

Everest Basecamp trek

Kathmandu Sightseeing: Day 01: Arrive in Kathmandu airport

Upon arrival at Kathmandu, our local representative will meet and greet you at the airport and will assist with your transfers to your local hotel in Kathmandu. After rest Meeting with Guide and check the gear.

Day 02: Fly to Lukla (2804m)30min. trek to Phakding (2650m)3.30hrs walk.

An early morning start takes us to Tribhuvan international Airport in Kathmandu for the 30-minute scenic flight to Tenzing and Hillary Airport at Lukla at 2804meters. After landing we have time to explore the village while our crew sort and load our trekking equipment. Then we begin our trek by descending towards the Dudh Kosi River where we join the main trail to Namche Bazaar, located just above Chaunrikharka (2713m). The walking is easy and after passing through the small village of Ghat (2550m) it is a short walk to Phakding. Overnight at Lodge.

Day 03: Trek to Namche Bazaar (3441m) 5 hrs walk.

We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on exciting suspension bridges laden with prayer flags. After entering Sagarmatha National Park, the trail climbs steeply with breathtaking views. Before you reach namche bazaar if lucky with weather chance to see Mt. Everest. Namche Bazaar known as the Gateway to Everest which is home to many quality restaurants, lodges, shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail. Overnight at Guesthouse.

Day 04 : Namche Bazaar Acclimatization day

We will spend a day here in order to acclimatize and adjust to the thinning of the air. As well as a short trek where a museum is celebrating the traditional customs of the Sherpa people. You can see Mt. Everest from the top. Or we hike up the Syangboche Airport (Old airport) around Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. Overnight at Guesthouse.

Day 05: Trek to Tengboche Monastery (3860m) 5hrs walk.

The trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. On reaching Tengboche you will see the local monastery. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. The group will be taken to observe a prayer ceremony either in the evening or morning depending on how the days trekking went. Overnight at Guesthouse.

Day 06: Trek to Pheriche (4200 meters) 6 hours

From Thyangboche the trail drops to Debuche, crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche amongst thousands of mani stones. Our uphill trek continues, taking us to the Pheriche. Overnight at Guesthouse.

Day 07: Trek to Lobuche (4910m) 4.30 hrs walk.

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4910m at Lobuche which is really just a few huts at the foot of giant Lobuche peak. Some breathing problems may arise today due to the altitude. Overnight at Guesthouse.

Day 08: Trek to Gorak Shep (5200m) 3.30hrs walk.

Today, not so long and not so much climb but still hard because of altitude. You will enjoy Mt Nuptse, Lobuche peak and other Mountains. Open trails with walking through small glacier before you reach Gorak Shep. After taking lunch just rest and free half day.

Day 09: (Trek to Everest Base Camp (5400m) then back to Gorak Shep (5200m) 6hrs walk.

This is another big and difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5400 meters, the closest you can get to Mt. Everest without mountaineering equipment. There will likely be a team there about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to Gorak Shep for the night. Overnight at Guesthouse.

Day 10: Gorekshep -Kalapatthar -Gorekshep- Dingboche (4300m) 7.00 hrs walks.

This day, we climb to Kala Patthar. From here we have a steep ascent up to the top of the Kala Patthar. The actual distance is not so far but we take it very slowly to make up for the altitude. This top (5,545m) is a hard pull but the view from the top surpasses anything you can imagine. All around us flows, huge glaciers and the creaking of the mobile glacier ice only disturbs the silence of these altitudes. The mountains of Pumori (7,145m), Lingtren (6,697m) and Khumbutse (6,623m) separate us from Tibet and just over the Lho La pass we see the huge rock of Changtse (7,750m) in Tibet itself. But Sagarmatha, or Mt. Everest (8848m.) the queen of them all towers over everyone and head back to Dingboche.

Day 11: Trek to Tengboche (3,860m) 6hrs.

The trail makes a gradual descent through scrub junipers and around Mani stones as it follows the hillside. The trail passes many Mani walls in deep rhododendron forests where crossing after the Imja khola, the trail climbs many carved Mani stones to Pangboche. Pangboche Gumpa is the oldest in Khumbu; a visit will be well worth. Walk down to the valley from where the trail is shallower through alpine meadows. Followed by climb gradually up to Tengboche where the biggest monastery lies in the whole of Khumbu.

Day 12: Trek to Manjo (2800m) or Phakding (6-7 hours).

Walk down from the rear of monastery and continue down until you reach Phunki Tenga. Climb up gradually through a forest. Once you are out of the forest, you will be walking along a ridge from where you can see down on your left some of the deepest gorges of Descends steeply and another steep climb

to Namche Bazaar and Down along the gorge of the Dudh Kosi and short climb to the small village of Manjo or Phakding.for overnight

Day 13: Manjo or Phakding to Lukla (2,840m) (3-30 hrs).

Trek back to Lukla along the same trail, although it always looks different coming from the opposite direction on arrival in Lukla you will have time to relax and celebrate the completion of your trek. Feel free to dance with your crewmembers.

Day 14: Morning flight back to Kathmandu

Enjoying your last glimpse of the mountains you have recently visited for one last time on the 30 minute Scenic flight back to Kathmandu. On arrival in Kathmandu we are met and transferred back to our starting hotel. Overnight at hotel.

Day 15 to 20 : Sight seeing to arrange – Chitwan etc