



## 16 Days Everest Base Camp Trek

### Facts

**Destination:** Nepal

**Trip Difficulty:** Moderate

**Trip Style:** Trekking

**Transport:** As Itinerary

**Food:** Breakfast + Lunch + Dinner

**Accommodation:** Hotel + Lodge

**Group Size:** 1-12 people

**Max Elevation:** 5,545 m/18,192 ft

**Arrival on:** Kathmandu, Nepal

**Departure from:** Kathmandu, Nepal

We, Go For Nepal Treks & Expedition have a wide range of Everest Base Camp Trek that will surely meet your needs. You will be trekking in the eastern part of Nepal where you will see some of the highest mountains of the Earth. Everest Base Camp Trek 16-days is designed to give you enough acclimatization days during the trek as well as an extra day in Kathmandu to explore around. Being one of the most famous treks in the world, Everest Base Camp Trekking attracts thousands of adventure enthusiasts every year. The trek will gradually lead you to the lap of Mt. Everest (8,848 m), the world's highest mountains. This trek will present you breath-taking views of the Himalayan landscape as well as panoramic views of Himalayas.

This is a journey that will bring closer to the unique lifestyle of the Sherpa people and their

culture. If you are someone looking to for a life-changing experience then pursue Everest Base Camp Trekking. Within a span of a few days, you will be standing lowkey on top of the world far away from your home. With our experienced and professional team, you can do Everest Base Camp Trek without any problem. For any queries, feel free to contact us anytime.

## Highlights

- Thrilling flight to Lukla.
- Trek along the banks of the lovely Dudh Koshi river through Sagarmatha National Park and reach Namche Bazar.
- Get to experience ancient culture and tradition of Sherpas.
- Visit Tengboche monastery, the oldest & biggest monastery of Khumbu region.
- Walk past the memorial in Gorakshep.
- Explore the Everest Base Camp.
- Hike to Kala Patthar vantage point to witness a stunning sunrise.
- Witness tempting beauty of the Himalayan landscape.
- Observe surreal views of snowy mountains like Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Bruntse, Mt. Cho Oyu, Mt. Kongde, Mt. Pumori, Mt. Ama Dablam, Mt. Thamserku, etc.

## Day to Day Itinerary

**Day 1: Arrival in Kathmandu via respective Airlines.**

**Day 2: Fly to Lukla (2,820 m) and walk to Phakding (2,640 m); 4 hrs.**

**Day 3: Trek to Namche Bazaar (3,440 m); 5 hrs.**

**Day 4: Rest day at Namche for acclimatization and hike to nearby areas.**

**Day 5: Trek to Tengboche Monastery (3,867 m); 5 hrs.**



**Day 6: Trek to Dingboche (4,360 m); 5hrs.**

**Day 7: Rest day at Dingboche for acclimatization and excursion.**

**Day 8: Trek to Lobuche (4,930 m); 5 hrs.**

**Day 9: Trek to Everest Base Camp (5,364 m) and return to Gorakshep (5,180 m); 6 hrs.**

**Day 10: Hike to Kalapathar (5,545 m) trek to Pheriche (4,240 m); 5 hrs.**

**Day 11: Trek to Kyanjima (3,630 m), near Namche & Khumjung via Thyangboche; 6 hrs.**

**Day 12: Trek to Monjo (2,880 m); 6 hrs.**

**Day 13: Trek to Lukla; 4 hrs.**

**Day 14: Fly back to Kathmandu and transfer to your hotel.**

**Day 15: Free day in Kathmandu with an optional sightseeing tour.**

**Day 16: Transfer to International Airport for flight homeward bound.**

## **Cost Includes**

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- Standard twin sharing accommodation in a three or four star hotel in Kathmandu; Breakfast included. (3 nights)
- All your standard Meals during the trek (Breakfasts, Lunches and Dinners) one item menu.
- Licensed English speaking guide.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Everest National Park permits and TIMS permit for trekking.
- Airfare from Kathmandu – Lukla – Kathmandu including airport departure tax in Kathmandu and Lukla airport.

- Farewell dinner in typical Nepali Restaurant with cultural dance show on second last day.
- All our government taxes, vat, tourist service charges.
- Official expenses.

## **Cost Excludes**

Air travel to/from Nepal.

Lunch & dinner in Kathmandu.

Soft/hard drinks, laundry, postage, telephone bills, all items of personal nature.

Personal clothing, insurance against accidental, medical and emergency rescue evacuations.

Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.

Sightseeing around Kathmandu valley.

Travel Insurance.

Emergency helicopter rescue evacuation arrangements will be covered by travel insurance.

Guide Potter Tips.