



EVEREST BASE CAMP TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Nepal, India



DISTANCE

110 kms



MAX ALTITUDE

18,200 Ft



LAST ATM

Kathmandu



BEST SEASON

Mid April-June & Sep-Mid
Nov



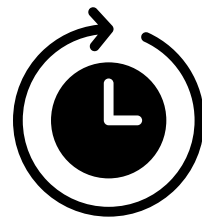
BASE CAMP

Kathmandu



DIFFICULTY

Difficult



DURATION

13 Days & 12 Nights



SERVICE FROM

Lukla to Lukla
Dehradun to Dehradun



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SHORT ITINERARY



DAY 1

Arrive at kathmandu

DAY 2

Fly to Lukla, Trek to Phakding| Enjoy a scenic flight

DAY 3

Phakding to Namche Bazaar| A major Trading Hub in Khumbu

DAY 4

Acclimatization day| Explore Namche bazaar

DAY 5

Namche Bazaar to Tengboche| Visit the Largest Buddhist Monastery Of Khumbu



SHORT ITINERARY



DAY 6

Tengboche to Dingboche | Stunning views of Ama Dablam

DAY 7

Dingboche (Rest Day)| Acclimatize to Higher Altitudes

DAY 8

Dingboche to Lobuche | Pay your Respects in Everest Memorial

DAY 9

Lobuche to Gorkhashep | Excursion to Everest Base Camp

DAY 10

Hike to Kalapatthar and Retreat Trek to Pangboche/ Pheriche| Enjoy arresting views of MT. Everest



SHORT ITINERARY



DAY 11

Pangboche to Namche Bazaar | Buy some Souvenirs

DAY 12

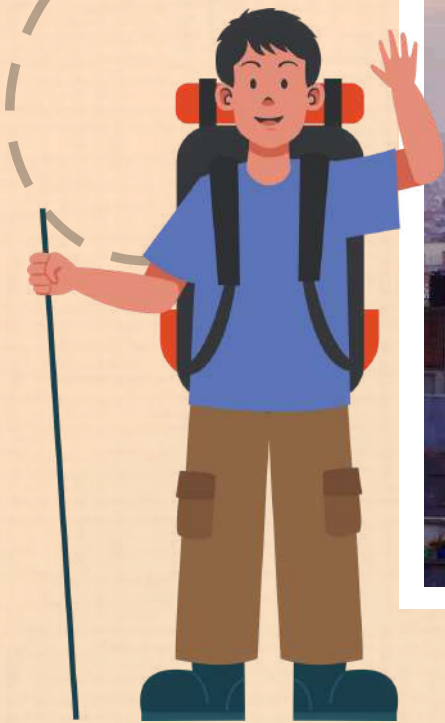
Namche Bazaar to Phakding to Lukla| Last day of Trekking

DAY 13

Fly back to Kathmandu| Bid Adieu to the Mountains



ITINERARY



DAY 1

Arrive at kathmandu

The first day is spent in Kathmandu, Nepal's bustling metropolis, filled with vibrant alleys, trekking shops, and tourist cafés set against towering mountains. It's the perfect place to buy top-quality gear or replace missing essentials before your trek. Travelers from around the world explore the city for climbing equipment suited for the Himalayas. While Indian currency is accepted, it's best to exchange money for Nepali rupees, as only cash is accepted in the higher tea houses.





DAY 2

Fly to Lukla, Trek to Phakding| Enjoy a scenic flight

After breakfast, take a 35-minute scenic flight from Kathmandu to Lukla, offering breathtaking views of the Khumbu region. Upon arrival, begin the trek through Lukla's cobblestone paths and forest trails, passing mani walls and prayer wheels. A brief checkpoint stop is required to show permits before continuing on an easy 7 km hike. The route descends 300m before gradually ascending 100m to reach Phakding, where trekkers spend the night in a cozy tea house.

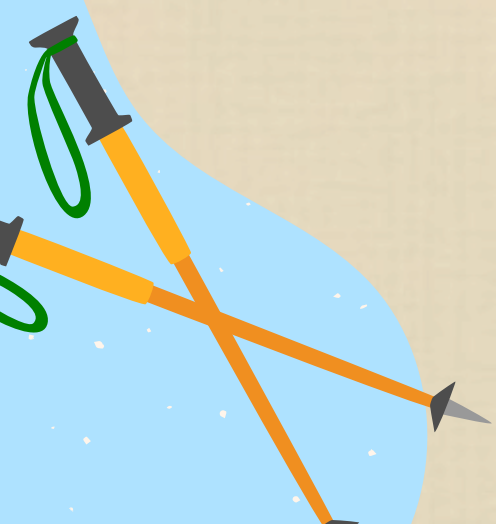




DAY 3

Phakding to Namche Bazaar| A major Trading Hub in Khumbu

Today's 11 km trek (6-7 hours) introduces more challenging terrain. Cross the Dudh Kosi River twice via iconic suspension bridges, passing Buddhist mani stones along the way. After a scenic ascent and descent, stop for lunch at Monjo, the gateway to Sagarmatha National Park, where permits are checked. The trail then descends to Jorsalle before a steep climb through lush forests. The final stretch includes a high suspension bridge over a deep gorge, followed by a 600m ascent to Namche Bazaar. If the weather is clear, catch your first glimpse of Everest before settling into a tea house for the night.



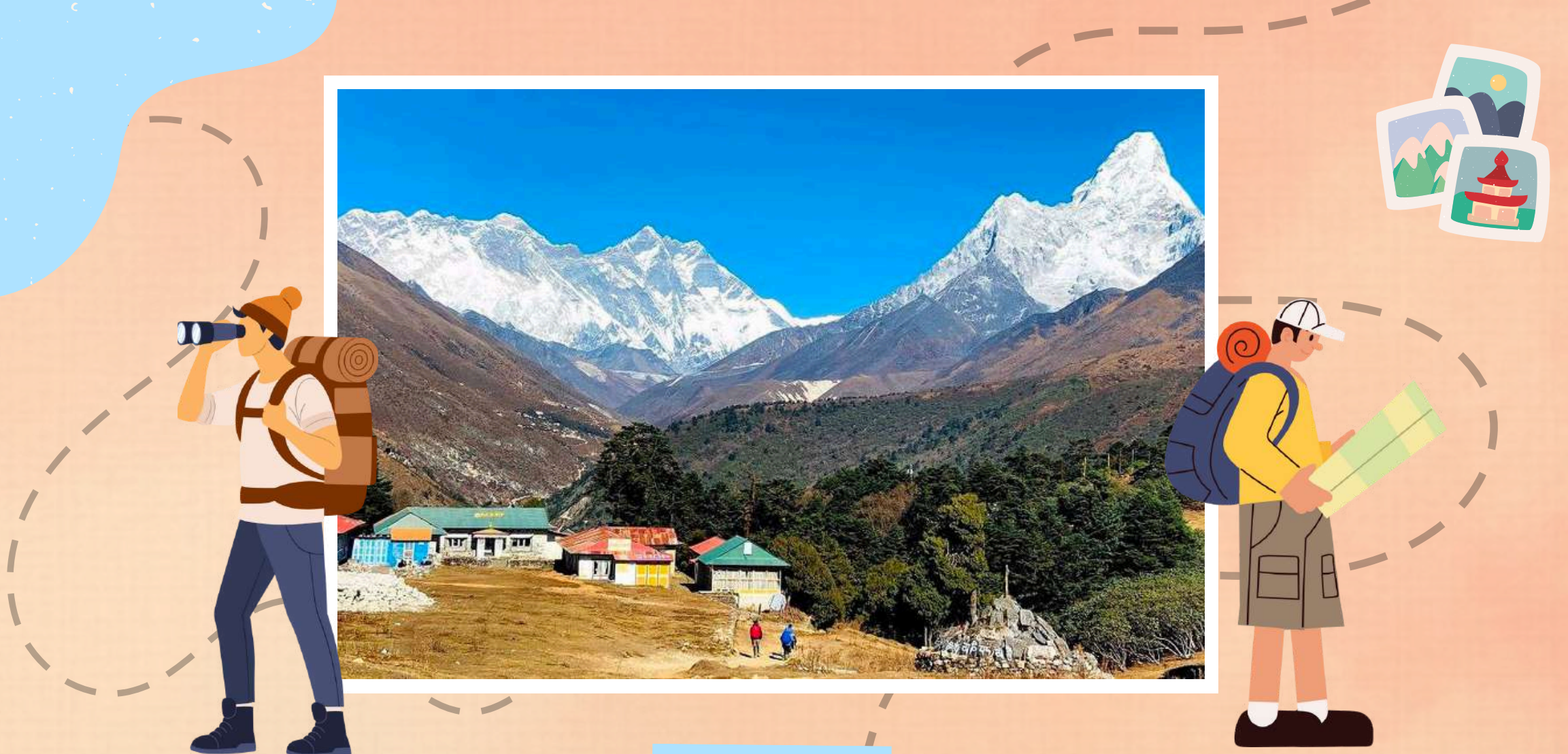


DAY 4

Acclimatization day| Explore Namche bazaar

Acclimatization day| Explore Namche bazaar





DAY 5

Namche Bazaar to Tengboche | Visit the Largest Buddhist Monastery Of Khumbu

Duration: 6-7 hours, Distance: 10-11 km At 3,860 metres above sea level, Tengboche is a tiny valley. We begin our picturesque journey between the two towns by travelling through Namche on a road built with stones that runs alongside a creek. The panorama is dominated by Thamserku, a stunning peak rising to 6,608 metres, with Ama Dablam, one of the strangest-shaped mountains, farther up the valley. The south faces of Lhotse and Nuptse, which narrow the valley in front of you, meet at a ridge, and Everest is visible above it. The track consists of brief ascents and brief descents, just long enough for you to catch your breath before the next short ascent. By midday, you will arrive at your stop-hold for the day.





DAY 6

Tengboche to Dingboche| Stunning views of Ama Dablam

Today's 5-6 hour trek begins with a ridge crossing into a birch and rhododendron forest. After a gradual 260m ascent, reach Lower Pangboche in under two hours, offering stunning views of Ama Dablam. Stop for tea or lunch before continuing through scenic trails with glimpses of famous Himalayan peaks. The route follows the Lobuche River, passing moraines before arriving at Dingboche. Enjoy breathtaking views of Lhotse's south face and don't miss the stunning sunset over this vast mountain village.

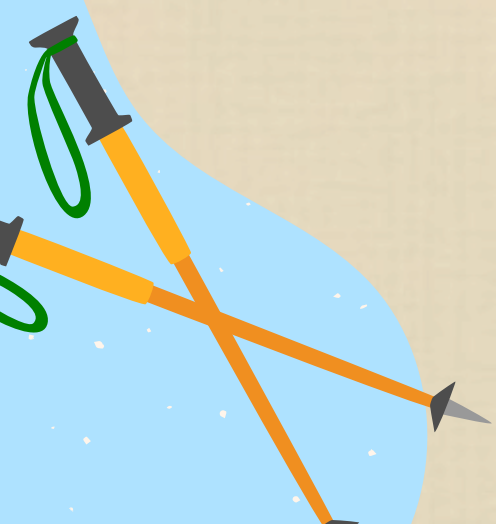




DAY 7

Dingboche (Rest Day)| Acclimatize to Higher Altitudes

Over the past few days, you have ascended more than 2000 metres. This is a good time to take a break so that you may relax your body and allow it time to adjust to the increased elevation. It is now more equipped to manage the elevation it will encounter in the following days. The best and most effective way to acclimatise at this altitude is to expose oneself to the mountain air, so don't forget to get some fresh air. In this area, there is a lot to see and enjoy. From here, you may take a short journey to reach three of the highest mountain peaks in the world: Mount Lhotse, Mount Makalu, and Mount Cho Oyu.



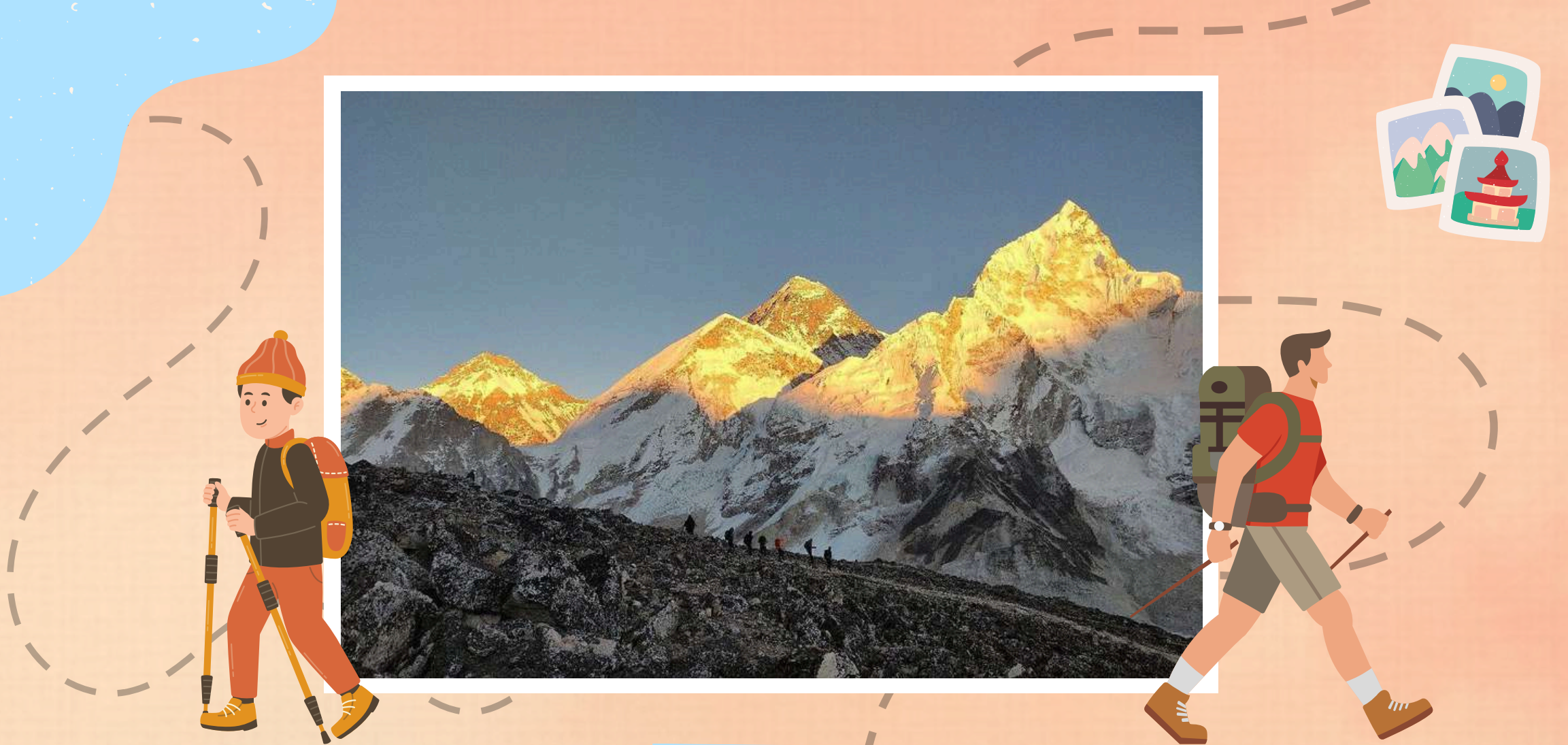


DAY 8

Dingboche to Lobuche|Pay your Respects in Everest Memorial

Trek Distance : 7 Km Duration : 6 hours On the 8th day of the trek to Everest Base Camp, you will travel from Dingboche to Lobuche, the second-highest village along the trail. During this day, you will have the opportunity to witness the renowned Khumbu Glacier as you walk alongside it for a significant portion of the journey. To begin the trek to Lobuche, you will follow the path behind Dingboche village, on the left side of town, which is the same route as the previous day's ascent to Nangkartshang Peak if you choose to take that path.



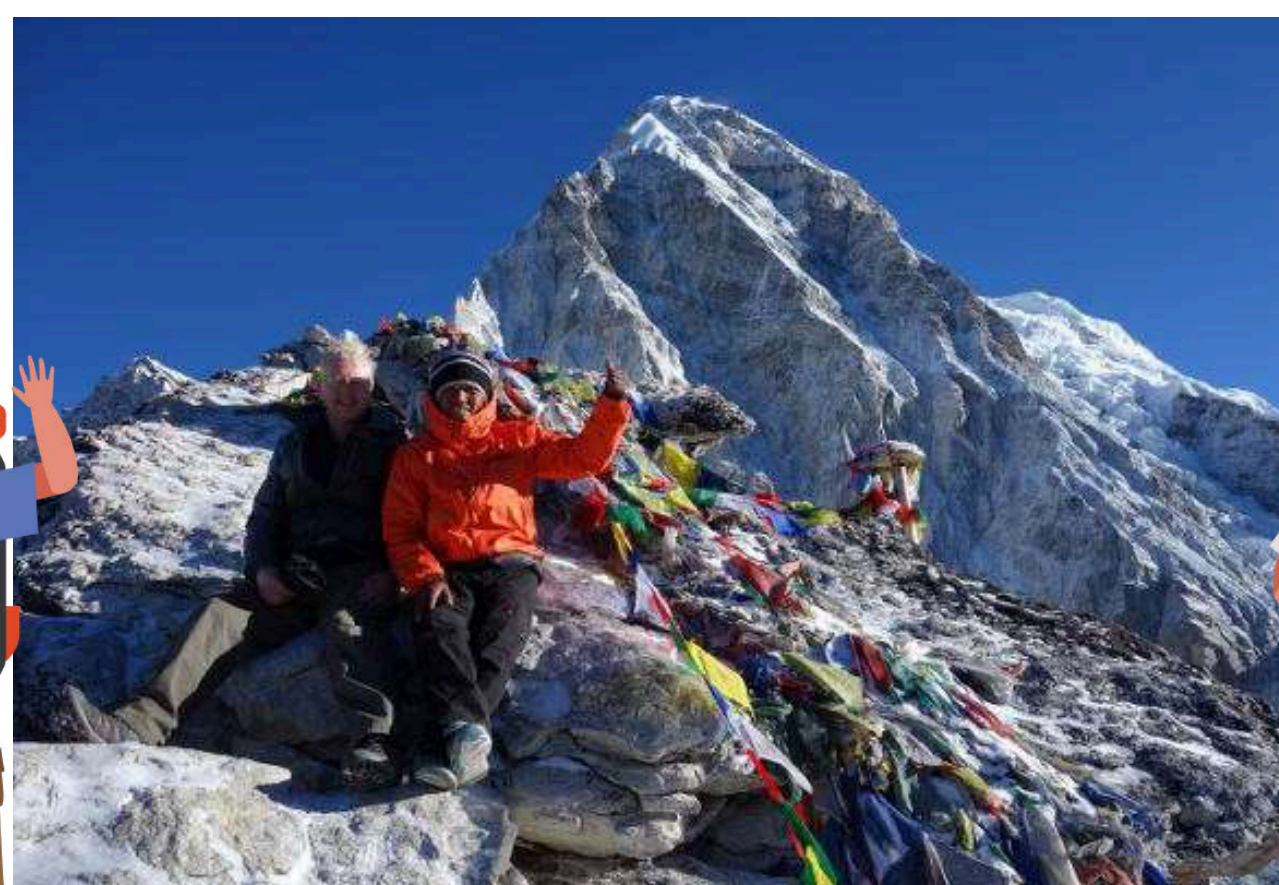


DAY 9

Lobuche to Gorkhashep| Excursion to Everest Base Camp

Today's 7-8 hour trek follows the Khumbu Glacier's rugged moraines with constant ascents and descents. After reaching Gorakshep for a meal, continue towards Everest Base Camp, passing Mount Pumori and Nuptse with breathtaking glacier views. At the base camp, witness the towering Khumbu Icefall and experience the awe of standing among the world's highest peaks. A short trek on the glacier offers a glimpse into Everest expeditions. After soaking in the stunning scenery, retrace your steps back to Gorakshep for the night.



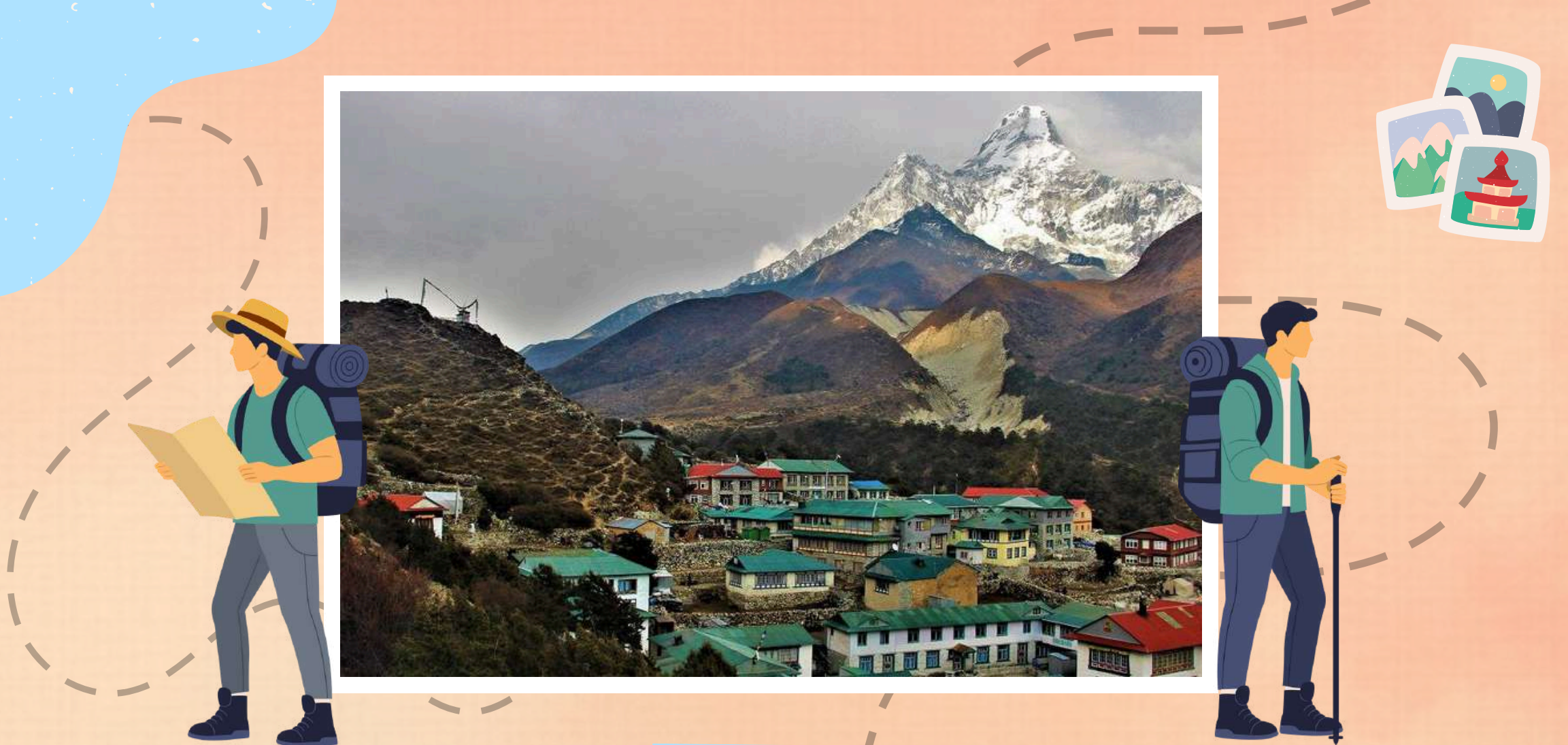


DAY 10

Hike to Kalapatthar and Retreat Trek to Pangboche/ Pheriche| Enjoy arresting views of MT. Everest

Start early for the 3-hour ascent to Kala Patthar (5,540m), offering the most stunning panoramic views of Mount Everest. The summit is extremely windy, so time at the top is limited. After taking in the breathtaking scenery, descend over 1,300m to Pheriche, a journey of about 4 hours. Nestled in a flat valley along the Dudh Kosi River, Pheriche offers a peaceful stop for the night after an adventurous day.



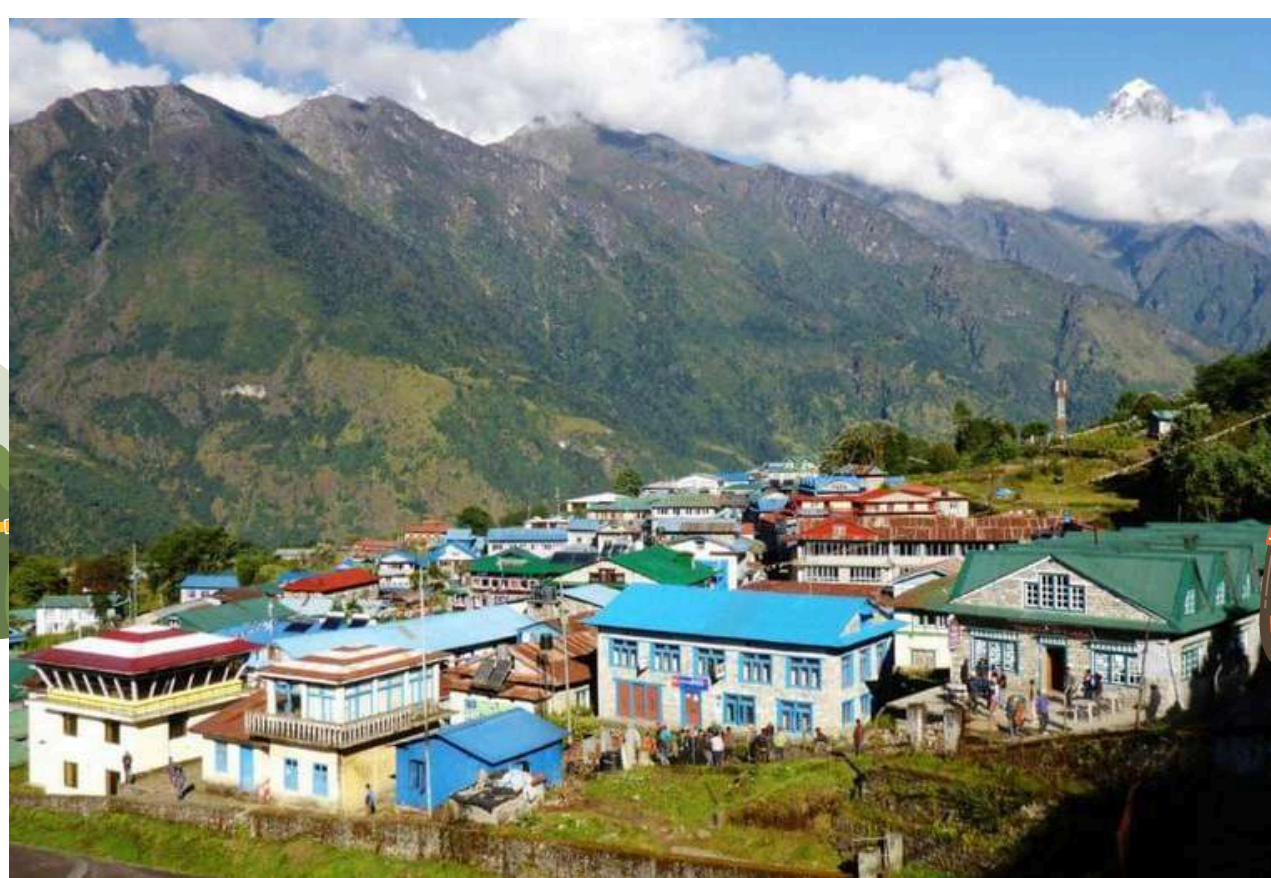


DAY 11

Pangboche to Namche Bazaar| Buy some Souvenirs

This morning the trail will pass through river, birch, and rhododendron forests to Tengboche. As you trek down the trail, you will see majestic mountain ranges. Everest, Lhotse, Kantege, Kwangde, Nuputse, Tawache, Ama Dablam, and Thamserku are a few of the Himalayan giants to be seen on the way. The trek will be downwards from Tengboche to the Dudh Kosi bridge. When you reach Phunki Tenga, you will witness water-driven prayer wheels before reaching Namche camp.

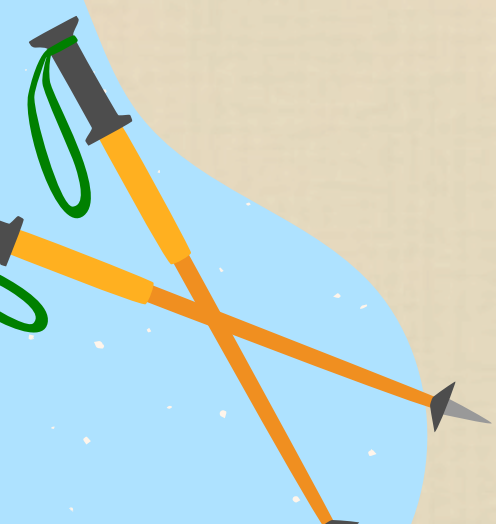




DAY 12

Namche Bazaar to Phakding to Lukla| Last day of Trekking

On the last day of the trek, the trail will follow from Dudh Kosi down to Lukla. And through Phkading and passing through the lush green forest, you will reach Lukla. In the evening, the Trekup India team plans a celebration to celebrate the trek with the trekker. You will get to party with sherpa guides and porters who will show some steps of the Sherpa dance, and you can also try chang (local beer). It will be the most fitting way to end an adventurous and fantastic trip.





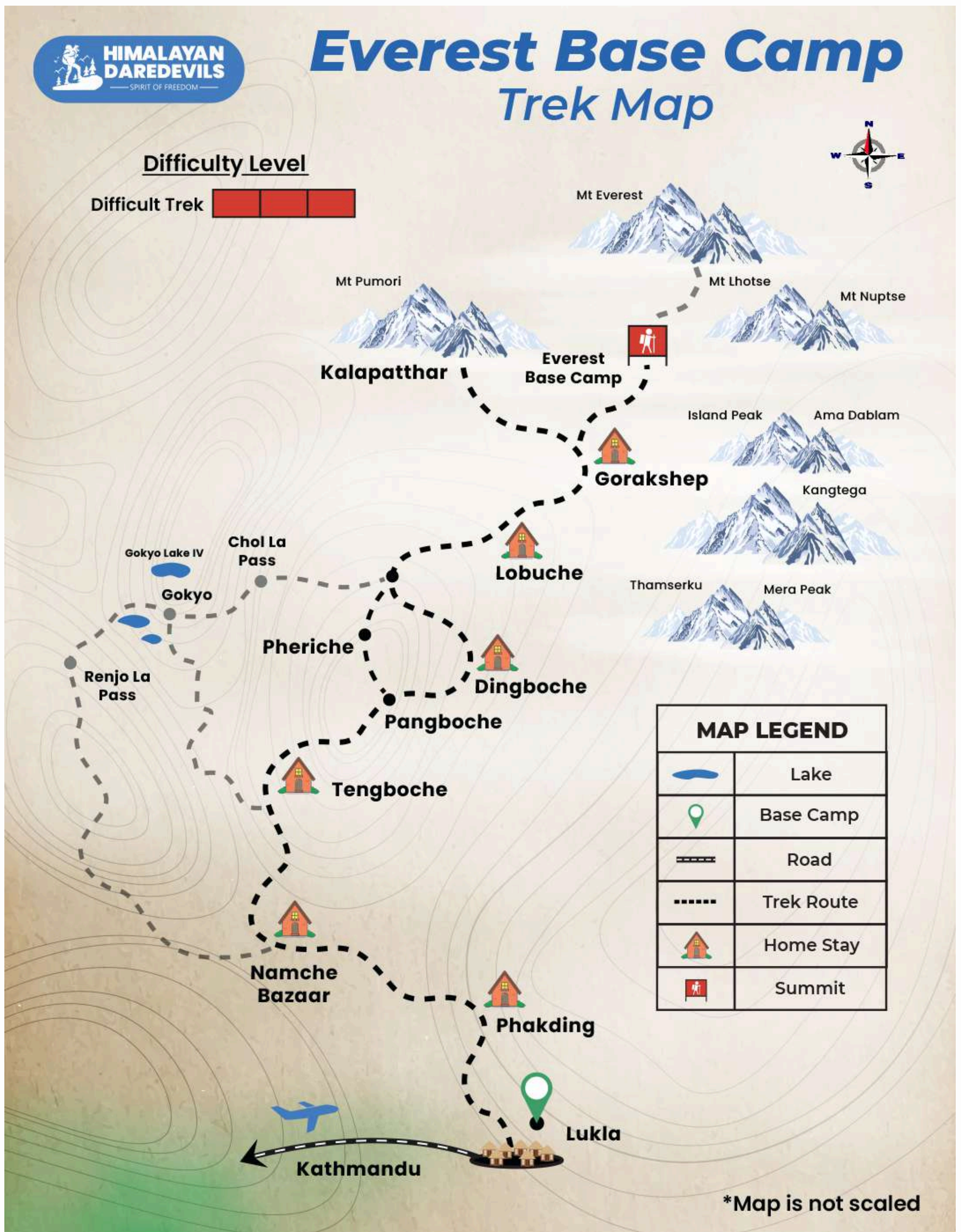
DAY 13

Fly back to Kathmandu| Bid Adieu to the Mountains

Today well in time as per the flight schedule we will drive to airport and board the same to Ramechap/Kathmandu. Arrival meets and receives by company representative and drives to booked hotel. Evening followed by a farewell Dinner and certificate ceremony.



TREK MAP





INCLUSIONS



- **Accommodation** - Day 2 and Day 13 you will be staying in Tea-House
- **Team** - Certified English Speaking Guide, Assistant Guide and other staff
- **Meals** - All meals from Day 2 (dinner) Lukla to Day 13 (Breakfast) Lukla
- **Medical Facility** - First aid medical kit and oxygen cylinder
- All Permits Khumbu Municipality Fees
- Service from Lukla to Lukla
- Trek Completion Certificate





EXCLUSIONS



- All optional additional tours or activities during free time
- Porters for the personal bag
- Phone charging, Charging batteries, hot showers
- International or National Air Fare
- Visas
- 5% GST
- Travel Insurance
- Tips
- Any kind of personal expenses.
- Food during the transit.
- Transport
- Any kind of emergency evacuation charges
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.



WHAT TO CARRY



TREKKING SHOES



BACKPACK



HAND GLOVES



HEAD LAMP



LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

Planning your onward flight/train booking

If you are travelling from India or any other country, book your flight tickets for Day Minus One, which is two days before Day 1 on the itinerary. If your trek start day is 15 September, book your air tickets for 13 September to either Kathmandu on 14 September to Lukla.

Option 1: Fly to Kathmandu and then fly to Lukla

This is the quickest way to reach Lukla. Take a flight to Kathmandu and then another flight to Lukla.

Lukla is a small town with an airstrip that drops off to the valley. There are daily flights in the morning from Kathmandu to Lukla. Flights into Lukla are highly weather-dependent. A cloud covering a mountain ridge can shut down the entire airport! This is why you must book the first flight out of Kathmandu and factor in buffer days in the itinerary.



HOW TO REACH

Tip: If you are reaching Kathmandu early on Day Minus One, you can think of taking a flight on the same day as well. We have seen the notorious airport of Lukla where trekkers have missed flights for two straight days because of weather conditions. This will give you two buffer days in case there is any delay.

Reaching Lukla early will give time for your body to acclimatise better as well.

Option 2: Fly to Kathmandu and then fly to Lukla via Ramechhap

In case a flight from Kathmandu to Lukla isn't working out, your other option to Lukla will be to take a flight from Manthali airport, which is close to Ramechhap.

Take a regular shared cab or bus from Kathmandu to Ramechhap. The duration of the drive is between 5-7 hours. And these modes of transport are almost always available in trekking season.

Tip: The best way is to take a shared Cab from New Bus Park Kathmandu, which cost NPR 500, is much more comfortable than a bus and moves after every one hour.



HOW TO REACH

Option 3: Trek to Lukla on your own

Take this option if you are reaching out more than a week in advance to Kathmandu.

The trek starts from a small village called Jiri which is 7-8 hrs of bus journey from Kathmandu. It is an astounding distance of 56 km and can take anywhere between 4 days to 7 days to reach Lukla.

Again, do this only if you have a lot of time in hand and the required experience and fitness to be able to trek for 16 days after this.

Planning your return flight/train booking

The trek ends at Lukla on Day 17 including a buffer day. For your return journey, you can again fly back from Lukla to Kathmandu. Or you could fly via Ramechhap.

Taking into account the buffer day: Booking your return tickets requires some thought. First, always book your return ticket keeping in mind the buffer day. The buffer day must be included in your itinerary. If your trek ends on Day 16 do not book your flight/bus tickets for Day 16. Instead, book for Day 17. Day 17 is your buffer day.



HOW TO REACH

Planning your hotel/stay

While booking hotels on your return, always assume book your rooms assuming the buffer day is not being used. Assume the trek is going to run without any hiccups. So what happens if you use your buffer day on the trek? Unfortunately, then you'll probably lose your hotel booking.

So book hotels where you may not have to transfer money in advance. Even if you do, consider it better than missing out on the trek. In Kathmandu, it is not difficult to find last minute hotel bookings if in case the buffer day is used.



FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

Fitness target:

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.



CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand we plan everything including guide fees, permits, accommodation and ration in advance. Therefore any cancellation means inconvenience and certain losses to the people involved in various stages of programme. Keeping that in mind, our cancellation charges are as below-

Cancellation prior to 30 days from start of the event: Get monetary refund with 15% of cancellation charges on trek fee.

Cancellation between 30 days and 15 days to the start of event: 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Cancellation less than 15 days to the start of event: No refund.

**Please note cancellation will be only accepted by email.
Booking amount is non refundable.**



CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars or any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

We plan itineraries based on the information at the time of planning and in rare circumstances, there are subject to change. In the event that the itinerary is changes or delayed due to unforeseen circumstances such as bad weather conditions, transportation delays, government intervention, landslides etc. We will always aim to give you the best experience possible. However The Himalayan Daredevils are not be held responsible for the cost of delay or changes

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