

Everest Base Camp Trekking

Trekking in the Everest region is a life time dream of many people. To stand at the foot of the world's tallest mountain is high up on the list of many people's desires. This Classic Everest trek is the perfect chance to take in this majestic mountain and the splendid beauty of the region's scenery. This trek winds, climbs and descends its way through lush low land and alpine forest, Buddhist monasteries and authentic Sherpa Villages. This trek provides you the opportunity to explore the lifestyle of the Himalayan people, their religion, customs and traditions. Alluring birds like the golden eagle, snow pigeon, red-billed and yellow-billed choughs and flowers like rhododendron, magnolias, blue pine, chir pine, juniper and hemlock make the trekking a delight for nature lovers.

Everest Base Camp trekking involves a remarkable amount of up and down walking. Tea house trekking is possible on the main trail to Everest Base Camp trekking. While the visit to Everest Base Camp is the goal for many trekkers, the view of Everest itself from the base camp can be disappointing. For the best views of Everest we recommend taking the Kalapattar Trek. This trek can be completed in conjunction with the Everest Base Camp Trek

Facts of Trip

Grade: Medium – Strenuous

Per day walking: 5 – 6 hours

Best seasons: February, March, April, May, October, November.

Maximum height: 5400m

Start/Finish: Lukla

Duration: 16 days

Highlights of the Trip

- Views of Mount Everest
- Year round extensive flora and fauna
- Unique hill culture to explore
- Monastery in Tengboche
- Numerous trekking peaks to climb
- Connecting treks to remote areas
- Visit to the Hillary school in Khumjung

Trekking Itinerary

Day 01: Arrive at Kathmandu

On arrival in Kathmandu you are met by our representative who will transport you to your hotel in the heart of Kathmandu for the night

Day 02: Flight to Lukla from Kathmandu. Trek to Phadking (2700m)

You have a scenic flight of 30 – 35 minutes to Lukla (2800m) from Kathmandu. In Lukla you can see the airline office and numerous lodges. The trail from Lukla leads you to Chablung (2700) and it descends steeply to the Tharo Kosi which is also known as Kusum Kangru Khola (river). Beyond the Tharo Kosi Bridge, the trail climbs to Ghat (2590) and again climbs to Phadking. In Phadking you can climb to the gompa to see your first view of the high peaks. Now you will really feeling like you have arrived in the Himalayan Kingdom. O/N at Phadking.

Day 03: Phadking to Namche Bazaar (3420m)

From Phadking the trail follows the Dudh Koshi River and reaches Zamphuti. From here you can see excellent views of Thamserku peak. Then the trail climbs to Chomoa, the site of an agricultural project, an interesting place to have a look around and gain an insight into the farming way of life of these people. From Chomoa, the trail again climbs to Monjo (2840m) and enters the Sagarmatha (Everest) National Park (1148sq km, established in 1976). Walking some distance up hill you will be at Jorsale (2830m) and after a long climb with views of Mt. Everest peeking over the ridge of Nuptse (7879m) the trail reaches the street of Namche Bazaar. O/N at Namche Bazaar (3420m).

Day 04: Acclimatization in Namche (3420)

After having breakfast take some sightseeing around Namche Bazaar. Then you can hike to the Everest View Hotel, the ideal place to overview some of the outstanding mountains such as Mt. Everest, Ama Dablam, Thamserku, Lhotse etc. Make sure you have your camera to capture this moment. You can walk around the Khumjung valley, Hillery School and Khunde Hospital and then return back to Namche. In the centre of Namche you can visit the

mountaineering museum and visit the Sagarmata Pollution Control Committee (SPCC). In Namche Bazaar you can spend some time interacting with the fun-loving Sherpa and Rai people. In Namche above the police check post you will see Sagarmatha National Park headquarters and if you want to look at the visitor centre it is open from 8am to 4pm except Saturdays and holidays. O/N at Namche.

Day 05: Namche to Tengboche (3850m)

From Namche Bazaar the trail climbs up and down to Sanasa where the trail descends gradually to Teshinga and then it drops steeply to Phunki Thanga. Climbing two hours from Phunki Thanga you will reach Tengboche. Tengboche is a religious place for the Sherpa people and the entire Solukhumbu area. Here you will see the Tengboche Monastery which is one of the oldest monasteries in Nepal. Maybe you can get a chance to see the monks chanting and singing. O/N at Tengboche.

Day 06: Tengboche to Pheriche (4240m) /Dingboche (4350m)

From Tengboche you will reach the tiny village of Devuche and after climbing some magnificently carved stones you will be at Pangboche (3860m). Walking the lower route from Pangboche and entering the alpine meadow you will be at Shomara. The trail then passes to Orsho. Beyond Orso the route divides to Dingboche or Pheriche (4240m). Pheriche is the windiest place of the Khumbu area, here you will find the Health post and Himalayan Rescue Association. O/N at Pheriche or Dingboche.

Day 07: Acclimatization day

After having breakfast you will take a short hike to Chhukung valley (4730m) which is surrounded by mountains, it is a famous place for climbers making attempts at Island peak and Chhukung RI. O/N at Pheriche/Dingboche.

Day 08: Pheriche/Dingboche to Lobuche (4930m)

The trail ascends from Pheriche/Debouche and after crossing some bridges you will reach Duglha. From Duglha the trail steeply goes up to the Khumbu glacier and drops a bit to the valley of Lobuche (4930m). O/N at Lobuche.

Day 09: Lobuche to Gorak Shep (5160m)

The trail from Lobuche progresses gradually upwards providing splendid views of Mt Pumori. In the afternoon you will reach Gorak Shep which is surrounded by mountains. O/N at Gorak Shep.

Day 10: Site trip to Everest Base Camp – Return back to Pheriche

Early in the morning hike to Everest Base Camp (5400m) your guide will take you along the undulating trail to this much coveted place. From here you can observe the blue ice and the Khumbu icefall. This trekking will be an unforgettable experience in your lifetime. Head back to Gorek Shep and further trek back to Pheriche.. O/N at Pheriche.

Day 11: Pheriche to Tengboche

Trek back to Tengboche. O/N at Tengboche.

Day 12: Tengboche to Namche

Trek back to Namche. O/N at Namche.

Day 13: Namche to Lukla

Trek back to Lukla. O/N at Lukla.

Day 14: Lukla to Kathmandu

Fly back to Kathmandu. Hotel, B.B. O/N at Kathmandu.

Day 15: Leisure day in Kathmandu

We allow a Leisure day in Kathmandu incase the flight from Lukla is canceled due to weather. If you are in Kathmandu you can take an optional guided tour to Bhaktapur Durbar Square, one of the oldest cities in the valley. Back to Hotel, B.B. O/N at Kathmandu.

Day 16: Transfer to Airport for your onward destination.

Cost Includes:

- Airport pick up and transfer by private vehicle as per the itinerary.
- Accommodation in Kathmandu at 3-4 star hotel including breakfast on twin sharing.
- Kathmandu city tours inclusive of vehicle transfer, entrance fees & professional English speaking tour guide.
- Round trip flight fare from Kathmandu – Lukla – Kathmandu.
- Domestic airport tax.
- Accommodation during the trek at guest houses/lodges on twin sharing.
- Meals (Breakfast, Lunch and Dinner) with Tea & coffee during the trek.
- Highly experienced Government licensed guide and necessary porters during the trek and their transportation, food, accommodation, salary, equipments and insurance.
- Trekker's Information Management System (TIMS).
- Sagarmatha National Park entrance Permit and fees.
- First Aid medical kit
- Duffle Bag
- Government taxes
- Service charge.

Cost Exclude:

- Any meals other than breakfast in Kathmandu.
- International airfares
- Nepal entry visa fee US\$ 30 (duration 60 days from date of issue)- you may easily issue the visa upon your arrival at Tribhuwan International Airport – Kathmandu, Nepal
- Rescue & travel insurance, trip cancellation costs, accident or health emergency, evacuation, loss, theft or damage to baggage and personal effects. We strongly advise you to take out personal travel insurance.
- Items of a personal nature.
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call, and internet.
- Tips & Gratuities

Note: The best season for this trek is Feb to May or Sep to Dec. Whether staying in tea houses or opting for a tent, tacking on acclimatization days, or adding rafting and safari, you can customize your trekking experience to make it one of a kind.

Contact Us

BreakFree Adventures Company

P.O. Box: 23354, Kathmandu, Nepal

Phone: 00977-1-4388961 / 4388972

00977 98510 14557 (24 Hours)

Fax: 00977-1-4388972

Call from USA: 1-617-758-7137

Skype/Yahoo/MSN/Gmail: [breakfreeadventures](https://www.breakfreeadventures.com)

Email: info@breakfreeadventures.com

Website: www.breakfreeadventures.com