Thamsarku and Mount Everest. But Ama Dablam is the attraction. The walk to Syangboche takes around two hours. We have our lunch at Syangboche with the majestic view of the Himalayas. We spend the afternoon exploring the village of Namche Bazaar.

Day Six - Trek to Tengboche(3890m)

Walking through the pleasant trail with the view of the Himalayas we descend to Imja Khola(river). We cross the bridge at Phunki Tenga(3250m). After lunch we climb steadily for around two hours to the Tengboche Monastery. The Buddhist monastery which was built in 1916 is surrounded by mountains; Everest, Lhotse, Nuptse, Kangteka(6850m) and the beautiful Ama Dablam(6735m). Yaks are seen grazing in the meadow around the Monastery. We visit the monastery in the afternoon and the next morning to experience the daily rituals of the monastery.

Day Seven - Trek to Dingboche(4386m)

We move up to Pangboche(3830m). We stop here for lunch and to visit the Monastery. In the afternoon we continue to the Dingboche Village. The scenery is superb, all day. After this intensive day we will rest in Dingboche the rest of the day.



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Day Eight - Acclimatisation Day in Dingboche

This day we will use for acclimatisation before ascending to Kalapatthar. A two hours walk to Chhukhung (4750m) will take us to the glacier of Nuptse(7861m) and Lhotse(8516m). We spend the afternoon at Dingboche enjoying the sights of the majestic peaks.

Day Nine - Trek to Labuche (4930m)

We walk around 6 to 7 hours and cross the Khumbu River at Thukla. After lunch we have a short steep climb up to Labuche with beautiful view of the soaring peaks.

Day Ten - Labuche-Kalapatthar(5550m)-Labuche

Today we start early, before 0400 AM. Don't forget to carry your head lamp or torch light. After 2 hours we reach Gorakshep, where we have our breakfast. This is the last camp, before Everest Base Camp. We leave our luggages there and head for Kalapatthar. After two and half hours steep ascend from Gorakshep, we reach Kalapatthar. It is an exhausting but an interesting climb. The more we climb, the better the panorama gets. At the top of the Kalapatthar, you'll feel as if you are on top of the world, with an incomparable view. The panorama includes Amadambalam(6812m), Nuptse(7861m), Thamserku(6623m), Kangteka, Pumori(7161m) and above all the Mount Everest(8848m) is visible from here. We can also see the Everest Base Camp and the Khumbu glacier. From here we head back to Gorakshep, to our lodge, for lunch and overnight.

Day Eleven - Trek to Pheriche(4268m)

Now we start descending down to Pheriche. On the way we have lunch at Dughla(4620m).

Day Twelve - Trek to Tengboche(3898m)

We continue down our way down to Tengboche.

Day Thirteen - Trek to Jorsale

We head down to Jorsale after a quick cup of tea at Namche Bazaar.

Day Fourteen - Trek to Lukla

Today is our last Trekking day. The trip will go smooth after all our climbing experience from the last week. This gives you thus the more reason to enjoy your natural surroundings.

Day Fifteen - Fly to Kathmandu

Today we will fly back to Kathmandu where you can enjoy your afternoon and rest.

Day Sixteen - Rest day in Kathmandu/Visit Bhaktapur

Today we will pay a visit to the historical city of Bhaktapur. As most of us will be tired from trekking we will take it easy and make it a relaxing experience. After all the natural beauties Bhaktapur with its medieval appearance will manage to surprise you.



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