



# Everest Basecamp Trek



Photo by Ramesh Chaudhary

## Trip Overview:

Everest Basecamp Trek is one of the not-to-miss treks in the world for those who enjoy walking and hiking in the high mountains. High mountain views seen during the trek are seen nowhere else in the world. The trek begins with a magnificent mountain flight to Lukla, which offers breathtaking mountain views including Mt. Everest. The trek also offers ample opportunity to experience authentic culture and hospitality of legendary Sherpa people of the Himalayas. We will also visit some ancient monasteries. Kala Pattar is the highest point of the trek.

## Trek Highlights:

- Magnificent views of high mountains including Mt. Everest.
- Visit some highly revered monasteries.
- Experience Sherpa culture and hospitality
- Unmatchable mountain scenery.

**Trek Features:**

Total Duration:	12 Night/13 Days
Max. Elevation:	5,550m
Trek difficulty:	Strenuous and physically challenging
Trek style:	Tea house trek
Group size:	Max. 12 plus a local trek leader
Best months:	September to December & March to June
Accommodation:	Twin sharing hotels in Kathmandu and local lodges during the trek (Based on B & B in city and full board during the trek)
Trip starts/Ends:	In Kathmandu, Nepal
Trek leader:	Ramesh Chaudhary

**Day-to-day Detailed Itinerary:****DAY 1 (10/10/2022) Arrival in Kathmandu**

One of representatives of Visit Kailash Treks will meet and greet at the Kathmandu Airport and arrange immediate transfer to hotel. A detailed briefing about immediate and further arrangements will be delivered, which will be followed by Welcome Dinner.

**DAY 2 (11/10/2022) Fly to Lukla and trek to Phakding/Monjo (2,840m)**

We will fly to Lukla by the earliest flight. The flight to Lukla offers magnificent views of high mountains including Mt. Everest, the highest mountain in the world. After arriving at the Lukla airport, we will meet our porters and commence trekking to Phakding (2,640m). The trail is gentle and goes pass several traditional Sherpa villages.

<b>Flight</b>	<b>Descent</b>	<b>Ascent</b>	<b>Walking</b>	<b>Accommodation</b>	<b>Meals</b>
35 mins.	-	230m	4-5 hours	Local lodge	BLD

**DAY 3 (12/10/2022) Trek to Namche Bazaar (3,440m)**

After having breakfast and enjoying morning mountain views, we will commence our trekking to Namche Bazaar. We will have lunch stoppage at Monjo and then we will continue walking to Namche Bazaar. The trail starts ascending sharply straight after crossing the highest suspension bridge on Imja Khola. If weather is clear, we will see the Mt. Everest and Taboche peak from half way to Namche.

<b>Descent</b>	<b>Ascent</b>	<b>Walking</b>	<b>Accommodation</b>	<b>Meals</b>
200m -	600m	6-7 hours	Local lodge	BLD



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**DAY 4 (13/10/2022) Trek to Deboche (3,820m)**

Kyangjuma offers the best view of Mt. Ama Dablam in the morning. So, after enjoying morning mountain views and having breakfast, we will start trekking to Deboche. The trail gently descends down to Phungi Tanga and ascends all the way to Tengboche Monastery. After having lunch and visiting Tengboche Monastery, one of the highly revered monasteries in the Everest region, we will gently descend down to Deboche for night haul.

<b>Descent</b>	<b>Ascent</b>	<b>Walking</b>	<b>Accommodation</b>	<b>Meals</b>
200m	400m	5-6hours	Local lodge	BLD

**DAY 5 (14/10/2022) Trek to Dingboche (4,420m)**

Deboche also offers magnificent views of Mt. Ama Dablam and some other beautiful mountains. After enjoying mountain views and having breakfast, we will commence trekking to Dingboche. We will stop for the lunch at Sommare.

<b>Descent</b>	<b>Ascent</b>	<b>Walking</b>	<b>Accommodation</b>	<b>Meals</b>
	600m	5-6 hours	Local lodge	BLD



Mt. Pumori by Ramesh Chaudhary

**DAY 6 (15/10/2022)      Trek to Lobuche (4,920 m)**

After breakfast, we will start walking to Lobuche. The trail gently climbs to Thugla where we will stop for lunch. The trail sharply climbs to Thugla Pass where memorials of various climbers have been placed. The Mt. Pumori starts appearing once we walk pass Thugla. The trail is gentle all the way to Lobuche after Thugla.

<b>Descent</b>	<b>Ascent</b>	<b>Walking</b>	<b>Accommodation</b>	<b>Meals</b>
	6500m	5-6 hours	Local lodge	BLD



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### **DAY 7 (16/10/2022)      Trek to Gorak Shepp and hike to EBC (5,365m)**

Mountain views become dramatic and mountains start looking much closer since we will be surrounded by high mountains. We will reach Gorak Shepp at the lunch time. After having lunch, we will hike to Everest Basecamp (EBC) to see Khumbu Icefall and Khumbu glacier. After enjoying glacier and icefall views, we will return to Gorak Shepp for night haul.

<b>Descent</b>	<b>Ascent</b>	<b>Walking</b>	<b>Accommodation</b>	<b>Meals</b>
400m	200m	6-7 hours	Local lodge	BLD



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**DAY 8 (17/10/2022) Hike to Kala Pattar (5,550m) and trek to Pheriche (4,210m)**

Before breakfast, we will hike to Kala Pattar for close-up views of Mt. Everest and Mt. Pumori and sunrise. After enjoying morning mountain views and sunrise, we will return to Gorak Shepp for breakfast and then trek to Pheriche to spend overnight.

Descent	Ascent	Walking	Accommodation	Meals
900m	300m	6-7 hours	Local lodge	BLD

**DAY 9 (18/10/2022) Trek to Namche Bazaar (3,440m)**

The trail descends down all the way to Phungi Tanga and then climbs gently to Kyangjuma. After Kyangjuma, the trail gently descends down to Namche Bazaar.

Descent	Ascent	Walking	Accommodation	Meals
1,000m	200m	6-7 hours	Local lodge	BLD

**DAY 10 (19/10/2022) Trek to Lukla (2,840)**

After breakfast, we will start descending all the way to Monjo and then to Phakding. The trail climbs up to Lukla after Phakding.

Descent	Ascent	Walking	Accommodation	Meals
600m	200m	6-7 hours	Local lodge	BLD

**DAY 11 (20/10/2022) Fly to Kathmandu**

We will fly to Kathmandu after breakfast.

**DAY 12 (21/10/2022) Contingency day**

A reserve day just for in case there is flight delay caused by bad weather.

**DAY 13 (22/10/2022) Depart for onward journey**

Visit Kailash Treks will provide a private vehicle for airport transfer 3 hour prior to your flight.



Photo by Ramesh Chaudhary

**Total Trip Cost:**

USD 1,799/person for the entire trip

Single Supplement: USD 199

**The cost includes:**

- All ground transfers as specified in the itinerary.
- Hotels (2 nights in Kathmandu) on twin sharing and b/b basis.
- Kathmandu-Lukla-Kathmandu flight fare.
- Local lodge accommodation during the trek.
- All meals and tea/coffee during the trek.
- Cost of extra porters for only needy ones.
- All necessary trek permits.
- Service of professional trek team leader and support staffs.
- First Aid Medical kit.
- Visit Kailash Treks' duffel bag, rain poncho and water bottle holder.

**The cost does not include:**

- Nepal visa fee.
- International flight fares.
- Travel and medical insurances, which must include the cost of emergency land/air evacuation.
- Lunch and dinners in Kathmandu.
- Pure personal trekking gears.
- Pure personal nature expenses, e. g. bar bills, mineral water, telephone, WIFI, laundry and etc.
- Any other costs not specified in the itinerary, but may incur due to unforeseen circumstance



See You in the Himalayas.....