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Kapan Marg, Kathmandu, Nepal



### **Everest Base Camp (EBC) Classic trek**

The Everest Base Camp trek is one of the most popular treks done in Nepal. Approximately around 35000 tourists visit this region in a year and this number seems to be increasing every year. Aside from breathtaking scenery, travelers can experience unique Sherpa culture, as it is also known as homeland of Sherpa People. The trekking in the region comprises not only the Everest Base camp but also famous town and valley like Namche Bazaar, Lukla, Tyangboche. Every place is unique on its own way. The complete trek starts from Jiri to Lukla. Flying to Lukla is the best option for those who have limited time. The heady mix of natural beauty, fascinating culture and a personal sense of achievement, as well as warm Nepalese hospitality from the people of the Solukhumbu region, make the Everest Base Camp trek one of the world's most unforgettable trek.

Price:

Trip Start: Kathmandu/Lukla

Trip Ends: Kathmandu

Duration: 16-18 Days

Grade: Medium

Altitude: 5545m

Destination: Home

Trip Style: Climbing/Trekking

Transport: Flight

Group Size: 1-10+

Best Time: Autumn and Spring Season

## Itinerary

| Day | Title   | Description   |
|-----|---|---|
| 1   | <u>Arrival in Kathmandu (1,350m)</u>                                | After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.   |
| 2   | <u>City tour in Kathmandu and trek preparation</u>                  | After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.                      |
| 3   | <u>Fly to Lukla, trek to Phakding (2,651m)<br/>3 - 4 hours trek</u> | Today you will begin your Everest Base Camp journey by taking short flight to Lukla. Upon arrival at Lukla you will meet with the rest of our team and start your trekking from there. We will then gradually descend towards Duhkoshi River where we join the main trail to Namche Bazaar. After passing through the small village called Ghat (2,550 m), it is a short walk to Phakding. Overnight in Phakding  |
| 4   | <u>Trek to Namche Bazaar (3,441 m) - 5.5 hours</u>                  | We continue our second day of trekking along the banks of the Dugh Kosi River, crossing the majestic river many times on exciting suspension bridge. After crossing the suspension bridge, we pass Jorsale village and walk alongside of the Dugh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is the biggest town in the Everest region. Namche Bazaar (considered the Gateway to Everest) is home to many quality restaurants, hotels, lodges, shops, money exchange services, Internet cafes and bakeries. Overnight in Namche Bazaar. |

5 Namche Bazaar: Acclimatization Day We will spend a day in Namche Bazaar in order to acclimatize and adjust our body to the thinning air. Today we can tour around Namche Bazaar as it is the primary town of the Everest /Khumbu region. Afterwards we will trek to a Sherpa Cultural museum, Syangboche Airport and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, we can see breathtaking views of the Himalayas including Mt Everest. Overnight in Namche.

6 Trek to Tengboche (3,860 m) 4- 5 hours Our trek continues enjoying the magnificent mountain views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde. After an easy walk until Phunkitanga, we start ascending towards Tengboche valley where the biggest monastery of Everest region is situated. It falls in Sagarmatha National park. Tengboche Monastery opens at 3:00pm, so if we reach there by 3 o'clock we can observe a Buddhist religious ceremony. Overnight in Tengboche.

7 Tengboche to Dingboche (4,360 m), 5 - 6 hours We begin a new day of our trek descending towards Debuche through Rhododendron forests and crossing Imja River to reach Pangboche. Here, we choose the upper Pangboche trail to visit the famous Pangboche Monastery and also to admire the Himalayan vista. We continue our trek to the Imja Valley and Lobuche River before ascending to Dingboche. The views from Dingboche are mesmerizing. From here you can view Island Peak, Makalu and another face of Amadablam. Dingboche is the beautiful village where you can observe crops of barley, buckwheat and Potato and also grazing cattles. Overnight in Dingboche

8 Dingboche: Acclimatization Today is our second and last acclimatization day for the journey. Spending a day in Dingboche will help us to acclimate to the high altitude. We will hike to Nagarsang hill to prepare ourself ready for Kalapatthar and Everest Base camp hike. Overnight at Dingboche.

9 Dingboche to Lobuche (4,600 m), 3 - 4 hours As soon as we finish our breakfast we continue our journey from Dingboche through the high alpine region to the destination of Luboche. Along the way we cross the glacial frozen river at Thukla. We can aslo observe the memorial shrines for climbers who lost their lives on Mt. Everest. We then continue our trek watching magnificent view of Cholatse, Lobuche, Pumori and Nuptse. Overnight in Lobuche.

10 Lobuche to Gorak Shep (5170 m), visit EBC (5364 m), 6-7 hours  
This is a big and most amazing day as we walk along the Khumbu Glacier and up to Everest Base Camp at 5,365 m, the closest you can get to Mt. Everest without mountaineering equipment. The Everest Base Camp is stunningly beautiful. During spring, there will be many expedition teams attempting the summit. The view of the Khumbu Icefall from Base Camp is just spectacular. We return back to Gorak Shep for the night.

11 Gorak Shep to Kala Patthar (5,545m) to Pherice (4,288m, 7-8 hours  
We get up early in the morning for the walk up to Kala Patthar. Kala Patthar is a small peak at 5,555 m. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 8,848 m, towers directly ahead and on all sides loom the giants such as Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep to have breakfast, and then trek down to Pheriche for overnight.

12 Pheriche to Namche Bazaar (3,440m), 6 - 7 hours  
As we descend down we lose approximately 2,000 feet in elevation today and walk. Walking down can be easy but at the same time it is more tiring as we cover a big distance. We walk on winding trails followed by another walk through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.

13 Namche Bazaar to Lukla (2,800m), 6 - 7 hours  
We begin our final day trek to Namche Bazaar today on a rocky terrain. It is mostly a downhill trek on a trail alongside the Dudh Koshi River. As it is our last day in the mountain we celebrate this moment with our Sherpa team. Overnight in Lukla.

14 Fly to Kathmandu  
We take an early morning flight to Kathmandu after our adventurous mountain journey. Once we reach Kathmandu, we can take a rest or do some souvenir shopping or other activities like river rafting, bungee jumping etc. If we want to explore any other areas of Kathmandu, we may do that today.

15 Extra day in Kathmandu  
This day will be an extra buffer day just in case the flight from Lukla get cancelled due to bad weather. We will have farewell dinner in the evening.

16 Final departure  
Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuwan International Airport a few hours before the scheduled flight for final departure towards your sweet home.

## **Includes**

Airport Pick up and transfers to hotel

All accommodation as BB in 4 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

## **Excludes**

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

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Tips for trekking staff.