



**Himalayan Glory
Travels and Tours**
"Holiday Planner in Himalayas"

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Everest Base Camp Trek

Trip Overview

The trek that caters the highest degree of walking adventure from the beginning to its end...

A thrilling flight to Lukla from Kathmadu will answer all your queries of adventure in Nepal, which will be the commencement of the adventure that goes on for more than a week. Standing below the mighty Everest will give the final highlight to your adventure.

Everest Base Camp trek is a moderate trek that takes you to an elevation of 5545m at Kalapatthar from where you will see the mesmerizing view of Mount Everest. During your trek, you will see get the chance to see other mountains such as Ama Dablam, Cho Yuo, Luptse and Nuptse. The main highlights of this trek are diverse landscape, flora and faunas while you trek through Sagarmatha National Park. This trek offers a close look to the Himalayan Sherpa Culture as you visit to some monasteries in the trials.

The highland monasteries, incredibly hospitable Sherpas and the resilience they despite living in the toughest geographic conditions and the stories of brave mountaineers are the biggest highlights throughout the Everest Base Camp Trek. The trekkers with sound physical condition and passionate walkers can undertake the trek to the colorful base camp of mighty Everest.

Regarding the safety while undertaking this trekking adventure, the entire infrastructures of the trials have been assessed and declared safe.

Trip Highlights

Day 1: Day 1: Touch to Himalaya land - Kathmandu TIA, transfer to hotel B/B plan.

Day 2: Day 2: Escorted sightseeing tours by guide around the kathmandu valley. B/B plan.

Day 3: Day 3: Early morning, fly to lukla the walk to Phakding village 4 hours. 2600m. lodge stay, Full Meal.

Day 4: Day 4: Trek to Namche Bazaar 6 hours, 3400m, lodge stay, full meal.

Day 5: Day 5: Exploring Namche and Sherpa villages, acclimatization, lodge, full board

meal.

Day 6: Day 6: Trek to Tangboche village via panoramic trail, 5 hours trek, 3800m, lodge stay, full board meal.

Day 7: Day 7: Trek to Dingboche via Pangboche, 4400m, 6 hours trek, lodge stay, full board meal.

Day 8: Day 8: Acclimatization in Dingboche explore small hiking to Chukungimsa valley. lodge stay, full board meal.

Day 9: Day 9: Trek to Lobuche, 4900m, 4 hours trek, lodge stay, full board meal.

Day 10: Day 10: Trek to Goreksheep, 7 hours trek, 5200m, after lunch walking to Everest base camp and back, lodge stay, full board meal.

Day 11: Day 11: Early morning, Hike to Kala pattar 5555m, 2 hours climb, back Gorekship, trek down to Pharihe - 4300m, 5 hours trek, local lodge, full board meal.

Day 12: Day 12: Trekking to Sanasa/Kyngsuma, 6 hours walk, 3500m, local lodge, full board meal.

Day 13: Day 13: Trekking to Gorsille 2800m village via Namche Bazaar, 6 hours trek, local lodge, full board meal.

Day 14: Day 14: Trek to Lukla - 2800m, 6 hours trek, local lodge, full board meal.

Day 15: Day 15: Morning, fly to Kathmandu, explore Kathmandu free time, Hotel with B/B plan.

Day 16: Day 16: Morning relax, Half day Kathmandu encounter tour by guide, leisure shopping and free time. Hotel B/B plan.

Day 17: Day 17: Free time and depart to TIA

Cost Include

- All ground transport as per itinerary and flight.
- Sightseeing in Kathmandu with professional city tour guide.
- Tourist standard hotel in Kathmandu with B/B plan.
- Full board Everest base camp trekking guide, support team and their needed insurance and

meals.

- Everest base camp trekking map
- Rescue arrangement and bag store in kathmandu.

Cost Exclude

- Nepal visa and int't flight.
- Lunch dinner and meals as per itinerary.
- All kinds of bar bills and beverages like cold drinks, hot drinks and other as per not mentioned.
- Insurance and for emergency rescue services
- Personal equipment and clothing.

Route Map

Joint Group Cost:

US\$1900