



EVEREST BASE CAMP TREK 15 DAYS



OVERVIEW

Everest Base Camp is a moderate trekking route that combines the excitement of walking on higher grounds with jaw-dropping views of the majestic Himalayan range to explore the culture of the Sherpa's.

The trail winds its way through the foothills of numerous Himalayan giants, providing breath-taking vistas of Mt Everest and other seven- and eight-thousands. The route ascends beyond the tree line after Namche Bazar, and you soon find yourself strolling through a breath-taking high-altitude environment. The walk to Everest Base Camp (5364 m) from Gorak Shep takes you through the Khumbu Glacier, an exciting moment for all. From Everest Base Camp, you can view the Khumbu IceFall, one of the most daunting obstacles Everest expeditions face on their journey to the summit.

Well-equipped lodges are nestled around the region and run by the friendly Sherpa people. This trek reaches high altitudes quite quickly. It is important to take the suggested acclimatization days and be aware of altitude sickness signs.

Trip facts:

- **Maximum altitude:** 5600m
- **Group size:** 2-10 people
- **Best season:** March-April-May-September-October-November-December
- **Tour type:** Trekking
- **Difficulty:** Moderate
- **Accommodation Type:** Tea houses
- **Arrival on:** Tribhuvan International Airport, Kathmandu
- **Departure from:** Tribhuvan International Airport, Kathmandu
- **Guiding method:** Trekking guides
- **Language:** English
- **Minimum age:** 12
- **Maximum age:** 80



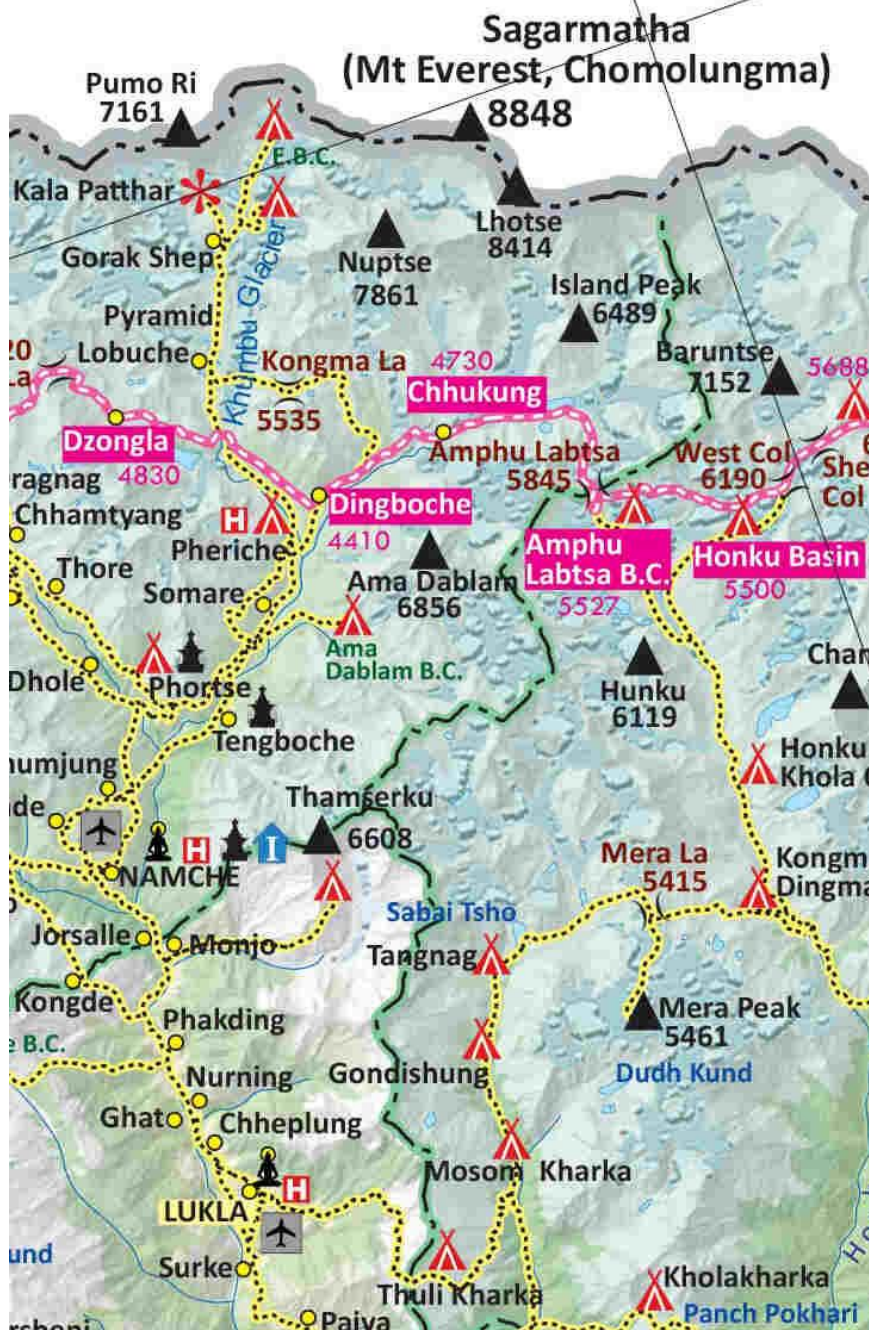
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TOUR PRICE

- ✓ The price per person for group expeditions are fixed based on a group size. However, we have optional arrangements for individual private and tailor-made preferences best suited for you, your family and friends.
- ✓ All prices are based on shared accommodation. Please inquire for a 1 guest private room accommodation quote.
- ✓ Prices listed are not final. Please inquire for your final price quote.

| | |
|------------|------------|
| 2 – 5 pax | 6 – 10 pax |
| US \$3,000 | US \$2,500 |



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TRIP SUMMARY

| Country | Starts at | Ends at | Airport | Altitude | Activities |
|---------|-----------|-----------|---------------------------------|----------|------------------------------------|
| Nepal | Kathmandu | Kathmandu | Tribhuvan International Airport | 5600m | Sightseeing and high altitude trek |

- **Day 1:** Arrival in Kathmandu
- **Day 2:** Trek preparation day
- **Day 3:** Kathmandu to Phakding (2610 m)
- **Day 4:** Phakding to Namche (3440 m)
- **Day 5:** Acclimatize at Namche
- **Day 6:** Namche to Debuche (3700 m)
- **Day 7:** Debuche to Dingboche (4410 m)
- **Day 8:** Acclimatize at Dingboche
- **Day 9:** Dingboche to Lobuche (4940 m)
- **Day 10:** Lobuche to Gorak Shep (Hike to Kalapathar after Lunch at Gorak Shep) (5510 m)
- **Day 11:** Gorak Shep to Pheriche (Hike to Base Camp after breakfast and trek to Pheriche) (4700 m)
- **Day 12:** Pheriche to Namche (3440 m)
- **Day 13:** Namche to Lukla (2860 m)
- **Day 14:** Lukla to Kathmandu
- **Day 15:** Final Departure

Detailed Itinerary

Day 1: Arrive in Kathmandu

At your arrival at the airport in Kathmandu, a nature horizons team member will be waiting to greet you. We will transfer right to your hotel accommodation for the first night. Once you arrive at the hotel, you will meet your guide and get a briefing on your entire tour. The rest of the day is yours to relax and explore around Kathmandu. It is a magical city.

- Includes: Accommodation

Day 2: Trek preparation day

Today you will have a briefing about the trek during breakfast. We will do a complete gear check to ensure you have brought all the necessary equipment and gear for your trek. If there are any items you are missing and need, we will head out into Kathmandu to buy them so you are prepared for your trek. It is now time to relax, and your trek starts tomorrow.

- Includes: Accommodation/Breakfast



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Day 3: Kathmandu to Phakding (2610 m)

Weather permitting, we will take the morning flight from Kathmandu to Lukla. The 25 minutes flight gives you a scenic view of the mountains. While your luggage is being sorted out, feel free to explore the village on your own. The start of the trek takes you on a scenic walk alongside the Dudh Kosi River (River of Milk) through trails lined with Buddhist prayer flags and prayer wheels. Exchange greetings with other trekking teams along the way to the Sherpa village of Phakding.

- Includes: Accommodation/Breakfast/Lunch/Dinner

Day 4: Phakding to Namche (3440 m)

The route to Namche bazaar leads us through blue pine and rhododendron. Stop at Monjo (2835 m), Sagarmatha National Park, the first point of the trek. The trail leads to the confluence of two rivers, Bhote Kosi and Dudh.

Kosi. Cross over a series of suspension bridges (Jholunge pul) before arriving at Namche. Enjoy your first sight of Everest. Lhotse, Nuptse, and Taboche (6542m) too can be seen on the horizon.

- Includes: Accommodation/Breakfast/Lunch/Dinner

Day 5: Acclimatize at Namche

To acclimatize, hike on the route from the Cultural Museum to the airstrip at Syanboche. Drop by the museum to view the collection of Sherpa's traditional artifacts. The hike to Syangboche airstrip is a steep climb, but the views of Everest and Ama Dablam, one of the world's most photographed mountains, more than make up for it.

- Tea house/Breakfast, Lunch, Dinner

Day 6: Namche to Debuche (3700 m)

Enjoy the views of Mt. Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku along the way. The trail has a few sections of the uphill route and is gradually downhill till Kayangjuma. Walk past the village of Sansa, thick pine forests, crossing the river to Phunki Tenga. Enjoy a relaxed lunch here. Next, we have a steep climb through pine forests until Tengboche. Venture into the monastery at the ancient monastery at Tengboche and then head outside for close-up views of Ama-Dablam, Nuptse, and Everest. Finally, follow the trail through rhododendron forests to reach Debuche.

Day 7: Debuche to Dingboche (4410 m)

We start out early on the trail. Pass through small villages, paths lined with chortens and walls with mani along the path. Then, follow the path beneath the towering Ama-Dablam towards Imja Valley. As we near the valley, it opens up to the confluence of the Lobuche River. Descend the river and continue on the steep trail to Dingboche. Soak in the picturesque view of the flat fields of potato and barley, enclosed with stone walls.

- Includes: Accommodation/Breakfast/Lunch/Dinner



Day 8: Acclimatize at Dingboche

After an early breakfast, hike to Nangkartshang Peak. The trail is steep. At the top of Nangkartshang, you will see spectacular sights of Lhotse, Makalu, Island Peak, and many more. Feel free to explore the village on your own.

- Includes: Accommodation/Breakfast/Lunch/Dinner

Day 9: Dingboche to Lobuche (4940 m)

Passing through the valley of Dughla, we reach Lobuche. The trail is challenging. We have to walk through ridges over Pheriche Valley and moraines of Khumbu glaciers. The route is lined with peaks of Taweche, Cholatse. The moraines with memorials of mountaineers have a beautiful viewpoint that shows awe-inspiring views of Pumori (7145m), Lingtren (6697m), Khumbutse (6623m), and Changtse (7550m).

- Includes: Accommodation/Breakfast/Lunch/Dinner

Day 10: Lobuche to Gorak Shep (Hike to Kalapathar after Lunch at Gorak Shep) (5510 m)

Today's hike will take us on a walk to the edge of the Khumbu Glacier to the Gorak Shep. The village lies under the daunting summits. We will hike up to Kala Pattar. The vantage point here has the most dramatic and up-close views of Everest. The hike is challenging and, at times, calls for every bit of willpower you have to climb through the steep trail. Your effort will be rewarded at the top with breathtaking views of Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega, and Everest.

- Includes: Accommodation/Breakfast/Lunch/Dinner

Day 11: Gorak Shep to Pheriche (Hike to Base Camp after breakfast and trek to Pheriche) (4700 m)

Trek of two and a half hours to reach Everest Base Camp. Trace the route back to Lobuche. After a quick lunch break, descend the trail to Pheriche.

- Includes: Accommodation/Breakfast/Lunch/Dinner

Day 12: Pheriche to Namche (3440 m)

Descend the trail that leads through the Imjha Khola to Tengboche until we meet the Dudh Kosi river. The last few hours of the trail from Transingha are relatively easy. We can walk at a leisurely pace, enjoying the scenic mountain views along the way. We will stay at Namche today.

- Includes: Accommodation/Breakfast/Lunch/Dinner

Day 13: Namche to Lukla (2860 m)

Explore the village of Namche, and finish up on last-minute souvenir shopping. After bidding farewell to the peaks of Everest, we will start our trek towards Lukla in the late morning. As soon as we cross the suspension bridge over the Dudh Kosi River,



we reach lower altitudes again. The hike to Lukla through Monjo, Benkar, Phakding is very pleasant. The evening calls for celebratory dinner.

Day 14: Lukla to Kathmandu

Weather permitting, we fly back in the morning. In Kathmandu, you can spend your time at your leisure.

- Includes: Accommodation/Breakfast

Day 15: Final Departure

Wake up and prepare to get on your flight home! Your guide will be with you up until we drop you off at the airport. End Tour

- Includes: Breakfast

PACKAGE INCLUDES

- ✓ Accommodation in Kathmandu in a 3-star level hotel for 3 nights in B&B plan.
- ✓ All necessary ground transportation.
- ✓ All necessary internal flights.
- ✓ All necessary permits, tickets and national park entrance fees.
- ✓ All meals during trekking days.
- ✓ All necessary accommodation in tea houses during the trek.
- ✓ An English-speaking well experienced trekking guide.
- ✓ All staff salaries and insurance.
- ✓ First aid kit carried by our staff.
- ✓ All government taxes.
- ✓ Welcome and farewell dinner.

PACKAGE EXCLUDES

- International airfares.
- Nepal visa fee.
- Travel and rescue insurance.
- Meals in Kathmandu (lunch & dinner)
- Porter service: We arrange porter facilities upon request. Two people can share one porter. Porter wage per day is \$20.
- Extra nights accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- Any personal expenses during the trek like battery charge, hot shower, laundry, extra meals, tea, coffee, snacks, boiled water, bottled water, alcoholic beverages & soft drinks and internet service.
- Tips for guide, porters, and other staff.
- Note: Sometimes flights to and from Lukla might get canceled due to weather conditions, in such situations, helicopter flights can be arranged. The cost of helicopter flight to or from Lukla would cost approximately USD 400 which is to be paid by the trekkers.
- Anything not mentioned in the 'price includes section.

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