

MOUNTAINSOULS

EVEREST BASE CAMP TREK

A DREAM TREK

15 DAYS & 14 NIGHT

www.mountainouls.in





ABOUT EVEREST BASE CAMP

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?



[TAP TO VIEW BEAUTY OF EVEREST BASE CAMP](#)

ITINERARY



DAY - 1

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



DAY - 2

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



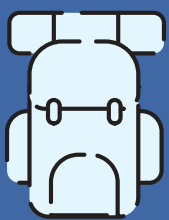
DAY - 3

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)



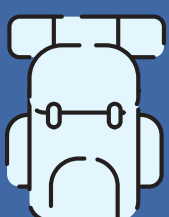
DAY - 6

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)

ITINERARY



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



COSTING



EX. KATHMANDU

INR 1,27,500/- Per Person

*For Registration participants have to pay a non-refundable amount of Rs. 55000/-



EX. KATHMANDU (WITHOUT HELICOPTER)

INR 92,500/- Per Person

*For Registration participants have to pay a non-refundable amount of Rs. 55000/-

ALL PAYMENTS NEED TO BE MADE BY A WEEK BEFORE THE TREK.
ANY CANCELLATIONS MADE IN THE 7 DAYS LEADING UPTO THE TREK
WILL NOT BE REFUNDED.

INCLUSIONS

Mountain Flight

- 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

- 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

- Chartered helicopter service from Gorakshep to Lukla is included in the package.

Porter Services

- An experienced trekking guide and porters to carry luggage (2 trekkers:1 porter).

Guide Service:

- One experienced and certified Trek Leader.
- One Assistant Guide from AHMEDABAD to AHMEDABAD

All meals during the trek are covered

- 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)
- in Kathmandu breakfast and dinner will be included

INCLUSIONS

Accommodation

- Stay in 3star hotel in Kathmandu.
- During the trek, accommodation will be provided in guesthouses in 2 Sharing

Facilities During Trek

- Hot shower facilities available twice during the trek.
- Full mobile charge service provided twice during the trek.

Transportation

- All ground Transportation included private cab

First Aid

- Complete First Aid kit with Oxygen cylinder
- Oximeter to check pulse, heart rate, and oxygen saturation during trek

EXCLUSIONS

- Personal expenses like wifi charges etc.
- Travel insurance, Emergency Helicopter Evacuation/Rescue Food during Traveling
- lunch in Kathmandu
- 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



TERMS AND CONDITIONS

- Non-veg food not allowed to eat during the camp and traveling.
- All the persons participating in the Camp will have to follow the instructions and listen to the guidelines given by the Camp In-charge/Camp Manager/Instructors/Team Leader.
- Integrity and discipline are must.
- Respecting each fellow person in the camp and the values of the organization.
- Participants will have to be punctual to the schedule.
 - Tobacco/Alcohol is strictly prohibited during the camp duration.
- Please refrain from bringing expensive items like watches, jewellery which might be at a risk of theft. We are not responsible for the losses incurred if such an instance is to occur.
- Any kind of mischief/misbehaviour with the camp in-charge persons or the management staff or any other fellow participant will not be tolerated and strict action would be taken against the guilty person. In extreme cases, it may also lead to the cancellation of participation.
- Use of any bad/vulgar/indecent language during the camp is strictly condemned.
- In case of any disputes, decision of camp manager would be considered to be final.
- No harm should be done to the wildlife and the jungle terrain/camp site/private property.
- Plastic/wrappers/other waste should be disposed at proper place only.
- Any harm done to the mountaineering equipment and organization property during the activities would be compensated from the participants.



LET'S FIND SOME
BEAUTIFUL PLACES
TO GET LOST TOGETHER



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[mountainsouls.in](https://www.instagram.com/mountainsouls.in)



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