



## Everest Base Camp Trek - 14 days - \$300/Person

### Trip Info

**Trip Code:** WHT/NT-04

**Grade:** Moderate

**Maximum Elevation:** 5,365M.

**Minimum:** 2 Person(s)

**Type:** Trekking/Hiking

**Activity:** Hiking and Camping

**Starts at:** Lukla

**Ends at:** Lukla

**Best Season:** Spring & Autom

**Accommodation:** Not Included

**Meal:** Not Insuded

Deservedly one of the best trekking trails in the world, Everest Base Camp is a must-go destination in Nepal. EBC Trek offers you probably one of the best hikes to the lap of world's highest peak, Mount Everest. Khumbu region itself possesses some of the best adventure treks ever imagined, and Everest Base Camp is the best among them. This wonderful adventure trip brings you to some of world's most breathtaking mountain sceneries. EBC Trek is arguably every trekker's dream trip and is the one that no one should ever miss.

Being the most popular among all trekking trips in Nepal, Everest Base Camp Trek is a fabulous journey into the Sherpa heartland. EBC Trek showcases most of world's highest peaks and such a wonderful culture of legendary Sherpa people. You can get to explore and interact with several Sherpa villages and amazingly welcoming Sherpa people and their culture. Explore the stunning Namche Bazaar with its ample modern amenities. The major highlights of EBC Trek include the amazing Sherpa culture, rich flora and fauna in Sagarmatha National Park, breathtaking sceneries of Everest and other highest peaks, and certainly some of the oldest and highest Buddhist monasteries in the region. The stunning close-up views of Everest from Kalapatthar are simply phenomenal.

We start this trip with our scenic flight from Kathmandu to Lukla. Lukla, is the starting point of our actual trek. Passing through Phakding, we eventually reach Namche-the Sherpa Kingdom, often touted as the Gateway to Everest. And we gently advance our trip towards EBC via Tengboche, Dingboche, and Lobuche. Everest Base Camp is definitely the best option for any trekking aspirants. Let's discuss this amazing trip with the best deal in the town! We are always ready to make your Everest Base Camp Trek more than memorable, a truly life-defining experience.

**Note : The fee mentioned above is only the guide's fee. You will have to pay the following additional fees.**

Kathmandu-Lukla-Ktm Flight Fee 380 Per Person :

Sagarmatha National Park Entry fee : 30\$

Khumbu Pasang Lhamu RM Entry Fee ; 20\$



# White Himalayas Treks & Expedition (P.) Ltd.

Kageshwori Manohara-5, Thali, Kathmandu, Nepal

[www.whitehimalayastreks.com](http://www.whitehimalayastreks.com)

Service Charge 30\$ Per Person

Porter 30\$ Per Day

We want to make your journey a success. Our main objective is service rather than business. We want to make every person in the world visit Nepal by providing cheap, good and reliable service.

## Itinerary

### Day 1 - Arrival in Kathmandu

Once you arrive at Tribhuvan International Airport, one of the representatives will pick you up from the airport and transfer to the hotel. Stay overnight at hotel.

### Day 2 - Flight from Kathmandu to Lukla (2865m)—35/40 minutes, Trek to Phakding(2650m) – 3 hours

We take one of the most scenic flights in Nepal, i.e. from Kathmandu to Lukla. The flight takes around 35 to 40 minutes. Located at the altitude of 2865 meters from sea level, Lukla is also the starting point of our Everest Base Camp Trek. The flight to Lukla offers some of the best and memorable views of terraced countryside, river valleys below along with some close perspectives of world's highest peaks. From Lukla, we hike to Phakding where you can find many different types of lodges ranging from standard hotels to simple clean resorts. Stay overnight at a local guesthouse.

### Day 3 - Trek from Phakding to Namche Bazaar (3446m) – 6 hours

After having breakfast in the morning, we start through beautiful forest of rhododendron. Passing through river side, we make our 5/6 hours long walk to Namche Bazaar, one of the stunning settlements in the entire Khumbu region. Namche offers boat loads of options for you to explore Sherpa Museum, culture, shopping, along with magnificent views of peaks like Everest and other green hillocks. Stay overnight at a guesthouse.

### Day 4 - Acclimatization Day in Namche Bazaar

We spend this entire day for the sole purpose of acclimatization. You can choose to go for a hike to Everest View Hotel where you can get some of the best views of Mount Everest and entire Himalayan range. Don't miss out to catch the spectacular sunrise and sunset views from Everest View Hotel. Explore the Namche Market and if interested go for local shopping as well. Stay overnight at a guesthouse.

### Day 5 - Trek from Namche to Tengboche (3867m) – 6 hours

In the morning, we hike down to Tengboche. En route, enjoy the unforgettable views of mountains like Everest, Lhotse, Nuptse, Amadablam, Thamserku and so on. The walk from Namche to Phunki is going to be quite easy. It takes further 3 hours walk to reach Tengboche which is a traditional Sherpa village. Visit Tengboche Monastery which is truly a great Tibetan Buddhist Monastery and strike up an interesting conversation with the monks as well. You can catch some of the amazing sunset views of Everest from Tengboche Monastery. Stay overnight at a guesthouse.

## **Day 6 - Trek from Tengboche to Dingboche (4481m) – 6 hours**

We leave Tengboche and start towards Dingboche today. Today's hike is going to be relatively shorter and we pass through lush green forests of birch, rhododendrons, and conifers. Meet a lot of Yaks grazing en route to Dingboche. Crossing Imja River, we eventually make our way up to Dingboche. Stay overnight at Dingboche.

## **Day 7 - Trek from Dingboche to Lobuche (4930m) – 4 hours**

Beneath the impressive Cholatse and Tawache, we continue our trip up the wide valley. Have lunch at some teahouse of Dughla. Following the zigzag trail through the boulders of the glacier's terminal moraine, we gently ascent along the glacier and eventually reach at Lobuche. Stay overnight at a local guesthouse.

## **Day 8 - Trek from Lobuche to Gorakshep (5160m), trek to EBC (5365m) – 9 hours**

We follow the Khumbu Glacier to reach our next stop, i.e. Kalapatthar. The trail offers the superb views of surrounding mountains. Gorakshep is going to be our campsite. At Gorakshep, we have an early night preparation for EBC trek the following day. Once we reach the EBC, we return back to Gorakshep again for our overnight stay.

## **Day 9 - Trek from Gorakshep to Pheriche (4283m) – 6 hours**

As we have to reach Kalapatthar, we have to move early in the morning. Enjoy the most stunning views of Everest from Kalapatthar. The time on Kalapatthar is going to be an ecstatic moment indeed. We then return back to Pheriche and stay overnight.

## **Day 10 - Trek from Pheriche to Tengboche – 5 hours**

From Pheriche, we directly stroll down to Tengboche. The walk takes around five hours to reach Tengboche. Stay overnight at a local guesthouse.

## **Day 11 - Trek from Tengboche to Namche Bazaar – 6 hours**

Stroll the same way back to Namche from Tengboche. Stay overnight at a guesthouse.

## **Day 12 - Trek from Namche Bazaar to Lukla – 7 hours**

From Namche, once again, stroll the same way back to Phakding. It takes around seven hours to reach Phakding. Stay overnight at a guesthouse.



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## **Day 13 - Flight from Lukla to Kathmandu 35/40 minute**

Take your returning flight from Lukla to Kathmandu. If interested, you can go for last minute shopping or go on exploring the city. Stay overnight at a hotel.

## **Day 14 - Depart Kathmandu**

Time to say farewell to Nepal. Enjoy your last moments in Kathmandu with breakfast in a café, a city stroll, and/or souvenir shopping. A representative will meet you at your hotel and drive you to the airport for your return flight home. It's good to be at the airport at least two hours prior to departure.



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## Cost Includes

- English Speaking Guide Fee & Airfare
- Insurance of Guide
- Hotel & Food of Guide

## Cost Excludes

- Meals on full board (Breakfast, lunch and dinner) during the trekking
- All accommodations during the trek.
- If you need we will provide you sleeping bag, down jackets, Duffle bag and, if necessary etc.
- Travel & Rescue arrangement.
- International airfare.
- Nepal entry visa ( You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, hot and cold drinks)
- Personal trekking Equipments.
- Personal shopping and laundry etc.
- Tips for trekking staff and driver.
- If you need porter pay 30\$ Per day
- you need to pay 15 dolar per Person for Arrival & Departure