EVEREST BASE CAMP TREKKING 2023

Day 01: Arrival in Kathmandu: Upon your arrival in the Kathmandu airport, you will be greeted by a representative from Treklanders Adventures. After completing your custom formalities (Visa, etc.) pick up your luggage and look for our representative with Treklanders Adventures display board at the arrival gate. You will be then transferred to your hotel.

Day 02: Kathmandu – Lukla (2750m) – Phakding (2610m):35 min fly and 4 hours trek: Our guide will pick you from your hotel in Kathmandu and drive to the airport. You will board the early morning flight from where you will fly to Lukla (2750 m.) in about 45 minutes. You will walk for about 3-4 hours to Phakding (2610 m.), a fairly plain terrain inhabited by Sherpas. Later in the afternoon, you will follow upstream Dudhkoshi River and spend the night in a lodge**. Included meal:- B.L.D.**

Day 03: Phakding - Namche Bazaar (3440m):5 to 6 hrs. Trek: You will trek for nearly seven hours to reach Namche Bazar (3440 m.), the famous town in Solukhumbu. The last three hours of this trek will be tough, but the beautiful sceneries on the way will make you will forget your tiredness. The night will be spent in a local teahouse. **Included meal:- B.L.D.**

Day 04: Namche Bazaar (Rest Day): To help your body adjust with the high altitude conditions, we will spend the day for acclimatization. You can do some daytime hiking and explore Khumjung village and return to the teahouse at Namche Bazaar for the night-stay. **Included meal:- B.L.D.**

Day 05: Namche Bazaar – Tengboche (3680m):5 to 6 hrs trek: You will reach Tengboche (3860 m.), a perfect viewpoint to observe beautiful peaks of AmaDablam and the picturesque Thamserku, and a greater part of the Himalayan range in the Khumbu Region. **Included meal:- B.L.D.**

Day 06 Tengboche – Dingboche (4410m):5 to 6 hrs.Trek: Dingboche (4250 m.) lies at about a walking distance of six to seven hours from Tengboche. Due to the rising altitude, you will be walking slower than on previous days. **Included meal:- B.L.D.**

Day 07 Dingboche-Rest Day: This will be the second day of acclimatization. You will be taken on a day trip to Chhukung Valley and back to Dingboche. Rest and rejuvenation are quite essential for you in order to continue the trekking next day. High altitude treks are usually carried out along

with acclimatization in parallel. It is necessary for your body to be familiar with the surrounding altitudes. Frequent acclimatization is a must, and your guides will encourage it. **Included meal:- B.L.D.**

Day 08: Dingboche to Lobuche (4950m):3 hour: your next stopover is Lobuche (4950m.), at about a walking distance of three to four hours from Dingboche. Stunning views of Mt. Pumori, Mt. AmaDablam, Mt. Lhotse and a section of the Himalayan Range are the main highlights of the day. **Included meal:- B.L.D.**

Day 09: Lobuche – GorekShep(5160m) to Base camp Explore (5364m): 7 Hour walk. The next segment of your trek, from Lobuche to GorekShep (5160 m.) is short and can be completed in about three hours. You will reach GorekShep just in time for lunch. After Lunch we are heading to Base camp. Evening, to view the dazzling sunset over the highest point on this planet. We walk slowly reach basecamp for catch dream of your life main gate way to highest point in the world after basecamp back to the hotel overnight in Gorekshep. **Included meal:- B.L.D.**

Day 10: GorekShep – Kalapathar (5555m) –Pheriche (4350m):6 to 7 Hrs. You will begin the five hours' hike to Kalapathar early in the morning. Kalapathar is at an altitude of 5545 meters above sea level, and is better known as the perfect viewpoint to see all major parts of the Himalayan Range, including the majestic Mt. Everest. If the weather permits, you will get to see a spellbinding sunrise, something that you will not find elsewhere in the whole world. You can take as many photographs as you like, and then go back to GorekShep for breakfast after breakfast. Shortly afterwards, you will descend back to Pheriche. **Included meal:- B.L.D.**

Day 11: Pheriche to Namche Bazar: 5 to 6 Hrs. Today after breakfast all the way decent to Namche bazar via Tengboche. Stay overnight in Namche Bazar. **Included meal:- B.L.D.**

Day 12: Namche Bazaar –Lukla. 6 to 7 hour walk. Today after breakfast trek down to Lukla. All downhill vilahelari bridge river bhotekoshi and dudkoshi and crossing many suspension bridge. You are almost nearing the end of the trek on day 12. During the day time, you will trek down to Phakding. You will have some time to spend in Phakding during the evening, so you can either hop in a local pub for a drink or else you can spend the evening in your lodge interacting with the locals. Overnight Lukla. **Included meal:- B.L.D.**

Day 13 Lukla – Kathmandu: 30 min fly: Early in the morning you will be preparing for your flight back to Kathmandu. During your 30 minute flight you can hit that Play button on your camera and review the trip you just had in the past amazing. A nostalgic feeling of loneliness will

fill you as you descend upon Kathmandu as you transfers to your hotel in Thamel. **Included meal:- B.D.**

Day: 14: Farewell Friend: We are saying good bye to the mountains as journey in Nepal comes to an end today! There is nothing to do but trade emails with travel companions and organize the photos. If you have more time you can do some shopping or sightseeing. Approximately 3 hours before the scheduled flight a representative from Treklanders Adventures will take you to the airport. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal.

- **B- Breakfast, L- Lunch and D- Dinner**

Cost Include:

- Airport Pick up and drop off
- 2 Night hotel in Kathmandu with Breakfast
- All accommodation in simple T-house
- Breakfast Lunch and Dinner
- Experience and government licensed guide and porter
- Domestic flight ticket Kathmandu-Lukla-Kathmandu
- First aid kit carry by Sherpa leader
- Food salary insurance for Guide and Porter
- National park entrance fee
- All government charges and taxes
- 1 porter for 2 trekkers
- Farewell dinner last night in Kathmandu.

Cost Include:

- Extra night's hotel stay in Kathmandu if extended stay is required
- Lunch and dinner in Kathmandu
- Laundry service / battery charge
- Rescue / emergency and Travel insurance
- Personal equipment's and personal expenses
- Tips for guide and porter

Safety

your safety is of paramount concern while traveling with Treklanders Adventures. Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Every effort will be made to keep to the above itinerary; however, since this adventure entails travelling in remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, health condition of a group member, unexpected natural disasters, etc., can all contribute to changes in the itinerary. The leader will try to ensure that the

trip runs according to plan, but please be prepared to be flexible if required. In case of natural calamities i.e. political unrest, cancellation of flight due to weather, landslides etc. any extra charges should be borne by the customer.