



EVEREST

Trekking and Tours P. Ltd.

Everest Base Camp Trekking – 16 Days.

Trip Facts

Trip Duration: 16 Days

Activities: Trekking & Sightseeing

Max. Altitude: 5,545m/18,188ft/at Kalapathar

Difficulty: Moderate to Strenuous

Best Month: Sept - Dec and Mar – May

Trip Type: Lodge / Teahouse Trek

Meal: Breakfast in Kathmandu and all meals during the Trek

Accommodation: 3 star hotel in Kathmandu & Lodge/teahouse during the trek

Transportation: Flight and Private vehicle

Group Size: 01 Minimum and 16 Maximum

Trekking Highlights

- Sightseeing tours of historical UNESCO World Heritage Sites in Kathmandu.
- Incredible Flights from Kathmandu : Lukla
- Step inside and experience life as the “mountain people” live, in the heart of Himalaya.
- Awe-inspiring Buddhist Monasteries and Sherpa people.
- Explore Sherpa Museum in Namchebazar, a busy Sherpa settlement at an altitude of 3440m.
- Visiting Tengboche monastery at an altitude of 3860m.
- Rich Buddhist and Tibetan culture, and friendly people.
- Sir Edmund Hillary school in Khumjung and Sir Edmund Hillary hospital in Khunde valley.
- Everest Base Camp and walking on the Khumbu glacier.
- Within eye-popping proximity of the world’s highest mountain, Mt Everest.
- Ascend Kala Patthar, a rocky hill at 5550m for the best view of Mt. Everest, Lhotse, Nuptse, Amadablam, Thamserku, Khumbu Ice Fall

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The price includes the following services:

- All ground transports in private vehicle including airport transfers.
- Four night's accommodation with breakfast at a 3-star category hotel in Kathmandu.
- Kathmandu city tours including all entry fees, tour guide and private vehicle.
- Full board meals (breakfast, lunch and dinner) with a cup of tea or coffee during the trekking.
- Best available twin sharing lodge to lodge accommodation during the trek; we provide private bathrooms with hot shower at Phakding, Namche and Lukla.
- Seasonal fruits during the trek.
- One highly experienced, helpful and friendly guide, porters (1 porter for 2 people) and their food, accommodation, salary, equipment, and insurance for all staff.
- Round trip flight Kathmandu – Lukla and Lukla – Kathmandu including departure taxes.
- Duffle bag for the trekking.
- Down jacket and sleeping bag during the trekking.
- Everest Trekking - shirt, trekking map and trip achievement certificate.
- First aid medical kit.
- Sagarmatha National Park Permits fee.
- TIMS Fee- Trekkers' Information Management System (Please bring 2 passport size photos for permit).
- Government taxes.
- Service charge.

The price does not include following services:

- Any meals other than breakfast in Kathmandu.
- Travel insurance and Rescue.
- International airfare.
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (a multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Please bring 2 copies of passport-size photos.)
- Drinks (hot and cold), snacks, phone calls, internet, laundry, battery recharge, extra porters, hot shower and other personal expenses.
- Personal trekking equipments.
- Tips and gratuities for trekking staff and drivers.
- Optional tours and activities during free time.

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Everest Base Camp Trekking Itinerary in Details

Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu

You will be welcomed by our staff and transferred to your hotel. Our airport representative will explain the program upon arrival. Overnight at hotel, inclusive of breakfast

Day 02: Trek preparation and Kathmandu Valley Sightseeing Tour

Sightseeing of World Heritage Sites in Kathmandu Valley including: Kathmandu Darbar Square, Swayambhunath Temple, Boudhanath Stupa and Pasupatinath Temple. Overnight at hotel, inclusive of breakfast

Day 03: Fly to Lukla and trek to Phakding (2652m/8699ft) 3 hrs

Early morning transfer to airport for Lukla flight. The flight into Lukla is a lifetime experience in itself. The airfield is at high elevation and the difference between the two ends of the runway is about 60 meters! Trek to Phakding with green landscape & view of Kusum Kangraru. Overnight at guesthouse, inclusive of full board meals

Day 04: Trek to Namche Bazaar (3440m/11283ft) 6 hrs

We follow the Dudh Kosi, ascending through Himalayan pine and Doedar cedar forests, to the celebrated village of Namche Bazaar. The village of Namche is a historic trading post where Nepalese and Tibetan traders exchange salt, dried meat and textiles. Besides being a superb place to shop for traditional crafts, Namche remains the central trading post in the Khumbu, attracting Himalayan and lowland merchants. You will spend two days in Namche for acclimatization, visit local markets and spend time with your team. On the hike we capture our first glimpses of Everest and neighboring peaks. Overnight at guesthouse, inclusive of full board meals

Day 05: Namche Bazar - Everest View Hotel - Return

This is a day for acclimatization; we will hike to Syangboche Airport (3700m), the supposed to be the highest airport in the world. Then continue climbing to Everest View Hotel for great panoramic views of Everest, Lhotse, Amadablam, Tawache etc. On the way back visit Sherpa Culture Museum and Everest Photo Gallery. Overnight at guesthouse, inclusive of full board meals

Day 06: Trek to Tengboche (3860m/12660ft) 5 hrs

The flat and easy trail leads towards the view of Mt. Everest, then descends deep into the Dudh Kosi Valley at Pungki Thanka; from here it ascends the right flank of the Dudh Kosi valley to Tengboche Monastery (3860m). It is the spiritual center of the Khumbu; the climb is long, but more than adequately compensated by views of Mt. Amadablam and on a clear day, views of Mt. Everest and its surrounding peaks. Overnight at guesthouse, inclusive of full board meals

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Day 07: Trek to Dingboche (4410m/14464ft) 5 hrs

Descend through a beautiful forest then cross the Imja Khola and trek through the village of Pangboche (3900m); perhaps today is the most interesting trekking because you will not lose altitude like on other days and you will enjoy views of Mt. Amadablam, Mt. Lhotse & other peaks; the route continues through pastures to Dingboche, known as the 'summer valley'. Overnight at guesthouse, inclusive of full board meals

Day 08: Dingboche to Nagerjun (5100m/16728ft) and return

This would be your second acclimatization day that requires about 6 hours of trekking to an altitude of 5100m. After breakfast you ascend Nagerjun (5100m), a hill located on the flanks of the Chhukung valley directly above Dingboche. The main aim is to climb high and sleep low. The foot path becomes steep at times, resulting in a physically challenging day : ascending the hill could take up to 5 hours at altitude. From this altitude there are good views of Lobuche East (6119m), Lobuche West (6145m), Taboche Peak (6367m), Thamserku (6608m), Kangtega (6685m) and Ama Dablam (6856m). On a clear day you could even see Makalu, the world's fifth highest mountain, including great views of the Pheriche Valley. After a short rest, you start the descent back to Dingboche : the walk at altitude takes about 2 hours. After lunch you should take a well deserved rest, afternoon temperatures could drop rapidly as the sun sets over the mountain tops. You will spend a second night in Dingboche. Overnight at guesthouse, inclusive of full board meals

Day 09: Trek to Lobuche (4910m/16105ft) 5 hrs

Trek along a broad valley floor to Dughla, passing the Trekkers Aid Post at Pheriche (4240 m), staffed by western volunteer doctors and supported by the Himalayan Rescue Association which offers treatment and consultation to trekkers. Continue up the valley, gaining altitude. Come out of the valley to descend to the yak pastures of Lobuche (4910m). Overnight at guesthouse, inclusive of full board meals

Day 10: Trek to Everest Base Camp (5364m/17594ft) then back to Gorekshep (5181m/16994ft) 8 hrs

After a short climb through meadows, look down on the Khumbu Glacier. Straight ahead is Kalapattar - the best vantage point to view the entire south face of Mt. Everest and the surrounding peaks. After couple of hours we will get at Gorekshep, and continue our journey to Everest Base camp. There is not much elevation gain, but there are a lot of ups and downs and, combined with altitude, this can be a tiring portion- but the journey is worth it. After approximately 3 hrs of hiking you will arrive at Base Camp and enjoy views of the Khumbu Glacier and icefall, where Everest expeditions begin. Overnight at guesthouse, inclusive of full board meals

Day 11: Hiking to Kalapattar (5545m/18188ft) - Gorekshep - Pheriche (4210m/13809ft) 7 hrs

The day starts with a hike up to Kalapattar (5545m), the best viewpoint to witness Mt. Everest and the spectacular Himalayan range. Then trek back to Gorekshep for hot breakfast and then descend to Pheriche (4210m). Overnight at guesthouse, inclusive of full board meals

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Day 12: Trek to Namche (3440m/11283ft) 7 hrs

Easy walk along the Imja Khola, short climb to Tengboche, descend Pungki Thangka and complete steep to Kyangjuma, and easier trail to Namche. Overnight at guesthouse, inclusive of full board meals

Day 13: Trek to Lukla (2800m/9184ft) 7 hrs

The trek continues along the Dudh Kosi River to the small mountain airstrip at Lukla where you will catch your return flight to Kathmandu. Overnight at guesthouse, inclusive of full board meals

Day 14: Fly back to Kathmandu

30-minutes amazing scenic fly back to Kathmandu. Overnight at hotel, inclusive of breakfast

Day 15: Leisure day in Kathmandu, in case of bad weather in the mountain. Overnight at guesthouse, inclusive of breakfast

Day 16: Approximately 3 hours before the scheduled flight a representative from Everest Trekking and Tours will take you to the airport. If you have more time you can do some shopping or sightseeing.
“Farewell”

Useful Info

We will provide you with comprehensive information on the every trek and tour we arrange. Please do not hesitate to contact us if you require more information or have any questions, we are more than happy to assist you in anyway.

Departure dates

Departure dates and the itinerary arrangements can be tailored to your requirement, so please contact us for your queries regarding your Everest Base Camp Trekking departure date. Private Departure, daily on request. (you can select your date).

Upon Arrival

When you arrive at Tribhuban International Airport, our staff will greet you and transport you to your accomodations. After resting, the next day you will have a sightseeing tour of the city's most influential cultural landmarks. Before departing for your trek, we will review your itinerary, introduce you to your guide and help with the final preparations for your journey.

Accommodations

You will be spending four nights at a 3-star category hotel in Kathmandu with breakfast and while Everest Base Camp Trek, we provide the best available lodges/guesthouses on a twin-sharing basis. We provide private bathrooms with hot shower whether possible normally at Phakding, Namche and Lukla.

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Some guesthouses are basic with shared washing and toilet facilities. If you are travelling in a group, you will share a room with someone else of the same gender from your group. If you prefer a single room, you may indicate your preference on request and pay a supplement. Keep in mind that there are several places which do not allow single accommodations during peak season, but we will try our best to accommodate your preferences if possible.

Meals and Drinking Water

We provide quality food in sufficient quantities (breakfast, lunch and dinner) from guesthouses chosen from a menu. During the Everest Base Camp Trekking; your guide will help with menu selection and ensure that you get the best value meals possible. Although the food is usually plentiful and delicious, you should be aware that the menu is not normally extensive due to the extreme locations. Most teahouses offer a variety of rice and noodle dishes, as well as soup and seasonal vegetables. A variety of cereals, bread and egg dishes are generally available for breakfast. There will also be plenty of snacks available such as biscuits, chocolate and soft drinks and in some areas you will find fresh fruit in season. You can buy bottled mineral water from local lodges and shops en route or you can also ask your guide to fill your water bottle with boiled water and treat with water purification pills.

The general travel information that may help your journey to and through Nepal make comfortable and hassle free.

Visa requirement

Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (a multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)

International flight accessibility to Nepal

Tribhuvan International Airport is the only international airport in Nepal situated in Kathmandu, capital city of Nepal.

Flying From Europe: Best connecting to Kathmandu are Silk Air via Singapore, Etihad from Abu Dhabi, Qatar Airways via Doha, Thai Airways via Bangkok, Dragon Air via Hongkong. Flying From USA: North West or Cathay Pacific to Hongkong and connect with Nepal Airlines (RA) to Kathmandu.

Flying From Australia: Silk Air and Dragon Air connect directly to Kathmandu or fly by Qantas to Bangkok and connect with Thai Airways to Kathmandu.

Airport tax: Airport tax is not applicable for international flight. NRP 200 per person per sector is payable for domestic flight only.

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Customs Formalities

All baggage must be declared and cleared through the customs of the port of entry. Personal effects are permitted free entry. The duty on articles brought by the visitor varies according to the volume and value of the goods. A tourist may bring in dutiable goods, such as tobacco and liquors, within the prescribed quantity free of duty. Carrying narcotic, arms, ammunition are strictly prohibited.

Tourists are required to fill up disembarkation and embarkation cards upon their arrival and departure.

Green Channel

Passengers arriving at Tribhuvan International Airport (TIA) without any dutiable goods can proceed through the Green Channel for quick clearance without a baggage check. If you are carrying dutiable articles, you have to pass through the Red Channel for detailed customs clearance.

Import

Apart from used personal belongings, visitors are allowed to bring to Nepal free of duty cigarettes (200) or cigars (50), distilled liquor (one 1.15 liter bottle), and film (15 rolls). You can also bring in the following articles free of duty on condition that you take them out with you when you leave: binoculars, movie or video camera, still camera, laptop computer, and portable music system.

Export

It is illegal to export objects over 100 years old (sacred images, paintings, manuscripts) that are valued for culture and religious reasons. Visitors are advised not to purchase such items as they are Nepal's cultural heritage and belong here. The Department of Archaeology at Ramshah Path near Singha Durbar has to certify all metal statues, sacred paintings and similar objects before they are allowed to be sent or carried out of the country.

Currency and Foreign Exchange

The unit of the Nepalese Currency is Rupee. 1 Nepal Rupee = 100 paisa. Nepal rupee notes come in Rs. 5, 10, 20, 50, 500, 1000. Foreign currency can be exchanged at the foreign exchange counters at the airport. It is advised to exchange foreign currency only through the banks and authorized foreign exchange. Daily foreign rates as determined by Nepal Rastya bank are published on daily newspaper or its official site www.nrb.org.np

Travel Insurance

It is strongly advised to have travel coverage insurance while traveling to Nepal. You should leave a copy of your insurance while you are away on tour.

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High Altitude sickness:

Whilst on the trek, one can suffer mild to serious symptoms of high altitude sickness which is also known as Acute Mountain Sickness (AMS). Major initial symptoms of high altitude sickness are Nausea, vomiting, Loss of appetite, Insomnia/sleeplessness, Persistent headache, Dizziness, light headedness, confusion, Disorientation, drunken gait, Weakness, fatigue, lassitude, heavy legs, Slight swelling of hands and face, Breathlessness and Breathing irregularity, Reduced urine output. Symptoms of AMS can appear at altitude above 3000 meters. As we ascend in the mountain, air pressure becomes thin and consequently the amount of available oxygen also falls. Adequate acclimatization is always recommended in the mountain. Plenty of daily liquid intake is essential to minimize AMS effect. Our trekking team crews also carry First aid Kit along with them. In case of any difficulty When trekking in the Himalayas, you will be suggested to halt the trek rest at the guesthouse or if the symptoms cause any serious concern, it is necessary to descend to the lower altitude. In case of emergency, you will be immediately airlifted to Kathmandu city for further treatment.

Travel Insurance:

Travel insurance is highly recommended and is in fact compulsory should you be going trekking, rafting, paragliding etc. We require that, at a minimum, you are covered for personal injury, medical expenses, repatriation expenses, helicopter rescue, loss of luggage, etc. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Please check with your insurance company that adventure activities and trekking above 3000m are covered in your policy, as some companies do not cover such things. You must carry proof of insurance (e.g. your insurance certificate) with you on the holiday; if you cannot provide this at the start of the holiday, you will be required to take out a suitable policy at that time.

Fitness and Experience Required:

Everest Base Camp Trek is moderate trek suitable for passionate walkers who have ability to walk at least 4-6 hours a day with a light day pack. Some days, you might even need to walk 7 to 8 hours. Walking in higher altitude is physically demanding than walking in the lower altitudes; however, if you are in excellent health with average physical fitness and have positive attitude, self confidence and strong determination, you can accomplish the 16 day Everest Base Camp Trek successfully. Exercising and jogging regularly for some weeks prior of the trip is good idea to enhance your strength and stability. Past hiking experience would be an asset but no technical skill is required for this trip. It is vital that you consult with your doctor before you decide and set up for the Everest Base camp trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Equipment's:

You are advised to consider the following equipments as essentials while packing for the Everest Base Camp Trek. Please use this list as a guideline. Adjustments to the list can be done according to your needs, interests, duration of your trip, season of your trip, etc. You can find variety of these gears to hire

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or buy in Kathmandu. Majority of the gears which are in sale in Kathmandu are locally manufactured (hence a lot cheaper) and some gears found here are imported from China and are obviously of better quality. you can find very high quality branded gears too in some famous stores here.

Please remember that at the start of the trek, apart from your day pack, your luggage that will be carried by porters should have weight limitation of approximately 44 pounds or 20kg.

Flight Cancel/Delay in Kathmandu and Lukla

We would like to let you know that twin otter is the primary mode of transport to and from the airstrip at Lukla. This service is fairly dependable. Mostly flights (to and from Lukla) be cancelled due to bad weather of Lukla. In such case, Everest Trekking and Tours will charter a helicopter to ensure you are on schedule for your international flight. The helicopter can fly if the visibility is 1500m, while the twin otter can fly if the visibility is 5000m, as per Nepal's Civil Aviation rules.

The cost of the helicopter bill is payable directly in our office in the event that this service is utilized in US cash, or by credit card. We will be given you a receipt upon payment so that you may claim the amount from your travel insurance company. The minimum cost will be US\$500 and maximum US\$2700 depending on the number of people in the group.

Everest Trekking and Tours Pvt. Ltd.

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www.google.com/maps/place/Everest+Base+Camp+Trekking

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