



## EVEREST BASE CAMP – 16 Days

### Overview:

In this trek, we follow the footsteps of legends like Messner, Bonington and Hillary, up to Everest Base Camp (EBC) and experience how they felt during their quest to Everest. Home of the renowned Sherpas, the mountain hardy people and the realm of Everest, this region needs no introduction. The airhead at Lukla serves as the gateway to the region. The trek passes through the picturesque Sherpa village of Namche bazaar culminating in the ascent of Kala Patthar – from where the classic views of Everest and its surrounding peaks are available.

### Trip facts:

**Destination:** Nepal  
**Theme:** Adventure  
**Activity:** Trek  
**Difficulty:** Strenuous  
**Max Altitude:** 5,643m / 18,513 ft  
**Best Season:** April -May / October - November

### Highlights:

- The flight to Lukla is a lifetime experience, with the thrill of landing and taking off from the shortest runway.
- Breathtaking mountain views throughout the trail as you walk through forests of birch, fir, juniper and rhododendron and witness icy-glacial ponds down below of Khumbu glacier.
- From Kalapatthar top, the views are beyond your wildest imagination, with Everest seeming within a stone's throw away.



## Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Kathmandu	Hotel
2	In Kathmandu	Hotel
3	Fly to Lukla and trek to Monjo (2,835 m / 9,300 ft)	Simple Lodge
4	Trek to Namche (3,446 m / 11,300 ft)	Simple Lodge
5	In Namche Bazaar for acclimatization	Simple Lodge
6	Trek to Tengboche (3,867m/12687 ft.)	Simple Lodge
7	Trek to Dingboche (4,530 m / 14,800 ft)	Simple Lodge
8	In Dingboche for acclimatization	Simple Lodge
9	Trek to Lobuche (4,930 m / 16,175 ft)	Simple Lodge
10	Trek to Everest Base Camp and back to Gorakshep (5,184 m / 17,000 ft)	Simple Lodge
11	Trek to Kalapathar and back to Pheriche (4,252 m / 13,950 ft)	Simple Lodge
12	Trek to Tashinga (3,450 m / 11,318 ft)	Simple Lodge
13	Trek to Monjo (2,835 m / 9,300 ft)	Simple Lodge
14	Trek to Lukla (2,850 m / 9,350 ft)	Simple Lodge
15	Fly to Kathmandu	Hotel
16	Final Departure	

## Detailed Itinerary:

### Day 1: Arrive in Kathmandu

Altitude: 1,400 m / 4,600 ft

You will be met by one of our representatives at the airport and transferred to the hotel. Evening will be at leisure.

*Overnight at Hotel [-/-]*



## Day 2: In Kathmandu

After breakfast at the hotel, explore Kathmandu City, Swayambhunath Stupa and Patan City.

**Kathmandu**, the largest city of Nepal is the political as well as the cultural capital of the country. Like any big city, Kathmandu has rapidly expanded over the last decade but despite the hustle and bustle of the city, its people have remained as friendly as ever.

Also visit **Swayambhunath Stupa**, a UNESCO WORLD Heritage Site. This ancient stupa is the most sacred Buddhist shrine of Nepal.

Later transfer to Patan, the city of architectural interior.

**Patan** also known as Lalitpur is the city of artisans and a paradise of fine arts. It is home to Kathmandu Valley's finest craftsmen who have preserved such ancient techniques and lost wax process used to produce exquisite sculptures.

*Overnight at Hotel [B/-/-]*

## Day 3: Fly to Lukla and trek to Monjo

**Flight Duration (Domestic Flight): 30 minutes approx.**

**Trek Time: 4 hours approx.**

**Altitude: 2,835 m / 9,300 ft**

Early morning transfer to airport for your flight to Lukla. The flight to Lukla is a lifetime experience in itself. The airfield is on a slope and the difference between the two ends of the runway is about 197ft (60m). Meet with your guide and the rest of the crew. You will need to identify your luggage which is made into loads. Your crew will load these on the animals or get it ready for your team of porters and trek to Phakding.



*Overnight at Simple Lodge [B/L/D]*

#### **Day 4: Trek to Namche**

**Trek Time: 4 hours approx.**

**Altitude: 3,446 m / 11,300 ft**

The trail continues north up the DudhKosi valley to Jorsale, where the trail officially enters the Sagarmatha National Park. There is an entrance station just beyond the village where trekking permits are checked and National Park fees are collected. Continue along the trail, crossing the Bhotekosi River to begin the steep climb up to Namche Bazaar, the administrative center of the Sagarmatha National Park and the hub of Sherpa society. Remember to look out for glimpses of Mt. Everest from the trail on the way to Everest.

*Overnight at Simple Lodge [B/L/D]*

#### **Day 5: In Namche Bazaar for acclimatization**

Suggested activities include a short walk uphill to the Sagarmatha National Park headquarters, a magnificent spot perched on top of Namche Bazaar with spectacular views of the surrounding snow-capped giants and the valleys way down below. There is also an interesting museum with all kinds of information regarding the history of the Himalayas, its geography, culture, mountaineering history and information on flora and fauna of this region. You can then enjoy the afternoon at leisure.

*Overnight at Simple Lodge [B/L/D]*

#### **Day 6: Trek to Tengboche**

**Trek Time: 6 hours approx.**

**Altitude: 3,867 m / 12,687 ft**



The trail leads along a winding path with great views of Mt. Everest, Nuptse, Lhotse, AmaDablam and a close-up view of Thamserku. You will come to a busy place called Sagnasa, and on this area there is a much higher chance of seeing the beautifully colored Danphe pheasant (Impeyan Pheasant) the national bird of Nepal, and the elusive musk deer, and sometimes even a herd of Himalayan Thar (mountain goat). As you reach Tengboche, you will be assured by a religious Buddhist gate that the walk for the day is almost over. Tengboche is one of the most beautiful places in the Himalayas, and the first thing that you will see is a big Ghompa (monastery), before a large field with campsites and teahouses, lodges beneath the peak of AmaDablam with Everest looming above.

*Overnight at Simple Lodge [B/L/D]*

### **Day 7: Trek to Dingboche**

**Trek Time: 6 hours approx.**

**Altitude: 4,530 m / 14,800 ft**

The trail descends through a forest of birch, fir, juniper and rhododendron and comes out at a lovely spot at Deboche. From Deboche you will walk past the long prayer mani wall, the path is gradual until you reach a small bridge over the narrow gorge of the Imja-Tse River. The walk continues gradually uphill most of the ways, as you come to a large mani wall gate. A little further from here the route diverts two ways; the upper one going to the upper Pangboche village, where the old Monastery is located, the lower route is the straight forward main trail to Dingboche, Pheriche and beyond. Dingboche is a beautiful patchwork of fields enclosed by stone walls protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals.

*Overnight at Simple Lodge [B/L/D]*



## Day 8: In Dingboche for acclimatization

Today is a very important acclimatization day. On this day we explore the ImjaKhola. There are some breathtaking views of the north face of AmaDablam and the Lhotse-Nuptse ridge as we explore this beautiful valley that leads up to Island Peak. The days walk is usually short with a good chance to relax in the afternoon and either do some washing etc. or just laze in the sun.

*Overnight at Simple Lodge [B/L/D]*

## Day 9: Trek to Lobuche

**Trek Time:** 5 hours approx.

**Altitude:** 4,930 m / 16,175 ft

Our onward journey leads north, and the path heads up for about 40-50mins until you come to a mani-prayer stupa. The trail is gentle looking down to Pheriche village below. Today's walk offers views of the Mt.Tawache, AmaDablam and to the north-Pokalde (5,741m), Kongma-tse (5,820m) and the great wall of Nuptse. After a walk of 1 ½ to 2 hours the trail from Pheriche joins near Dugla (4595m) before a small wooden bridge over the river of Khumbu glacier. There is another 1 ½ to 2 hours of trekking up to Lobuche, hidden and sheltered from the wind.

*Overnight at Simple Lodge [B/L/D]*

## Day 10: Trek to Everest Base Camp and back to Gorakshep

**Trek Time:** 6 hours approx.

**Altitude:** 5,184 m / 17,000 ft

After an early breakfast, prepare for trek to the foot of Everest Base Camp. You will trek up the valley following the rocky moraine path. You can see the icy-glacial pond and



icebergs down below of Khumbu glacier. After the last rocky moraine dunes, a short downhill walk brings you to Gorakshep on the flat field below Kalapathar (5545m) and Mt.Pumori (7,145m). Gorakshep is the location of original Everest Base Camp.

*Overnight at Simple Lodge [B/L/D]*

### **Day 11: Trek to Kalapathar and back to Pheriche**

**Trek Time: 7 hours approx.**

**Altitude: 4,252 m / 13,950 ft**

Early morning walk to Kalapathar from Gorakshep involves about 1.5 to 2 hours walk. The walk is gradual till you reach the rocky spot after an hour walk. From here another uphill climb for ½ hour brings you to Kalapathar, 5,288m. From Kalapathartop, the views will be beyond your wildest imagination, with Everest seeming within a stone throw distance between the summit of Mt. Nuptse and Lho-La and Lhotse on the back. After a great moment, an hour descent takes you back to Gorakshep and then all the way back to Pheriche for the night.

*Overnight at Simple Lodge [B/L/D]*

### **Day 12: Trek to Tashinga**

**Trek Time: 7 hours approx.**

**Altitude: 3,450 m / 11,318 ft**

We retrace our trail up to Tashinga, which will take about 7 hours.

*Overnight at Simple Lodge [B/L/D]*



### Day 13: Trek to Monjo

Trek Time: 6 hours approx.

Altitude: 2,835 m / 9,300 ft

Today we walk on an easy high trail before descending to Namche from where we retrace our steps back to Monjo which will take about 6 hours.

*Overnight at Simple Lodge [B/L/D]*

### Day 14: Trek to Lukla

Trek Time: 4-5 hours approx.

Altitude: 2,850 m / 9,350 ft

Today we trek along the DudhKosi River through Jorsale and Chourikharka. The trail has ups and downs and flat as we ascend to Lukla.

*Overnight at Simple Lodge [B/L/D]*

### Day 15: Fly to Kathmandu

Flight Duration (Domestic Flight): 30 minutes approx.

Fly back to Kathmandu and transfer to the hotel. Your day will be at leisure.

*Overnight at the Hotel [B/-/-]*

### Day 16: Final Departure

Transfer to the airport for your onward journey after breakfast at the hotel. *[B]*





## Trip Ends

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**Note:** All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]

### Trip Includes:

- Arrival and departure transfers.
- 3 nights' accommodation in a hotel in Kathmandu on bed and breakfast basis.
- 12 nights' accommodation in tea house/lodge based on full board basis with supporting staff.
- Everest Conservation fees.
- TIMS card.

### Trip Extras:

- Nepal entry visa fee.
- International airfare.
- Airfare for the sector Kathmandu-Lukla-Kathmandu.
- Refreshments, tips, bottled drinks and bar bills.
- Any meals which are not mentioned in the itinerary.
- Cost arising out of flight cancellation or reasons beyond our control.
- Expenses of personal nature and any other expenses.
- Gratuities & tipping to guides and drivers.
- Excess baggage.
- Insurance and rescue of any form. Suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization.
- Any other expense not mentioned in the itinerary.