Everest Base Camp Trek -15 days

Outline Itinerary:

Day 1	Arrival in Kathmandu [1,300m/4,428ft]
Day 2	Trek preparation and Kathmandu valley sightseeing
Day 3	Fly from Kathmandu to Lukla and trek to Phakding [2,651m/8,700ft] 4 hours walk
Day 4	Trek from Phakding to Namche Bazar [3,438m/11,280ft] 5-6 hours walk
Day 5	Acclimatization at Namche Bazar [3,438m/11,280ft]
Day 6	Trek from Namche Bazaar to Tengboche [3,870m/12,694ft] 5-6 hours walk
Day 7	Trek from Tengboche to Dingboche [4,360m/14,300ft] 5-6 hours walk.
Day 8	Acclimatization at Dingboche [4,360m/14,300ft]
Day 9	Trek from Dingboche to Lobuche [4,940m/16,207ft] 4-5 hours walk
Day 10	Trek from Lobuche to Gorakshep [5,164m/16,940ft] – Everest Base Camp [5,364m/17,594ft] –Gorakshep 8-9 hours walk

Day 11	Hike to Kalapatthar [5,545m/18,192ft] and trek to Pheriche [4,288m/14,070ft] 6-7 hours walk
Day 12	Trek from Pheriche to Namche [3,440m/11,280ft] 6-7 hours walk
Day 13	Trek from Namche to Lukla [6-7 hours walk]
Day 14	Fly to Kathmandu
Day 15	Departure day

Cost Included:

- ✓ 1 hour trekkers' massage / Yoga after the trip completion.
- ✓ A porter and his entire expenses.
- ✓ Airport pickup and drop facility.
- ✓ All necessary paperwork and trekking permits (National Park Permit, TIMS)
- ✓ Breakfast, lunch and dinner with cup of tea or coffee during the trek.
- ✓ Down jackets and sleeping bags (provided upon request).
- ✓ First aid medical kit
- ✓ Fresh seasonal fruits after the dinner (while on the trek).
- ✓ Full day guided city tour in Kathmandu (Day 2) by a private vehicle.
- ✓ Insurance of guide and porter.
- ✓ Kathmandu-Lukla-Kathmandu flight tickets
- ✓ Licensed, experienced and English speaking trekking guide.
- ✓ Local SIM card
- ✓ Lodge expenses during the trek.
- ✓ Nepal Ascent Treks duffel bag, t-shirt, and trekking map.
- ✓ Stay in the city at finest hotel (3 night's twin sharing room at Kathmandu).
- ✓ Transportation in private vehicle.
- ✓ Welcome and farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

Cost Excluded:

- × Nepalese visa fee
- × Lunch and dinner in Kathmandu
- × Travel and rescue insurance
- × Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- × Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- × Tips for guide and porter
- × International airfare to and from Kathmandu

We, Nepal Ascent Treks are the local trekking operator, specializing in treks/ tours/climbing in Nepal. Our staffs on field are experienced over 15 years, hence the success of your trip is guaranteed.