

Everest Base Camp Trek

15 Days 14 Nights

Highlights of the Everest Base Camp Trek

- **Mountain Ranges:** Panoramic views of Mount Everest, Lhotse, Nuptse, Ama Dablam, and other Himalayan peaks.
- **Communities and Ethnic Groups:** Sherpa culture, traditional mountain villages, and vibrant prayer flags.
- **Cultural Heritage:** Tengboche Monastery, Namche Bazaar, and Khumjung villages.
- **Flora and Fauna:** Rhododendron forests, alpine landscapes, and diverse wildlife including Himalayan Tahr and Snow Leopard.
- **Adventure:** Kala Patthar viewpoint and the iconic Everest Base Camp.

ITINERARY

01 DAY	Hotel in Kathmandu	Kathmandu (1,400m) Arrive at Tribhuvan International Airport, Kathmandu. Meet our team and transfer to the hotel. In the evening, enjoy a welcome dinner with traditional Nepalese cultural programs. Sleeping Altitude: 1,400m.
02 DAY	Tea House, in Phakding	Kathmandu to Ramachhap to Lukla, Trek to Phakding (2,610m) Early morning (2 am) drive to Ramachhap (4 hours), followed by a short flight to Lukla (2,840m). Begin a pleasant trek to Phakding, passing through lush green landscapes and local monasteries. Trek Distance: 6.2 km Trek Duration: 3 hours Sleeping Altitude: 2,610m
03 DAY	Tea House, in Namche	Phakding to Namche Bazaar (3,440m) Follow the Dudh Koshi River, crossing suspension bridges adorned with prayer flags. The trail ascends steeply to Namche Bazaar, the "Gateway to Everest." Trek Distance: 7.4 km Trek Duration: 6 hours Sleeping Altitude: 3,440m
04 DAY	Tea House, in Namche	Acclimatization Day at Namche Bazaar (3,440m) Take a rest day to acclimatize, exploring the Everest View Hotel, Khumjung and Khunde villages, and the Sherpa Museum. Enjoy the amenities of Namche Bazaar. Sleeping Altitude: 3,440m
05 DAY	Tea House, in Tengboche	Namche Bazaar to Tengboche (3,860m) The trail leads to the famous Tengboche Monastery, offering panoramic views of Everest, Ama Dablam, and more. Trek Distance: 9.2 km Trek Duration: 5-6 hours Sleeping Altitude: 3,860m

06 DAY	Tea House, Dingboche	Tengboche to Dingboche (4,410m) Hike through rhododendron forests and small villages to reach Dingboche, with stunning views of surrounding peaks. Trek Distance: 12 km Trek Duration: 5-6 hours Sleeping Altitude: 4,410m
07 DAY	Tea House, Dingboche	Acclimatization Day in Dingboche (4,410m) Take a short hike to a higher altitude for acclimatization, or challenge yourself with a trek to Nangkar Tshang (5,616m). Sleeping Altitude: 4,410m
08 DAY	Tea House, Lobuche	Dingboche to Lobuche (4,940m) Follow the trail along the Khumbu Khola Valley, passing memorials for climbers and breathtaking mountain views. Trek Distance: 8.5 km Trek Duration: 5-6 hours Sleeping Altitude: 4,940m
09 DAY	Tea House, Gorakshep	Lobuche to Gorakshep (5,170m), Hike to Everest Base Camp (5,364m) Trek to Gorakshep before heading to Everest Base Camp. Return to Gorakshep for the night (4 km to Gorakshep, 3 km to EBC). Trek Distance: 4 km (to Gorakshep), 3 km (to EBC) Trek Duration: 4-5 hours (to Gorakshep), 2-3 hours (to EBC) Sleeping Altitude: 5,170m
10 DAY	Tea House, Pheriche	Hike to Kala Patthar (5,545m), Trek to Pheriche (4,240m) Climb to Kala Patthar (5545m) for panoramic sunrise views of Everest and surrounding peaks, then descend to Pheriche Trek Distance: 10 km Trek Duration: 4-5 hours (Kala Patthar), 6-7 hours (Pheriche) Sleeping Altitude: 4,240m
11 DAY	Tea House, Namche	Pheriche to Namche Bazaar (3,440m) Descend back to Namche Bazaar, enjoying the changing scenery and warmer temperatures. Trek Distance: 15 km Trek Duration: 6-7 hours Sleeping Altitude: 3,440m
12 DAY	Tea House, Lukla	Namche Bazaar to Lukla (2,840m) Trek back to Lukla, with a challenging descent and final uphill section. Trek Distance: 18 km Trek Duration: 6-7 hours Sleeping Altitude: 2,840m
13 DAY	Hotel in Kathmandu	Fly to Ramachhap, Drive to Kathmandu Fly to Ramachhap and drive to Kathmandu. Enjoy a relaxing evening exploring the city. Fly Duration: 30 min Driving Duration: 4 hr Sleeping Altitude: 1,400m.
14 DAY	Hotel in Kathmandu	Free Day in Kathmandu A day to relax, explore, and shop for souvenirs. Sleeping Altitude: 1,400m
15 DAY		Final Departure After breakfast, transfer to Tribhuvan International Airport for your departure flight.

ESSENTIALS

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| ☐ Sleeping bag | ☐ Hat |
| ☐ Neck gaiter | ☐ Sunglass |
| ☐ Base layer top / Baselayer pant (Wool, Merino wool) | ☐ Trekking pole |
| ☐ Insulated layer (fleece) | ☐ Water bottle/bladder |
| ☐ T-shirt | ☐ Toiletries |
| ☐ Puffy Jacket | ☐ Sunscreen SPF 30 / Lip balm |
| ☐ Waterproof shell Jacket | ☐ Protein bars |
| ☐ Trekking pant / half pant | ☐ Iodine tablet to purify water |
| ☐ Trekking shoes | ☐ Headlight |
| ☐ Wool socks | ☐ Toilet paper and baby wipes |
| ☐ Glove | ☐ Hand sanitizer / Hand wash |
| ☐ Towel (light) | ☐ First aid kit |
| | ☐ Take all the cash you need |

INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Ground transfer by private vehicle from Kathmandu to Ramechhap and return.
- Round-trip domestic flights: Ramechhap–Lukla–Ramechhap.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off in Kathmandu.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

IMPORTANT NOTES

- The itinerary can be customized based on your time and preferences.
- Any changes to the itinerary will result in a revised cost.
- Additional activities can be arranged on request with extra charges.
- Costs may vary due to weather conditions, political situations, or natural events.
- Single supplements are available only in hotels, not in tea houses.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of \$10 per trekker per day is expected for both the guide and porter combined (not \$10 each).
- We are not responsible for delays or cancellations of domestic flights.
- Great Himalayan Yatri Pvt. Ltd. is not liable for incidents caused by natural hazards.