

**Hello Sir/Madam,
Greeting From Globetrot Holidays!!!**

Please check the below details for **Everest Base Camp Trek – Nepal (15 Days 14 Nights)**

For booking & any queries call us on **+91 9969625616/+91 8779036988**

**Kathmandu(2N)-Phakding(1N)-Namche Bazaar(2N)-
Pangboche(1N)-Dingboche(1N)-Dughla(1N)-Lobuche(1N)-Gorak
Shep(1N)-Pheriche(1N)-Namche Bazaar(1N)-Lukla(1N)-
Kathmandu(1N)**

Region: - Nepal

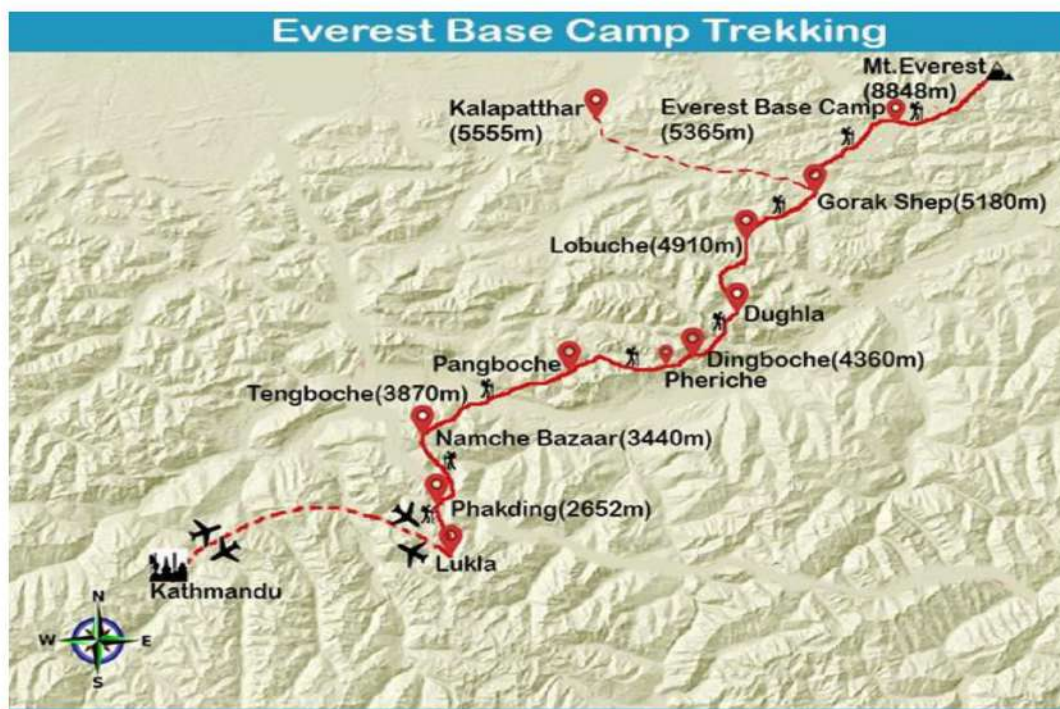
Grade: - Difficult

Max Altitude: - 18,200 ft. (5,600 m)

Approx. Trekking Km: - 120 km

Best Time to Visit: - March to May ; September to December

The Everest Base Camp (EBC) Trek is one of the most popular & super adventurous Himalayan treks in Nepal. The old-age Himalayan Sherpa cultures & traditions of Buddhist religion are admirable. The scenic beauty, soaring mountain peaks and picturesque villages scattered through this region offers once in a life time opportunity to enjoy breath-taking beauty of the nature.



TREK ITINERARY:

- **Day 01: Arrive Kathmandu (Altitude 1,400 m / 4,600 ft.) (D)**

On your arrival at Kathmandu Airport, our tour representative will meet you & then proceed directly to the hotel in Kathmandu. KATHMANDU is also known as “City of Peace”. Kathmandu, located in Kathmandu Valley of middle Nepal is the politic, economic, culture and tourism center of Nepal and the first destination foreign tourists come to discover abundant culture and grand natural beauty of the holy land. Check-in at the hotel. Get some trekking accessories & gears if you want to & also get some eatables for the trek. You can buy or rent trekking gears at some shops in Thamel Town. Relax for the rest of the day.

Dinner & Overnight stay at Kathmandu.

- **Day 02: Kathmandu (Altitude 1,400 m / 4,600 ft.) (B,L,D)**

Have an early morning Breakfast at the hotel. Today you can visit Pashupatinath Temple, Boudhanath Stupa, Kailashnath Mahadev Statue, Swayambhunath Stupa, Kathmandu Durbar Square, National Museum of Nepal, Garden of Dreams, Kopan Monastery. Pre-trek briefing will be conducted in the hotel by your trek leader. Relax for the rest of the day.

Dinner & Overnight stay at Kathmandu.

- **Day 03: Kathmandu – Phakding via Lukla (Flight 1 hr ; Trek 8 km / 4-5 hrs) (Altitude 1,400 m / 4,600 ft. to 2,600 m / 8,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Later proceed the journey to Phakding via Lukla (Altitude 2,800 m / 9,200 ft.). After an hour of adventurous & scenic view flight you'll reach Lukla, a gateway destination for trekking in Everest Region. You'll start to trek from Lukla to Monzo. Walk over the trail that starts with a descent. After walking for a couple of hours you'll reach the Dudh Kosi River. The river comes from the glaciers & the water has a chalky colour. You'll walk on the trail following the river till you reach Phakding village. The trail to Phakding through forest is easier with little ups and downs. On the way you can see more donkeys than yaks. They carry loads up for trekkers and climbers. You'll stay in the guesthouse or tents for the night. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Phakding.

- **Day 04: Phakding – Namche Bazaar (Trek 8 km / 5-6 hrs) (Altitude 2,600 m / 8,600 ft. to 3,400 m / 11,300 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Namche Bazaar. Namche is the capital of Sherpa. From Phakding set off north to Monzo. Continue trekking uphill passing through several villages, you'll also see small shops & tea houses along the way. Walk through Zamputi and Benkar to Monjo. You'll walk on the suspension bridges over the Dudh Kosi River twice & finally reach Monjo village in the Everest region. It lies towards the north of Phakding & south of Jorale. Walking towards the south follow a trail to Jorale. Enjoy the beautiful sunrise view over the mountains. You'll trek

through the forest of Rhododendrons. Before reaching Jorasele town for a short break, you'll be entering the Sagarmatha National Park which is a UNESCO World Heritage Site. From Jorasele, it's a short climb to Namche. Trail is quite steep, rugged, and tough. You'll walk across the Khumbu River over a suspension bridge. On the way you can see Mt. Tabuche & Mt. Thamserku. After crossing the bridge start ascending uphill, it will take almost 2 hours to reach Chautara from where you get the first sight of Mt. Everest. Walking further you'll finally reach Namche, a town in the Khumbu region. The place is famous for its local Yak Cheese. There are also many restaurants, coffee shops, and bars. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Namche Bazaar.

- **Day 05: Namche Bazaar (Trek 5 km / 3-4 hrs) (Altitude 3,400 m / 11,300 ft.) (B,L,D)**

Have an early morning Breakfast at the camp. Today is the acclimatization day. During these days, trek high during days & sleep low during the nights. You'll ascend above Namche towards the Everest View Hotel. The climb is steep at first but it becomes easier after a while. You'll reach Khunde, a large Sherpa village. You'll then walk towards Khumjung, a wealthy area with good houses. From Khumjung, you'll see beautiful views of Mt. Ama Dablam. A little walk uphill from Khumjung will take you to the famous Everest View Hotel. The hotel exhibits splendid views of Mt. Everest, Mt. Lhotse & Mt. Ama Dablam. Relax for the rest of the day & explore the famous Namche Bazaar for shopping.

Dinner & Overnight stay at Namche Bazaar.

- **Day 06: Namche Bazaar – Pangboche via Tengboche (Trek 15 km / 6-7 hrs) (Altitude 3,400 m / 11,300 ft. to 4,000 m / 13,100 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Pangboche via Tengboche (Altitude 3,800 m / 12,500 ft.). Begin the day with gradual walk down up to Kayanguma passing by the Tenzing Norgye Memorial Stupa. While trekking along the trail, you'll see lots of Buddhist monuments, amazing sceneries with Musk Deer, Monal, and Blue Sheep to spot on your way. You'll walk across the stone steps to reach the Mongla Pass (Altitude 4,000 m / 13,100 ft.). On the way get the splendid views of Mt. Ama Dablam. Rejoicing the vista, you'll descend towards the Dudh Kosi River. You'll be walking through the lustrous Rhododendron forests. After a few hours of uphill climb you'll reach the Tengboche Village. Hike uphill towards the Tengboche Monastery, the biggest monastery in the Khumbu region. The site exhibits a beautiful panorama of the surrounding Himalayan peaks like Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, and Mt. Thamserku during sunset. Later descend down to the Tengboche village through the lush alpine forests of Birch, Conifer, and Rhododendron. You'll pass the Khumbila Khola valley. The surrounding landscapes are awe striking. You'll see Mt. Taboche, Mt. Nuptse, Mt. Cholatse, and many other snow-capped peaks. Before arriving at Pangboche, you'll walk downhill to Debuche & cross the Imja Khola. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Pangboche.

- **Day 07: Pangboche – Dingboche (Trek 7 km / 3-4 hrs) (Altitude 4,000 m / 13,100 ft. to 4,400 m / 14,500 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Dingboche. Start walking over the Pangboche trail passing by several chortens and prayer flags. The Pangboche Monastery is a must visit place of the trail today. After observing the Buddhist ceremony and prayers, watch out for the beautiful sunrise views. The Himalayan vista is admirable. You'll continue walking to the Khumbila Khola Valley, Imja Valley and Lobuche River. Now comes the final ascent to the picturesque Dingboche village, a famous summer settlement. You'll notice a varying landscape as you reach Dingboche. There are no trees, but low shrubs. You'll see lots of yaks grazing over the sloppy cliffs and the fields of Barley, Potato, and Buckwheat. There are stone walls built around the fields in Dingboche. These walls protect the crops from icy winds & grazing animals. You can go hiking to the nearby Nagarjuna Hill or Chukung village. You'll see the amazing views of Mt. Khangteka, Mt. Thamserku, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam & Mt. Taboche. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Dingboche.

- **Day 08: Dingboche – Dughla (Trek 6 km / 3-4 hrs) (Altitude 4,400 m / 14,500 ft. to 4,600 m / 15,200 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Dughla. Today the trail is dry and easy but offers mighty Himalayan View on all sides. Start walking gradually through the Khumnu Khola Valley & reach the yak herder's place, Dusa. Following the narrow trail you'll reach Phulung Karpo, the campsite of the first successful Everest Expedition. Further the majestic sights of Chola Lake & Mt. Pumori appears on the way. As you descend the trail, the views disappear and come across is the roaring stream. Cross the small wooden bridge & then a steep climb up to Dughla, a small village with garlands of prayer flags hung across the valley. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Dughla.

- **Day 09: Dughla – Lobuche (Trek 5 km / 3-4 hrs) (Altitude 4,600 m / 15,200 ft. to 4,900 m / 16,100 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Lobuche. Today is a short but difficult hiking day as you've to walk through the huge boulders path left by Khumbu Glacier. Initially you'll walk steep path through moraine of the Khumbu Glacier and climb to Thukla Pass. After the ascent you'll reach Chupki Lhara, a ridge from where you get to see the astonishing views of Himalayan peaks. At the top of the ridge, there are piles of stones with colourful prayer flags, memorial shrines of climbers. The trail drops to the Khumbu Glacier moraine. From there, you'll be facing towards splendid vistas of snow-capped peaks such as Khumbutse, Lingtren, Pumori and Mahalangur Himal. After crossing the Khumbu Glacier you get to see the towering Mt. Nuptse. Further climbing the steep trail along roaring stream you'll reach Lobuche, a small Sherpa settlement at the foot of Lobuche Peak. There is a high altitude research centre you can communicate for the rescue operation from there. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Lobuche.

- **Day 10: Lobuche – Gorak Shep via Everest Base Camp (Trek 15 km / 8-9 hrs) (Altitude 4,900 m / 16,100 ft. to 5,200 m / 16,900 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Gorak Shep via Everest Base Camp (Altitude 5,400 m / 17,600 ft.). Finally the most awaited day of trek has arrived. Start early in the morning for trek to Everest Base Camp. Continuing the gradual ups & downs trail towards Gorak Shep, you'll get a sight of the Khumbu Glacier. Passing through a Research Centre and Lobuche Pass, you'll reach the Chongri Glacier. On the way to Chongri Glacier you'll get the first sight of the north ridge summit of Mt. Everest along with 360-degree panoramic view of snow-capped peaks such as Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse. The trail becomes rough & you've to walk over a large rock as you get nearer to Gorak Shep. On arriving at Gorak Shep, take some rest. This was the original base camp during the 1953 expedition. Leaving the Kalapathar view-point on left and passing by Indian Army Mountaineers' memorials you'll continue towards the Everest Base Camp. You must walk the uphill path slowly to avoid altitude sickness problem. Ascending further you'll reach the top of Khumbu Glacier from where you'll get a mesmerizing view of the Khumbu Icefall. After few hours you'll be finally there at the Everest Base Camp, foot of the World's highest peak Everest. The Everest Base Camp is immensely beautiful & truly a mixed feeling of emotions. Rejoice the amazing views of Mt. Nuptse, Mt. Khumbutse and Mt. Pumori. This moment will definitely be a memory for lifetime. After spending some time at the Everest Base Camp, you'll trek back to Gorak Shep. Sunset view from Kalapathar is more impressive than the Sunrise view over the snow-capped Mt. Everest. You can also switch the Day 10 & Day 11 if you want to as per your choice. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Gorak Shep.

- **Day 11: Gorak Shep – Pheriche via Kalapathar (Trek 13 km / 8-9 hrs) (Altitude 5,200 m / 16,900 ft. to 4,300 m / 13,900 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Pheriche via Kalapathar (Altitude 5,600 m / 18,200 ft.). Start an early morning hike for Kalapathar, the best viewpoint of Mt. Everest, Everest Base Camp, Khumbu Glacier, and Khumbu Icefall. During clear weather, the sunrise view over the snowy peak is magical. The entire Himalayan ranges glow with the touch of infant sun rays. From Kalapathar, you'll get a 360-degree panoramic view of the enchanting Himalayan peaks. Staying here for long time increases the risk of altitude sickness. So after spending some time you'll return back to Gorak Shep, have some rest & later trek down to Dughla via same route and then follow the right side trail to Pheriche. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Pheriche.

- **Day 12: Pheriche – Namche Bazaar via Pangboche & Tengboche (Trek 14 km / 6-7 hrs) (Altitude 4,300 m / 13,900 ft. to 3,400 m / 11,300 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Namche Bazaar via Pangboche (Altitude 4,000 m / 13,100 ft.) & Tengboche (Altitude 3,800 m / 12,500 ft.). Trek down through rhododendron and juniper forest passing by Samdrang village, and then Syomare village. The busy trail includes much steep downhill climbs followed by equally steep ascents. There are many bridges along the path. The several ups and downs are difficult. But the beautiful sceneries, diverse flora and fauna will keep you motivated. Crossing the river several times through suspension bridges & walking steadily you'll reach the home of biggest Buddhist Monastery of Everest region, Tengboche. From there you'll descend down to the river & again crossing suspension bridge, passing by beautiful village of Sanasa, Kyangiuma as well as enjoying magnificent view of Himalayas on the way you'll reach at Tenzing Norgay Memorial Stupa. After the strenuous hike you'll finally arrive at Namche, the busiest Sherpa hub & main town of the Everest region. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Namche Bazaar.

- **Day 13: Namche Bazaar – Lukla (Trek 18 km / 6-7 hrs) (Altitude 3,400 m / 11,300 ft. to 2,800 m / 9,200 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Lukla. Today is the last trekking day. Walking down the steep trail is hard so trek slowly and take your time. Gradual walk for few minutes & then steep down to the Larja Bridge which is the confluence point of Dudh Kosi & Bhote Koshi River. From there the walk along Dudh Kosi River will bring you to the exit point from Sagarmatha National Park, the Jorsale village. You'll walk all the way through Manjoo, Benkar, Phakding, and finally to Lukla. You'll be crossing several suspension bridges over the Dudh Kosi River. You'll see small Sherpa settlements on your way back. Finally you'll arrive at Lukla. There are various lodges, tea houses, and shops in Lukla. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Lukla.

- **Day 14: Lukla – Kathmandu (Flight 1 hr) (Altitude 2,800 m / 9,200 ft. to 1,400 m / 4,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the journey to Kathmandu. After an hour of adventurous & scenic view flight you'll reach Kathmandu. The Himalayas are promising. Bid them a farewell. Reach Kathmandu by afternoon. In Kathmandu you can take a rest throughout the day or you can explore other attractions of Kathmandu. Check-in at the hotel. Relax for the rest of the day & shopping at Thamel town.

Dinner & Overnight stay at Kathmandu.

- **Day 15: Depart Kathmandu (Altitude 1,400 m / 4,600 ft.) (B)**

After having an early morning Breakfast, check-out from the hotel. You'll be dropped at Kathmandu Airport as per your flight timings. Its time now to say goodbye to our trip companions. Let us be in contact with each other through email, Facebook.... And meet again on one more memorable tour with Globetrot Holidays. Trek concludes.

Package Includes:

- Accommodation on double/triple/quad occupancy basis in Hotels / Camps / Guest Houses at all places during the Trek with Daily Breakfast, Lunch & Dinner as per the itinerary only. (Meals Veg Only)
- Mountaineering qualified experts & professional Trek Leaders & Guide, Skilled local Cook & Support staff service.
- Private Vehicle for Kathmandu Local Sightseeing & Kathmandu Airport Pickup & Drop.
- Internal Flight from Kathmandu to Lukla and Lukla to Kathmandu.
- All Entry Permits, Toll & Parking charges, wherever required.
- Porters for carrying common equipment. (like rations/tents/utensils/groceries)
- Basic First Aid Medical Kit with a portable Oxygen Cylinder.
- Common Kitchen/Dining/Toilet tents will be used during the trek.
- Facility of keeping extra luggage at Kathmandu or Namche Bazaar Hotel/Guest House while leaving for trek.

Package Excludes:

- All kind of personal expenses such as tips, laundry, telephone bills, beverages, etc.
- It also does not include any meals unless and otherwise specifically mentioned.
- Airfare, GST, Travel Insurance.
- Entrance fees for sight-seeing.
- Optional, suggested or unspecified activities.
- Camera fee (still or movie)
- Additional sightseeing charges or extra usage of vehicle.
- Any additional charges arising due to natural calamities, political disturbances, vip movement, etc.

HOTEL DETAILS:

CITY	STANDARD
KATHMANDU	Hotel Castle Inn / Hotel Grand Emporio / SIMILAR
PHAKDING	Guesthouses / Alpine or Dome Tents / SIMILAR
NAMCHE BAZAAR	Guesthouses / Alpine or Dome Tents / SIMILAR
PANGBOCHE	Guesthouses / Alpine or Dome Tents / SIMILAR
DINGBOCHE	Guesthouses / Alpine or Dome Tents / SIMILAR
DUGHLA	Guesthouses / Alpine or Dome Tents / SIMILAR
LOBUCHE	Guesthouses / Alpine or Dome Tents / SIMILAR
GORAK SHEP	Guesthouses / Alpine or Dome Tents / SIMILAR
PHERICHE	Guesthouses / Alpine or Dome Tents / SIMILAR
LUKLA	Guesthouses / Alpine or Dome Tents / SIMILAR

DEPARTURES & TREK COST:

On Special Request.

Terms & Conditions:-

- Price valid from 1st January 2021 till 31st December 2021.
- 50% payment to be deposited at the time of booking confirmation & remaining 50% before one week of the tour departure date.
- Flight journeys can also be arranged at an additional cost.
- Who Can Go For Trek:-
- Experience of any high altitude trek at least 1 trek.
- The climber must be fit and have sufficient stamina to cover 5 km of distance without a stress.
- The climber should be able to carry a 10 kg backpack.
- Heart problem, high blood pressure, asthma, and epilepsy cannot be reconciled on this mission. The climber must not have the conditions mentioned above.

Cancellation Policy (for land package):-

In case of cancellation of tour a written notification or Email should be received at our office by the members who are travelling.

Cancellation charges will be applied as per the cancellation policy below:

- 25% of cost of tour before 40 days or more days of departure:
- 50% of cost of tour before 20 to 39 days of departure:
- 100% of cost of tour before 20 days of departure:

Cancellation of one member may amount to cancellation of whole tour.

In case of delay or cancellation of flights/itinerary due to bad weather or unforeseen circumstances, Globetrot Holidays will not be held responsible for refund or compensation of any kind (including curtailment of trip). Globetrot Holidays will however try to make the best alternate arrangements and facilitate customers with best services possible. Any additional expense incurred due to such cancellations would have to be borne by the guests.