



# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@sherpakhangri.com](mailto:info@sherpakhangri.com)

## Everest Base Camp Trek 14 Nights 15 Days



### Overview

Everest Base Camp trek is one of the most famous and visited trekking in Nepal. It is well known for highest peak of the world Mt. Everest, panoramic ranges, natural beauty and culture. Mt. Everest, Mt. Lhotse, Mt. Makalu, Mt. Cho-Oyu Mt. Pumori, Mt. Nuptse, Mt. Thamserku, and Mt. AmaDablam are some of the notable peaks seen on the way to EBC. The majority of people are from indigenous community of Sherpa. They are well known for the high altitude mountaineers. They have distinct culture and tradition that are influenced by Buddhist (Mahayana) religion.

### Highlights of the trip

- Great mountains 360 degree view
- Trekking upto the highest altitude 5545m.
- Notable peaks view of Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Makalu, Mt. cho- Oyu , Mt. Pumori, Mt. Thamserku and Mt. AmaDablam .
- Sherpa culture and lifestyle
- Visit to highest altitude and old century monastery

Mount Everest is a dream to any adventurer. It is the world highest peak and everyone dreams to view the majestic nature of this peak. Its once in a life time to experience. It is located in Khumbu region of Nepal. There are number of other high peaks around this region. Everest base Camp trek or shortly called EBC, is one of the best and famous trekking in whole world. The trail that goes through rivers, mountains, green forests and snowy, rocky landscape which make the trip memorable.

The majority of people are from indigenous community of Sherpa. Namche Bazaar- the capital of Sherpa people. It is popular with trekkers in the Khumbu region, especially for altitude acclimatization the gateway to the high Himalayas. Sherpa museum, Everest hotel view, village of Khumjung. Kunde , Hillary school built by 1<sup>st</sup> Everest scaled Sir Edmund Hillary etc. can be visited during the acclimatization



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time. The town has a number of ranges lodges, markets and stores to the needs of visitors as well as internet cafés, ATM, bakery, pubs etc. The friendly nature of the local people are always welcoming side of the trip. There are number of things that are related to culture and tradition of people which can be interesting to tourists. The religious aspect of the region is also another major part of the trip. Age old monasteries and festivals that are performed here can be amazing experience to the people from outside. We can observe many mules and zopkyo (Yak) during the trail carrying many loads and goods. It's the only means of transport that they carry goods from lower village to upper Himalayas belt.

## Info

Activity: Trekking | Duration: 15 Days | Grade: Hard | Highest Alt: 5545 m.

Trek Type: Hotel / Lodge & Tea house Trek | Best Season: Mar-April-May / Oct-Nov-Mid Dec

## Itinerary

### Day 01: Arrival in Kathmandu (1400 m)

Arrival in Kathmandu International airport. Our office representative will welcome with Nepali tradition with garland or khadas then transfer to hotel. Hang around Thamel- a touristic hub on availability of time. Short briefing in evening with welcome dinner by Guide or office representative. Back to hotel and overnight.

Meal: Dinner

Accommodation: Hotel

### Day 02: Preparation Day in Kathmandu.

Today after breakfast we have free time for shopping & buying trekking gears. You can discuss with our Guide or Staff from our office. They will arrange time & assist you for shopping. Thamel has many Outdoor shops from Local brands to high branded. Overnight.

Meal: Breakfast

Accommodation: Hotel

### Day 03. Kathmandu to Ramechhap 5 hours –Fly Lukla 15 mins -Phakding (2652 m).

Early morning, we will take a jeep ride to Ramechhap airport about 5 hours & board flight to Lukla. Since Kathmandu airport is very small & be busy in high season of Lukla flights. Reach Lukla we will meet our Supporting staff Porter brothers then start trekking towards Phakding. Its an easy downhill walk of 3-4 hours. Reach Phakding, rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



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## **Day 04: Phakding to Namche Bazaar (3440 m/7 hours)**

Today after breakfast the trail runs alongside DudhKoshi River crossing through pine and oak forest. We will cross several suspension bridge same river flown from Himalayas. We will be entering Sagarmatha National Park where our permits are checked by appointed Nepal government Military officer along our trekking bags. We then cross one of the famous suspension bridge- The Hillary bridge. After crossing we then get to see first glimpse of 'Mount Everest' on this day if the weather is pleasant. Reach Namche bazaar after 7 hours, the surrounding attracts us with joy . Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 05: Namche Bazaar- Acclimatization day.**

Today after breakfast we do short hiking to Everest View Hotel & back to Namche. Acclimatization is an important part of any trip to altitude. It helps body to adjust and rejuvenate to the environment. Namche Bazaar is interesting place to take rest. It is known as Sherpa Capital. You can see culture, and lifestyle of local here. You can visit museum to understand Sherpa community. You can explore local market. Modern amenities like ATM, Internet Café, Shops, restaurants, bakery etc. are available to enjoy.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 06: Namche Bazar to Pangboche (3800m) 6-7 hours.**

Today is the long day trail . So we start our trail after breakfast . We pass by one of the best trail to Tengboche where on right side of trail passing the Dudhkoshi river and stunning Mt. Amadablam view. We pass by many Chorten (Stupa), painted in big rocks the prayer mantra “ *Om Mane Padme Hun* ” and praying flag hanged in the path gives amazing view to the scenery. On this day a clear view of Mt. Everest, Mt. Ama Dablam, Mt. Thamserku and many others mountain can be observe. Enroute we pass by famous Tengboche Monastery which is one of the oldest monastery on highest altitude. Our trail then pass downhill crossing suspension bridge then uphill to reach Pangboche after 7 hours. Rest and overnight .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 07: Pangboche(3800m) to Dingboche (4243m) 3 hours.**

As we head our trail , thin air and altitude rise can be felt within. So today we slowly and gradual trail to reach Dingboche. It's an easy ascent without any steep climb or downhill. Early start on this particular day give good sunrise view of Mt. AmaDablam. Rest day explore the surrounding , picture snap etc. Overnight .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 08: Acclimatization day**

Acclimatization is very important in altitude. It is best to rejuvenate body to climb further in altitude.



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After breakfast you are able to hike to the top of the Nangkartshang hill with Guide which is about 5,083m. You can either hike to top of the hill or hike around to be familiar with the altitude. Rest day enjoy the beauty and surroundings.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 09: Dingboche to Lobuche (4730m) 4-5 hours.**

Lobuche is a small settlement with very few tea houses. But the settlements are only on seasonal based. The terrain starts to get rocky and barren as we go higher. Khumbu Glacier lies next to the settlement. So we slowly trail ahead to reach Lobuche and in front we could see beautiful Mt. Pumori and other ranges. Rest and enjoy the beauty. Overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 10: Lobuche to GorakShep (5,170 m) - Everest Base Camp (5,364m) and back to GorakShep 8 - 9 hours.**

Finally we are in our main day. It's a long day walk but gives us boost energize to be at base camp. After breakfast we slowly head ahead rocky trail with terrain landscape up and down. We then reach by 3 hours to GorakShep. Place our baggages and with lunch we head next 2 hours to Base camp. From EBC we can view 360 degree view of ranges including Mt. Everest. But only part of Everest can be seen behind western shoulder. Amazing view of Khumbu icefall, Khumbu glacier, Mt. Nuptse, Pumori, Khumbutse makes experience worthy to travel. This view of once in life time experience give ambience of memory capture and we return back to GorakShep. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 11: GorakShep to Kala Patthar (5545 m) and Pangboche (4280 m) 8 - 9 hours.**

Kala Patthar is highest point in whole trip. To view the real top Everest summit peak, it is recommended to start early for sunrise view. A trail of uphill about 2 hours at the top of Kala patthar, we can view 360 degree view of mountain range. Mt. Everest, Mt. Nuptse, Mt. Lhotse, Ama Dablam, Thamsarku, Pumori, and many more. This is the moment we live in for and our whole trek. After we return back take breakfast and descend back to Pangboche about 7-8 hours. Rest completely and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 12: Pangboche to Namche 6-7 hours.**

We descend our trek back to Namche after breakfast. It will be long walk but easy walk because coming down is easier. In Namche there are many good restaurant, pubs & coffee shops. One can enjoy. Overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



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## **Day 13: Namche Bazaar to Lukla 7-8 hours.**

Namche to Lukla is long & tiring day but exciting day. Today is the last day of the Trek. Tonight we will have gratuity dinner with our supporting staff porter brothers , thanking them for their service with some tips from our guests. Overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

## **Day 14: Fly back from Lukla to Ramechhap. Drive back to Kathmandu.**

Finally we fly back to Ramechhap with good and loving memories. Then later drive back to Kathmandu and transfer to hotel .In evening, farewell dinner with cultural dance will be arranged to celebrate the trip.

Meals: Breakfast and Dinner.

Accommodation: Hotel

## **Day 15: Departure.**

After breakfast timely transfer to International airport for your onward journey.

Meals: Breakfast

## **Cost includes**

1. Pickups & Drop according to itinerary.
2. Welcome and farewell dinners in Kathmandu.
3. 3 nights Hotel Accommodation in Kathmandu on BB plan.
4. Transportation to and from Ramechhap Airport.
5. National park & Necessary Permits.
6. Domestic flights Ramechhap-Lukla-Ramechhap.
7. Meal during Trekking (Breakfast, Lunch & Dinner).
8. Tea House accommodation during Trekking.
9. Experience Trekking Guide
10. Porter Service 2:1
11. Staff Insurance and Salary.
12. Medical kit.
13. Travel and rescue arrangement only.

## **Cost Excludes**

1. Nepalese visa fee.
2. International airfare to and from Kathmandu.
3. Extra night accommodation in Kathmandu.



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4. Meal in Kathmandu.
5. Travel and rescue/heli insurance (recommended)
6. Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, heater, internet access wifi etc.).
7. Personal trekking gears.
8. Personal guide or porter if needed.
9. Trips and sightseeing if extended.
10. Gratuity for guides and porters.