

Everest Base Camp Trek



About Everest Base Camp Trek :

An Everest base camp trek is the adventure of a lifetime, a journey for those whose dreams soar higher than even the clouds. Miles from cars, conveniences, and daily luxuries, you'll saturate your spirit in natural beauty and stretch your personal endurance beyond what you thought possible. The path begins in ancient Kathmandu, where you'll acclimate and explore the city at your leisure while anticipating your ascent. Your trek to Everest Base Camp at 5,364m (over 3.5 miles!) to the base of the world's tallest mountain will bring you over suspension bridges spanning chasms of thin air, through hidden Buddhist monasteries, and into the heart of the warm, rugged Sherpa culture. As you travel alongside thrill seekers and photographers from all over the globe, you'll spy Cho Oyu, Lhotse, and Makalu - three of Earth's 10 tallest peaks! You'll rest easy at night in cozy, traditional teahouses knowing that our experienced, knowledgeable guides and porters are there to ensure the safest, most enjoyable, most fascinating experience possible. You'll support local economies, discover hidden strengths in yourself, and make both friends and memories that will last a lifetime. What are you waiting for?



Trek Details:

- Duration: 15 days
- Max Altitude: 5,545m
- Location: Solukhumbhu
- Trip Profile: Everest Base Camp Trek
- Geography: Himalayas/Hills/Forests
- Accommodation: Hotel/Teahouse/Lodge
- Meals: All meals included during the trekking
- Religious: Buddhism
- Ethnic People: Sherpa
- Transportation: Flight/Touristbus/Private
- Group Size: 08-10 Pax



Itinerary:

Day 1: Ahmedabad to Kathmandu (1,300m/4,265 ft)

Day 2: Visit Pashupatinath Temple and Trek preparation (1,300m/4,265 ft)

Day 3: Fly to Lukla from Kathmandu, trek to Phakding (2,610m/8,563ft)

Day 4: Trek from Phakding to Namche Bazaar (3,440m/11,280ft)

Day 5: Acclimatization at Namche Bazaar (3,440m/11,286ft)

Day 6: Trek from Namche Bazaar to Tengboche (3,860/12,664ft)

Day 7: Trek from Tengboche to Dingboche (4,410/14,469ft)



Day 8: Acclimatization at Dingboche (4,410/14,469ft)

Day 9: Trek from Dingboche (4,410M) to Dughla/Thukla (4,620M)

Day 10: Dhugla/Thukla (4,620M) to Lobuche (4,940M)

Day 11: Trek from lobuche to Gorakshep -Everest Base Camp (5,364m/17,598ft) and back to Gorakshep (5,140m/16,864ft)

Day 12: Hike to Kala Patthar (5,545m/18,192ft) and Fly Back to Gorakshep to Lukla

Day 13: Fly from Lukla to Kathmandu

Day 14: Shopping day at Kathmandu and Farewell Dinner (1,300m/4,265ft)

Day 15: Kathmandu to Ahmedabad

EVEREST BASE CAMP TREK





Costs and Inclusions

Option 1: Kathmandu To Kathmandu

Category	Trekking
No of Person	Per Person
Cost per Person	INR 1,32,500/-

Option 1: Kathmandu To Kathmandu (Without Helicopter)

Category	Trekking
No of Person	Per Person
Cost per Person	INR 92,500/-

***For Registration participants have to pay a non-refundable amount of Rs.55,000/-**

All payments must be completed 60 days prior to the commencement of the trip. Any cancellations made within the 60 days leading up to the trek will not be eligible for a refund.

Inclusions:

Mountain Flight: <ul style="list-style-type: none">- Two Mountain Flights from Kathmandu to Lukla and Lukla to Kathmandu.- The cost of these flights, approximately 17,000 INR, is included in the package.	Government Fees and Permits: <ul style="list-style-type: none">- All necessary fees to the Nepal government.- Entry fee for Sagarmatha National Park.- Trekking permit and TIMS card.- The total cost for these fees is around 5,000 INR and is included in the package.
Helicopter Service: <ul style="list-style-type: none">- Chartered helicopter service from Gorakshep to Lukla is included in the package.	Porter Services: <ul style="list-style-type: none">- An experienced trekking guide and porters to carry luggage (2 trekkers:1 porter).
Guide Service: <ul style="list-style-type: none">- One experienced and certified Trek Leader.- One Assistant Guide from Kathmandu to Kathmandu	All meals during the trek are covered: <ul style="list-style-type: none">- Breakfast: Set breakfast from the menu.- Lunch: Dal Bhat (Vegetable, Dal, Rice).- Dinner: Soup and one item of your choice (Pizza/Pasta/Sandwich/Burger/Noodles/Dal Bhat/Fried Rice). (One hot drink with each meal)
Accommodation: <ul style="list-style-type: none">- Stay in 3star hotel in Kathmandu.- During the trek, accommodation will be provided in guesthouses in 2 Sharing	Facilities During Trek: <ul style="list-style-type: none">- Hot shower facilities available twice during the trek.- Full mobile charge service provided twice during the trek.
Transportation: <ul style="list-style-type: none">- All ground Transportation included private cab	First Aid: <ul style="list-style-type: none">- Complete First Aid kit with Oxygen cylinder- Oximeter to check pulse, heart rate, and oxygen saturation during trek

The maximum group size is limited to 15 persons.

Exclusions:

- *Personal expenses*
- *Travel insurance, Emergency Helicopter Evacuation/Rescue Food during Traveling*
- *Any Trekking, Hiking Gears like Sleeping Bag, Down Jacket, Hiking Poles, Trekking Shoes*
- *Tipping to the Porter and Guide*
- *Things not mentioned above in Inclusion*



Contact us for more updates on camps, Treks and more adventures

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Let's Find Some Beautiful Places
To Get Lost Together

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