

Everest Base Camp Trek - Short Version | Duration: 14Days Days | Cost: \$1699

This is the short version of Everest Base Camp trekking. This trekking is suitable for those visitors who doesn't have enough time for international outing tour. Everest Base Camp trek is an unforgettable expedition in the lap of the tallest peak of the world. First conquered by Tenzing Norgay Sherpa and Sir Edmund Hillary in 1953, Everest Base Camp has traditionally been the ultimate goal for the high altitude trekkers. Our carefully devised itinerary with a number of rests at Namche Bazaar and Dingboche gives you an opportunity to explore Thamo and Chhukung Ri. This offers you an opportunity for acclimatization. A gradual ascent through typical Sherpa villages gives you ample time to enjoy the scenery, wildlife and visit a number of monasteries. Our goal is Everest Base Camp on the Khumbu Glacier and the opportunity to climb Kala Patthar (5545m), a viewpoint recognized as the best vantage point to see breathtaking view of the highest peak in the planet.

At a Glance:

- **Tour code:** NEBCSV025
- **Style:** Trekking and Hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5100m
- **Duration:** 14Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1699

Highlights of the tour:

- Trek to the foot of breathtaking Everest, the world's highest mountain
- Explore unique Sherpa culture, mani walls, chortens and prayer flags
- Spectacular Himalaya mountain views
- Breathtaking Mountain flight to and from Lukla

What's Included:

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- 3 meals during trek
- Internal flights and land transport involved in the itinerary
- Flights of guide
- Airport tax
- Good standard Hotel (3-4*) accommodation in Kathmandu with breakfast
- Teahouse accommodation on trek twin sharing basic
- Tims permit
- National park permit
- Insured and equipped porter as on IPPG rules
- Ascents of Kala Patar (5545m) and Chhikung Ri (5100m)
- Acclimatize day to explore in Namche and Dinboche
- Trekking off the main trail to the village of Phortse - one of the more traditional Sherpa villages in the Khumbu region.

What's Not Included:

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch & dinner in the city
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill

Arrival and transfer to hotel

Arrival at Tribhuvan International Airport, Kathmandu. Traditional welcome by our airport representative. Your guide briefs about your further programme. Typical Nepali dinner served in the evening.

Fly to Lukla (2,845m) & trek to Phakding

You will take stunning flight to Lukla from Kathmandu. At Lukla You will meet with the trekking team upon arrival. Following a short tea break you will trek northwards up to the valley of Dudhkoshi. Descend from the small plateau into the forested valley. The trek is very easy and short today. However, the difference in altitude,

in comparison with Kathmandu, can make you feel a bit difficult, after lunch trek north towards Phakding. The trail crosses several streams and you will finally reach to Phakding (2650m). Spend your first night in this settlement from where you will have tantalizing views.

Trek to Namche Bazar (3440m)

Hike to Namche Bazaar through farmland and settlements. You will follow the Dudh Kosi northwards. This day walk takes you through magnificent forests of rhododendron, giant fir and magnolia trees. You will cross the west fork of the river, the Bhote Kosi, and start the steep climb to Namche Bazaar. Namche is the largest Sherpa village which is called as gateway to Mount Everest. Namche is a prosperous Sherpa village and an important trading center as well. Locals from various villages gather during the weekly bazaar and sell fresh foodstuffs.

Acclimatization day/explore around Thamo or Synboche

You will take rest in Namche and explore the village Thamo or Synboche. Make yourself fit, physically and mentally, for the further journey. This day is for acclimatization. We suggest you to stay active even in the rest day so that it will help you for the further trekking

Trek to Tengboche (3870m)

The route from Namche to Tengboche is unbelievably beautiful – the Dudh Kosi is far below and Thamsarku, Kantega, Ama Dablam, Lhotse and Everest rise in the front. This lovely walk is full of woods, rhododendron forests, mani walls, chorten (stupas), and suspension bridges across the river.

Trek to Dingboche (4410m)

After breakfast visit the beautiful Tengboche Monastery. Hear the story of Yeti from Lama and if possible see the praying. After this descend to a lodge in Debuche. After lunch trek to Dingboche. The trek is very beautiful. It is one of the most beautiful valley walks in the earth. Overnight in Dingboche.

Acclimatization day/ explore Chhukung Ri (5100m)

This is an acclimatization day. An acclimatization day here can be used to hike up the Imja Khola to Chhukung or Nagarzhang Peak, a small summer settlement from where stunning views of Island Peak, Lhotse, Ama Dablam and the fluted ice walls flanking the Amphu Lapcha pass can be seen. Make fit yourself for the further journey. Physiologically prepare yourself for adaptation to changes in climate or environment. We recommend you to stay active even in a rest day as it is better than being idle while on a trekking journey.

Trek to Lobuche (4910m)

The ascent towards Everest Base Camp continues through alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. It is a steep, tough climb towards the village of Gorak Shep. Trek continues towards Lobuche where the view is straight towards Nuptse and the sunset is truly magnificent.

Trek to Gorakshep (5140m) and explore further to Everest Base camp (5364m)

The higher altitude makes this day's trekking quite challenging. Trekking from Lobuche to Gorak Shep is very challenging. You will climb Khumbu Glacier and cross the Changri Glacier to Gorak Shep. The views are really stunning. Overnight in Everest Base Camp.

Climb to Kala Patthar (5550m) for sunrise & trek to Pheriche(4240)

Your condition will be checked today before you move on. If the condition is found good then hike to Kala Patthar. Enjoy an early morning hike to an excellent viewpoint of the Everest region, with panoramic vistas of the front of Mt. Everest and Pomo-Ri. Kala Patthar is a notable landmark located on the south ridge of Pumori. The ascent of Kala Patthar begins at Gorakshep, the original base camp for Mt. Everest. Back to hotel for breakfast and trek down to Pheriche.

Pheriche to Namche Bazar

Today you will cross the 830 meters Elevation. During the Pheriche to Namche Bazar trek you have to face the toughest challenges. After your 6 to 7 hours trek back you will reach Namche Bazaar. walking on the way you will get the chance to explore the best natural beauties as your side scene while doing the trekking. Rest to hotel and stay overnight at the hotel of the Namche Bazaar

Namche to Lukla

Hike down a steep trail to the Dudh Kosi and trek down. You'll have a long and leisurely trek back to Lukla. Celebrate your trek at a local tea house and gaze back at the jagged peaks of the mountain you've enjoyed. Bid adieu tonight to your trekking crew.

Fly back to Kathmandu/Hotel

Fly from Lukla to Kathmandu. Enjoy panoramic mountain views and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants.

Departurte

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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