

# Everest Base Camp 5364 M / 14 Days

Jan	Feb	March	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
	✓	✓	✓	✓				✓	✓	✓	✓

TO THE BASE OF THE WORLD'S HIGHEST MOUNTAIN.



## DETAILED TRAVEL PLAN

### **DAY 1| KATHMANDU - LUKLA**

After breakfast at our hotel we drive to the Domestic Airport to fly to Lukla. From here we trek to the village of Phakding. The trail descends northwest to the village of Choblung in the Dudh Kosi Valley. The trail is easy and follows the river's course, passing through Ghat and finally leads to the small village of Phakding for our overnight stay.

**Flight Time 35 minutes**

**Trek 3 hours**

**Guest House**

**Altitude 2623m**

### **DAY 2| PHAKDING – NAMCHE BAZAAR**

The trail heads beside the Dudh Kosi and continues upstream along the banks to the confluence of the Bhote Kosi and Dudh Kosi. After crossing the large suspension bridge, the trail starts ascending through pine tree forests to reach the distinctive horse-shoe shaped bowl village of Namche Bazaar where we stop for our overnight stay. There is a Sherpa Museum in Namche which details their home life and

mountaineering achievements. Today there is a long uphill section in the afternoon, however there are fantastic photographic opportunities on the way as the peaks of Everest (8848m), Lhotse (8511m), Nuptse (7879m), Arna Dablam (6856m) and Taweche (6542m) come into view for the first time.

**Trek 6 hours**

**Guest House**

**Altitude 3440m**



### **DAY 3 | ACCLIMATISATION DAY IN NAMCHE BAZAAR**

Rest day for acclimatization at Namche Bazaar. As the name suggest, Namche is famous for its local market or bazaar. Rising early, those who climb to the ridge above Namche will be rewarded with the stunning dawn and sunrise over the panorama of the Khumbu peaks with views of Everest, Nuptse and Ama Dablam. The day can be spent exploring this colourful village, walking along the Thami Valley in the afternoon or visiting the National Park Headquarters to see the interesting displays of Sherpa lifestyle and culture.

**Guest House**

**Altitude 3440m**



#### **DAY 4 | NAMCHE BAZAAR – TENGBOCHE**

Today is fantastic walking with stunning views throughout, as we follow a fairly flat route in the morning, followed by a steep ascent into Tengboche. Tengboche is a lovely town with a bakery and famous monastery that we can visit.

**Trek 5 hours**

**Guest House**

**Altitude 3867m**

#### **DAY 5 | TENGBOCHE – PANGBOCHE**

Today is a very short walk although the altitude can make for slow going. Despite being a short day the route takes us through some wonderful scenery. The day begins with a steep descent out of Tengboche through rhododendrons and the village of Deboche. We then cross another of precariously perched bridges before beginning the steep ascent to Pangboche itself. This final ascent takes us past some magnificent Gompas with tremendous views back to Tengboche where the monastery dominates the ridge.

**Trek 5 hours**

**Guest House**

**Altitude 4252m**

#### **DAY 6 | PANGBOCHE – DINGBOCHE**

We continue on a relatively easy track as we clear the tree line and are rewarded with uninterrupted mountain views. The final section of the track is the steepest but relatively short and it should not pose a problem.

**Trek 5 hours**

**Guest House**

**Altitude 4350m**

#### **DAY 7 | DINGBOCHE – DUGLHA**

Today we have a short but very picturesque walk to Duglha beginning with a steep ascent out of Dingboche onto the ridge above Pheriche. On reaching the Gompa on the top of the hill we are rewarded with fantastic views of the previous days trek as well as views of the Cho La pass and Labouche peak. From here our trail is very easy and relatively flat and affords uninterrupted views. Duglha is reached around lunch time and is situated just below the Khumbu Glacier.

**Trek 5 hours**

**Guest House**

**Altitude 4350m**



## **DAY 8 | DUGLHA – LOBUCHÉ**

We have a steep climb in the morning up the terminal moraine of the Khumbu Glacier and up over the snow line. We pass by a set of memorials to climbers – a fitting tribute to those who have risked everything on their attempts to summit Everest. >From here we have a very beautiful and easy walk into Lobuche, and again we are treated to spectacular views of the mountains.

**Trek 5 hours**

**Guest House**

**Altitude 4930m**



## **DAY 9 | LOBUCHÉ – EVEREST BASE CAMP – GORAKSHEP**

This is a long day on the trek. The route to base camp is generally well defined with a series of cairns marking the way. We walk on the glacial ice that is pitted with many small stones and as we approach the base camp area, the occasional ice tower juts up. This is not a snow-covered glacier so any crevasses are clearly visible and do not present any difficulty. After three hours we arrive at the base camp area, which is a sprawling mass of tents during the main spring climbing season. Although we cannot see the summit of Everest from base camp, the Khumbu icefall is right in front of us and we may be able to see the black dots of climbers descending through this chaotic jumble of ice blocks. To the west we get a new perspective on Pumori and can pick out the usual route of ascent, while to the south we have a panorama of lesser Khumbu peaks including Cholatse, Taboche and Kwangde. After taking our photos and admiring the scenery we retrace our steps back to the camp at Gorak Shep. Consisting of just a handful of basic lodges and yak herders huts, this is the last habitation before Everest base camp. Every Everest expedition over the last 50 year has passed through here, with expedition paraphernalia of every kind suspended from the rafters. We stay here on the sandy flats.

**Trek 9 hours**

**Guest House**

**Everest Base Camp 5364m**

**Altitude 5288m**

## **DAY 10 | GORAKSHEP – KALA PATHAR - LOBUCHÉ**

Climb Kala Patthar in the afternoon, subject to weather condition. Due to the now severe altitude and ever changing weather conditions it will be the decision of the Expedition Leader in consultation with the doctor as to which of the options we take, but any decision will be with the safety of the whole group in mind.

**Trek 9 hours**

**Guest House**

**Altitude 5545m**



#### **DAY 11 | LOBUCHE – TENGBOCHE**

Today we retrace our steps back to Tengboche and we should now find the going easier due to acclimatisation. We head back through Pheriche and visit the HRA clinic where those that wish can take part in the medical survey being carried out there by the medical staff looking at the effects of altitude. It is a quick and painless process involving eye checks and the measurement of oxygen saturation levels in the blood. The survey will hopefully lead to a better understanding of the effects of altitude on the human body and how to prevent some of its life threatening effects. The afternoon is a magnificent walk and is a wonderful opportunity to appreciate the true extent of the trek we have undertaken so far.

**Trek 5 hours**

**Guest House**

**Altitude 4930m**

#### **Day 12 | TENGBOCHE – KHUMJUNG**

Today we follow an easy path although there are a couple of steep sections. We will arrive in Khumjung at lunchtime, it is a wonderful tranquil place and home of the Sherpa's. It has been well supported over the years by mountaineers and has beautiful well maintained tea houses and a superb bakery, which is guaranteed to have your favourite cake and decent coffee to boot. In the afternoon we will visit the Sherpa Heritage Museum.

**Trek 5 hours**

**Guest House**

**Altitude 3780m**

#### **DAY 13 | KHUMJUNG - LUKLA**

A good days walking with some very steep downhill sections. This is our final day in the Khumbu and there should be plenty of free time for reflection and to soak up our last views of the highest mountains in the world.

**Trek 8 hours**

**Guest House**

**Altitude 2623m**



**DAY 14 | LUKLA – KATHMANDU**

We fly back to Kathmandu and Rest for the day.

**Flight Time 35 minutes**

**Day15 | Departure from Kathmandu**

**Inclusions:**

- All Airport pick up and drop
- Kathmandu Hotel on Breakfast basis for 2 nights
- Day sightseeing with guide and car
- All entrance permit fee for the tours
- Trekking Guide
- Porter
- All Permit
- Staff insurance all meal hot and cold drink
- Both way flight Kathmandu / Lukla / Kathmandu
- Evening at Tea Houses