



## Everest Base Camp Trekking (15 Days)



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# Trip at-a-glance

- Trip name:** Everest Base Camp Trekking
- Trip Code:** TMER-01
- Duration:** 15 Days
- Destination:** Khumbu, Nepal
- Trip grade:** Strenuous
- Accommodation:** Hotel/ Tea house
- Meals:** All meals during trekking & Breakfast in Kathmandu
- Transportation:** Private vehicle & domestic flight
- Maximum altitude:** 5,545m
- Best Season:** Autumn & Spring (Other season: Considerable)

## Overview

**Everest Base Camp Trekking** is the finest trekking package in the Himalayas. This 15 days trekking package to Everest Base Camp provides you chance to entertain the magical beauty of snowy mountains. Everest trek exposes you to refreshing view of the dazzling mountains along with alpine environment and settlements. There is nothing more spectacular than seeing the highest peak in the world up close in its entire splendor! **Mt. Everest (8,848m)** is always the center of attraction and is supported by three other of the highest peaks in the world: **Lhotse (8,516m)**, **Makalu (8,481m)** and **Cho Oyu (8,201m)**. This foursome of mountains, rise to majestic heights, and all visible in a trek to **Everest Base Camp (5,364m)**.

Everest trekking packages offer not only the incredible scenery, but a chance to experience the adventure trekking to Everest, observe cultural variations and flora fauna of the Himalayas. You will pass through majestic forests, through groves of rhododendrons, waterfalls and ancient Sherpa villages. Not only will you enjoy this trip, you will feel an incredible sense of accomplishments as you follow the path of Sir Edmund Hillary and Tenzing Norgay who successfully climbed Mt. Everest in 1953.

Everest Base Camp trek starts from lovely mountain village Lukla (2,840m) after 30 minutes scenic flight from Kathmandu. Ahead, trail directs towards north on passing typical Sherpa villages and eventually reaches our prime destination Everest Base Camp and Kala Pattar. Join us and get the chance to admire above the earth.



# Detail Itinerary

## **Day 01: Arrival in Kathmandu (1,300m), transfer to hotel, welcome dinner**

A representative from Trekking Mart welcomes you at arrival gate of Tribhuvan International Airport, Kathmandu. Transfer to your chosen hotel and rest of the day will be spent in relax. At evening you'll be accompanied by welcome dinner in typical Nepali restaurant along with fantastic cultural dance presentation.

## **Day 02: Kathmandu sightseeing and trek preparation**

Let's call today a spiritual day because today is featured by an easy tour to several of the cultural UNESCO world heritage sites of Kathmandu city. An expert city guide will guide us to sacred Hindu temples, Buddhist shrines and historical monuments as you become acquainted with Nepalese culture and traditions. Swyambhunath, Kathmandu Durbar Square, Pashupatinath temple, Boudhanath stupa and their extreme art and architecture are our center of attraction. When you back, do some preparation for trekking.

## **Day 03: Fly to Lukla, trek to Phakding (2,652m)**

After early morning breakfast, transfer to airport and fly to Lukla. This 30 minutes scenic flight offers you incredible sceneries of Kathmandu valley, picturesque Himalayan range and terrain features. From Lukla, we do short trek of about 3 hours upward to the village of Phakding.

## **Day 04: Trek from Phakding to Namche (3,440m)**

Today's trek will take about 5-6 hours as we walk through pine forests leading along the Dudh Koshi River and crossing over a series of suspension bridges. After a steep climb over Chhutaru, we get to see first view of Mt. Everest (8,848m) over the Lhotse-Nuptse ridge. We reach to Namche Bazaar to spend this night.

## **Day 05: Namche Bazaar: day rest**

Today we take a day rest at Namche Bazaar to acclimatize our body with that altitude. If you are interested, hike to khumjung (3,786m) and explore monasteries and local villages. Namche itself is a famous town with modern facilities. Enjoy your visit around and overnight stay.







#### **Day 06: Trek from Namche to Tengboche (3,870m)**

Following breakfast, we resume trekking as we continue to climb to the village of Tengboche. Today you will see wonderful views of several peaks, including Mt. Everest (8,848m), Thamserku (6,623m), Ama Dablam (6,812m), Lhotse (8,516m), Lhotse (8,516m) etc. This is a good day to see wildlife as we pass through forests. Today's trek takes 5 - 6 hours to Tengboche, which features the highest Buddhist monastery in the world.

#### **Day 07: Trek from Tengboche to Dingboche (4,360m)**

Today's trek gives an opportunity for great pictures of the Tengboche monastery. We will take the upper trail for great views on the way to Pangboche village, passing through several chhortens and Mani walls and small villages. Lunch place will offer a great view of Mt. Ama Dablam. The second part of the day's trek will be more moderate as we enter Imja Valley until the final and steepest climb up to Dingboche (4,360m) where we will spend the night.

#### **Day 08: Dingboche: day rest**

This will be our second day rest by means to make your body adjust to the higher elevations of the Everest region. There will be a short climb to the top of the ridge to the north where you will be able to see three of the six highest peaks in the world (Lhotse, Makalu and Cho Oyo) as well as other snow-covered peaks that make for an array of scenic beauty.

#### **Day 09: Trek from Dingboche to Lobuche (4,940m)**

Today, we walk through an arid terrace, affording outstanding views of the valley. Mt. Pumori (7,138m) comes into close view. The trail descends and crosses a fast-flowing stream on a wooden bridge. We will stop at Duglha for lunch. After short rest we climb the steep terminal moraine of Khumbu Glacier. The trail hugs the ridge and affords incredible views. It is also a day that will remind us of those who have died climbing Mt. Everest (8,848m) as prayer flags and stones have been erected in their memories. We reach to Lobuche to stop for overnight.



#### **Day 10: Trek from Lobuche to Gorak Shep (5,170m), hike to EBC (5,364m)**

Today's trek is one of our longest, but we achieve our goal - Everest Base Camp. We will climb to the top of Thangma Ri where we will have an incredible 360° view of the mountains around us. There is no place to stay at Everest Base Camp, so we return to Gorak Shep for overnight stay.

#### **Day 11: Hike to Kala Patthar (5,545m) and trek to Pheriche (4,280m)**

Today is the climax of our trip. We reach to Kala Patthar (5,545m) to catch dramatic sunrise over the Himalayas. Countless number of high peaks plays round the eyes where we can snap great pictures. After spending a short awe-inspiring moments, we trek back to Gorak Shep to have breakfast. From Gorak Shep, we trek all the way back to Pheriche for good night rest.

#### **Day 12: Trek from Pheriche to Namche Bazaar (3,440m)**

We continue to descend as we begin our return trip which could take upto 5 - 6 hours. The trail will take us across the Dudh Koshi River and then along the Dudh Koshi gorge as it rapidly descends through the pine forests. There will be opportunities to see some Himalayan wildlife along the way. We reach to Namche Bazaar for overnight stop today.

#### **Day 13: Trek from Namche Bazaar to Lukla (2,800m)**

Morning breakfast is followed by start of downhill trek towards Lukla valley. It takes us between 6 to 7 hours, enjoying superb view of landscapes and mountains in the far, to get back to Lukla.

#### **Day 14: Fly from Lukla to Kathmandu**

Finally a day with no trekking as you take the relaxing morning flight back to Kathmandu. On arrival in Kathmandu, shift to hotel and spend the day on resting or touring the city. Do some last minute shopping for your friends and families. Overnight in Kathmandu.

#### **Day 15: Final departure transfer**

At about 3 hours prior to your flight time, we transfer you to the airport to fly your onward destination. Trekking Mart family wishes your best time ahead.





## Service Includes & Excludes

### Service Includes:

- ▶ Airport pickup and drop
- ▶ Half day Kathmandu city tour
- ▶ Kathmandu-Lukla-Kathmandu flights
- ▶ 3 Star Hotel in Kathmandu with breakfast
- ▶ Lodge to lodge accommodation during trekking
- ▶ Breakfast, lunch and dinner during the trek
- ▶ English speaking trekking guide
- ▶ Porters to carry luggage (2 trekkers=1 porter)
- ▶ Salary, insurance, food and lodging for guide and porter
- ▶ Trekking permits and National parks fees
- ▶ Welcome dinner

### Service Excludes:

- ▶ Lunch and dinner in Kathmandu except welcome
- ▶ Travel and rescue insurance
- ▶ Personal expenses (phone calls, laundry, bar bills, battery recharge, Bottled or boiled water, shower etc.)
- ▶ Tips for guides and porters

# Equipment's List

Medical kit



The following are the basic advised essential equipment's check list for every trekker in Nepal and other Himalayan countries. You can do some adjustment to the list according to your interest, types of trip, season and requirements. Some of the equipment's can hire in Kathmandu as well.

A trekking backpack will be served by **Trekking Mart** within your package but for your ease, better you bring your own. Use these as a guidelines and remember always try to minimize the weight of your equipment (15 kg max.).

Sleeping bag



## Clothing

- ▶ Sun hat or scarf
- ▶ Fleece jacket with wind-Stopper
- ▶ Waterproof shell jacket
- ▶ Down vest and/or jacket (can hire here in Nepal also)
- ▶ Lightweight gloves
- ▶ Heavyweight gloves or mittens with a waterproof shell outer
- ▶ Light and expedition weight thermal bottoms
- ▶ Fleece or wool pants
- ▶ Waterproof (preferably breathable fabric) shell pants
- ▶ Thick, warm wool hiking socks
- ▶ Hiking boots with spare laces
- ▶ Sunglasses with UV protection

## Accessories

- ▶ Sleeping bag rated to zero degrees Fahrenheit
- ▶ Trekking poles (sticks)
- ▶ Headlamp
- ▶ Trek bag-pack (provided by Trekking Mart)
- ▶ Basic First Aid Kit
- ▶ Daypack (approximately 2,500 to 3,000 cubic inches)

- ▶ Thermo-rest sleeping pad
- ▶ Water bottles
- ▶ Small wash towel

## Toiletries

- ▶ Quick drying towel (medium sized)
- ▶ Soap (preferably biodegradable)
- ▶ Tooth brush/paste (preferably biodegradable)
- ▶ Deodorants
- ▶ Face and body moisturizer
- ▶ Nail clippers
- ▶ Small mirror
- ▶ Tissue paper/ toilet roll
- ▶ Anti bacterial Hand wash

## Extras

- ▶ Trail Map/Guide book
- ▶ Binocular
- ▶ Reading book
- ▶ Journal & Pen
- ▶ Pencils and small notebooks

Hiking Boots



Trekking Poles



Trek bag-pack



# Useful Info

**Trekking Mart** has listed some of the important useful information to be remembered while travelling to Nepal are as below:

## Passport and Visas

All travelers other than Indian nationals arriving in Nepal are required to have six months remaining validity on their passports. Tourist visas are available on arrival at Tribhuvan airport and land border's immigration offices or Nepali consulates abroad. The cost of the visa varies on your length of stay (please see fee information below). Two passport photos are also needed.

Nepal visa fees (Multiple Entry): 15 days - US\$25, 30 days - US\$40, 90 days - US\$100

Note: That visa fees can change without warning and we advise that you bring extra cash as a contingency.

You can download visa application from our website in Nepal Travel Guide section.

## Travel Insurance

While participating in Trekking Mart holidays packages (particularly Trekking and Climbing) it is important to have a valid travel insurance policy to cover the cost of emergency medical treatment or evacuation. Though travel insurance is recommended, traveling with Trekking Mart without insurance is possible - in this case we require a hand-written statement stating that the participant has chosen to travel with us without insurance.

## Weather and Climate

The climate in Nepal is affected largely by the monsoons. This region typically experiences a dry season lasting from October to May, and a wet season lasting from June to September. The months of October- November and March-May are an ideal time to visit, as the visibility in the Himalayas is considered to be the clearest and the vegetation is lush. Between the months of February and May, the increasing temperatures can provide for more enjoyable trekking in higher altitudes.

## Fitness for a Trek

All types of trekking adventures require a fitness level sufficient to facilitate sustained periods of intense walking on uneven terrain and steep grades. Participants who are in a good level of physical conditioning will gain the most enjoyment from our trekking adventures. Activities such as sports, yoga, and physical exercise are recommended in preparation for your trip. We recommend consulting your physician for a complete checkup before your departure.

## Equipment and Clothing

Necessary equipment varies depending on trekking routes, seasonal factors, and chosen method of trekking (tea-house or camping accommodations). Equipment for all types of treks is available for



rental or purchase in the vicinity of our Kathmandu office - Trekking Mart will provide you with detailed information on equipment and packing lists prior to your departure. The most important consideration for any trek is staying warm and dry. Lightweight, breathable, moisture-wicking under layers are highly recommended. Insulating layers and jackets are necessary. Warming layers such as a fleece are adequate for lower altitude treks, while at higher altitudes, down jackets are advisable. Comfortable trekking boots, quality socks (wool socks are recommended), and head covering (insulating caps and brimmed caps designed to block sunlight) are essential. Outer layers should be made of waterproof, wind-blocking material such as Gore-Tex. For camping-style treks, quality sleeping bags are necessary. For tea-house trekking, beds and blankets are provided (though we recommend carrying a lightweight sleeping bag liner for your comfort). Sunglasses and sun-block cream, drinking water bottles, torchlights, foot care items such as foot powder and Moleskin, insect repellent, and personal hygiene items are also necessary.

### **Vaccination**

Nepalese immigrations do not require any vaccination for your visit to Nepal. For concerned parties, vaccinations for Cholera, Meningitis, Tetanus, Diphtheria, Typhoid, and Gamma Globulin should be considered.

### **Medical Considerations**

Your trek leader will be first-aid trained and supplied with quality medical equipment. However, we recommend that clients carry a small first-aid kit for personal use. The following is a list of typical medical items to consider including in your packing list (similar first-aid kits are available for purchase in Kathmandu):

- ▶ Aspirin or Panadol - for pain or fever.
- ▶ Antihistamine - a decongestant for colds and allergy relief.
- ▶ Kaolin preparation (Pepto-Bismol), Imodium or Lomotil - for stomach upsets.
- ▶ Rehydration mixture - for treatment of severe diarrhea.
- ▶ Antiseptic, mercurochrome and antibiotic powder spray - for cuts and grazes.
- ▶ Water-purification tablets.
- ▶ Throat lozenges (Strepsils).
- ▶ Sulamyd 10% eye drops.
- ▶ Antacid tablets.
- ▶ Calamine lotion - to ease irritation from insect bites or stings.
- ▶ Bandages and Band-Aids - for minor injuries.
- ▶ Scissors and tweezers.

### **Trip Payment**

We need at least 20% advance payment to confirm your trip booking by bank transfer, credit card fax payment or western union, Balance payment can be clear in cash \$, £, €, ¥ or local currency (NPR).

## **Travel Money**

ATM machines are available in Kathmandu and major population centers in Nepal. Credit cards are accepted in major hotels, restaurants, and shops. Foreign currency exchanges are located at Tribhuvan airport and throughout the tourist centers in Kathmandu. While trekking, we recommend carrying a sufficient amount of money to cover the cost of meals not included in the trip, extended stays in hotels, and personal expenses.

## **Safety note**

While traveling with Trekking Mart, your safety and security is our prime concern and it's our responsibility too. So, regarding the safety concern your guides have full authority to cancel or divert any part of the itinerary. We try our every best effort in the perfect completion of your trip but who knows, what the nature do? Thus, in case of any unexpected happening, please be flexible to change the plan.

# **Contact Us**

For more information about this tour or any other tour packages, contact us at:

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