



Discover Everest Base Camp Tour - 17 Days

(#8774)

Note: Price printed on this PDF is valid until **29-07-2024** and is subject to change without notice due to Partner changes and currency fluctuations

Trip Highlights

Kathmandu-Lukla-Phakding-Namche Bazaar-Thyangboche-Dingboche-lobuche-Gorak Shep-Pheriche-Thyangboche-Monjo-Lukla-Kathmandu

Detailed Itinerary

Day 01

Day 01: Arrival Kathmandu.

Meeting and assistance by our representative. Transfer to hotel (Normal check-in time of hotel is 1400 hours). Overnight at hotel in Kathmandu.



Day 02

Day 02: In Kathmandu

Breakfast at hotel. Morning half day sightseeing tour of Kathmandu Durbar Square + Swayambunath. Evening half day sightseeing tour of Patan Durbar Square.

Overnight at hotel in Kathmandu.

Day 03

Day 03: Kathmandu / Lukla / Phakding (2500 m.) 3-4 hrs. walk

Your flight to Lukla from Kathmandu is usually early in the morning. In good weather there are superb views of the Himalayan chain. At Lukla, your trekking crew will receive you, and lunch will be served before starting your trek. After lunch, trekking starts from Lukla gradually descend towards the “GHAT VILLAGE” and the valley of Dudh Koshi River flowing from the Mount Everest Area. After crossing the Dudh Koshi, Overnight stay in lodge at Phakding.

Day 04

Day 04: Phakding / Namche Bazaar (3440 m.) 6-7 hrs. walk

After breakfast you follow the Dudh Koshi River to Benkar and on to Jorsale. The lunch stop will be between the two bridges built by Sir Edmund Hillary near the confluence of Bhoté Koshi and Dudh Koshi rivers. At one point on the route we may get our first sight of Mt. Everest 8848 Meter. After lunch it will be about two hours ascend to Namche Bazaar. Namche Bazaar gateway to all famous expeditions to Khumbu Himal Peaks. It is also the trading centre of the Sherpas of the region. Overnight lodge at Namche Bazaar.

Day 05

Day 05: Half day at Namche Bazaar

A necessary rest day at Namche Bazaar for acclimatization, local excursion and to explore surroundings. Overnight stay in the lodge.

Day 06

Day 06: Namche / Thyangboche (3867 m.) 5-6 Hrs. Walk



Traverse the slopes eastwards to the big Chorten on the trail Khumjung/Sangnasa. Descend to the bridge of Dudh Koshi - Imja Khola at Phunki. Ascend northwards to Thyangboche for the overnight stay in lodge.

Day 07**Day 07: Thyangboche / Dingboche (4260 m.) 6-7 Hrs. Walk**

After crossing Imja khola, the trail ascends gradually to Pangboche. Lunch will be served. After lunch, the trail enters into the broad valley of Dingboche for the overnight stay in lodge.

Day 08**Day 08: Half Day at Dingboche**

A necessary halt day at Dingboche for acclimatization. Overnight stay in the lodge.

Day 09**Day 09: Dingboche/ Lobuche (4930 m.) 5-6 Hrs. Walk**

Trek on flat ground along the bank of Tsola Khola, till the terminal moraine of Khumbu glacier is crossed. From Phalong Karpo, follow the western bank of the glacier to reach Lobuje for your night halt in lodge.

Day 10**Day 10: Lobuche/ Gorak Shep (5180 m.) 5-6 Hrs. Walk**

From Lobuje the trek leads to Khumbu Glacier and passed through a flat area. This place is known as Gorak Shep. Beyond Gorak Shep one can see Khumbu Icefall. Area closest to Ice fall has been used as base camp for all Everest Expeditions in the past. Time permitting visit EVEREST BASE CAMP (5400 m.)

Day 11**Day 11: Gorakshep / Kalapattar (5545 m.) / Pheriche (4243 m.) 6-7 Hrs.**

An excursion to the famous Kalapattar and back to Pheriche for the night.



Day 12

Day 12: Pheriche / Thyangboche (3867 m.) 5-6 Hrs. Walk

Same way back to Thyangboche for overnight lodge.

Day 13

Day 13: Thyangboche / Monjo (2509 m.) 6-7 hrs. Walk

Trek same way back to Monjo for overnight stay in the lodge.

Day 14

Day 14: Monjo / Lukla (2800 m.) 5-6 Hrs. Walk

Follow the course of the Dudh Kosi River re-tracking the same way back to Lukla for an overnight stay in lodge. Your air tickets for the following day's flight to Kathmandu shall be reconfirmed by your Guide today.

Day 15

Day 15: Lukla / Kathmandu

After breakfast, check-in at the Lukla airport to fly back to Kathmandu.

Overnight at hotel in Kathmandu

Day 16

Day 16: In Kathmandu

Breakfast at hotel.

Morning sightseeing tour of Pashupatinath + Boudhnath. Evening sightseeing tour of Bhadgaon (Bhaktapur) Durbar Square.

Overnight at hotel in Kathmandu.

Day 17

Day 17: Depart Kathmandu



Breakfast at hotel. Free till departure (Normal check-out time of hotel is 1200 hours). Transfer to international airport for onward journey.

Inclusions

- 04 nights' accommodation at Hotel Arts in Kathmandu on Bed & Breakfast basis.
- 12 Nights **EVEREST Base TREK** using LODGE/ TEAHOUSE.
 - All meals (starts with lunch and ends with breakfast) during the trek.
 - All necessary accommodation in the lodge during the trek, (**Note: Accommodation in lodge during the trek is modest with simple room/ bed, having common toilet/ bathroom**).
 - Trekking Guide, sherpa and Porters with their Lodging + fooding + daily wages.
- Everest National Park area entry permit fee + TIMS PERMIT (**Note: Please bring 2 passport-sized photo each for the entry permit**).
- Arrival and departure transfer.
- 04 half day sightseeing tour as follows:
 1. a) Kathmandu Durbar Square + Swayambhunath.
 2. b) Pashupatinath + Boudhanath.
 3. c) Patan Durbar Square.
 4. d) Bhadgaon (Bhaktapur) Durbar Square.
- Applicable entrance fees of the above sightseeing places.
- English speaking guide during the sightseeing tour in and around Kathmandu valley.
- An Air-Conditioned Car will be provided in Kathmandu.

Exclusions

- Any Airfare.
- All travel & personal insurance.
- Photography fees in monuments.
- All expenses of personal nature such as drinks, laundry, tips etc.
- Nepal visa & airfare.
- Emergency rescue evacuation in case of emergency.

Note



The above rates are based on prevailing government tax, hotels, fuel price, entrance fees etc., if there is increase in any of them, we will have to revise our costs accordingly.

Hotel Apple Wood using standard room (3*) / Kathmandu + Local Lodges during Everest Base Camp trek Everest Base Camp.

Extras – Airfare for Kathmandu- Lukla- Kathmandu (subject to change): AUD 1222 net per person. Airfare is subject to change and the exact airfare will be advised at the time of ticket issue.

(Note: Accommodation in lodge during the trek is modest with simple room/ bed, having common toilet/ bathroom).

(Note: Please bring 2 passport-sized photo each for the entry permit).

Program Touring / Guide

Escorted Experience

Departure Period

01 Oct, 2024 to 31 Mar, 2025

3 Star

AUD 3,860 P P twin share

AVAILABLE

