

Everest Base Camp Trek

12 night / 13 days

Max. Altitude: [5545 m / 18187 ft]

Group Size: Min 2 + 12 & Above

Best period: Mid of September November and March to May.

Day by day Itinerary:

Day 01: Oct 25, 2020: - Arrival in Kathmandu [1350 m/4428 f], transfer to the Hotel Manaslu.

Today, upon arrival from your respective countries, our representative will transfer you to the hotel from the airport. The rest of the day will be spent in the hotel itself. You can either relish the unique and delicious Nepali cuisine that Nepal is famous for or decide to stroll around the streets of your hotel. Breathe in the ambience of Kathmandu as much as you can. There will also be a full trek briefing on this evening.

Overnight at Hotel in Kathmandu.

Meals not included

Day 02: Oct 26, 2020: - Fly from Kathmandu to Lukla [2840 m/9315 ft] trek to Phakding [2610 m / 8560 ft] 3-4 hours.

Today after the breakfast we drive to domestic airport for Lukla flight. After 35-minute flight we enjoy one of the most beautiful air routes in the world culminating on a hillside surrounded by high mountainous peaks. We meet our other staffs then trek to Phakding. The trail leads gradual descent we will be at a Cheplung village from where we have a glimpse of Mt. Khumbila [5762 m/18900 ft], a sacred mountain which has never been climbed. From Cheplung, we then gradually descend until we reach Phakding which is distance 3-4 hours.

Overnight at Lodge in Phakding.

Meals: - Breakfast, Lunch & Dinner included

Day 03: Oct 27, 2020: - Trek from Phakding to Namche Bazaar [3450 m/11316 ft] 5-6 hrs.

After the breakfast trek through a beautiful pine forest, we follow the trail north up the valley of Benkar. Then, we cross Dudh Koshi River and go on passing Chumoa to Monjo, the entrance to Everest National Park. Then crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. A steep ascent brings us to the prime heart land of Sherpa village - Namche Bazaar. After half an hour we reach Namche Bazaar, if the weather permits, we can view the sights of Mt. Everest and Mt. Lhotse.

Overnight at Lodge in Namche Bazaar.

Meals. Breakfast, Lunch & Dinner included

Day 04: Oct 28, 2020: - Acclimation day in Namche Bazaar [3450 m/ 11316 ft] 5-6 hours.

Today after the breakfast we explore to Namche Bazaar. Namche Bazaar is the main centre of the Khumbu region and has government offices, ATMs, Internet cafes, shops, restaurants, and a colorful market. Our guides can take us to explore the real charm of Namche Bazaar. Hiking to Sagarmatha National Park rewards trekkers with a sunrise view and the views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. If we are interested in a day hike, we trek to Khumjung village (12401ft)-a beautiful village with a Sherpa settlement. In exploring Namche Bazar, we observe traditional Sherpa life, Khumjung Hillary School and enjoy flora and fauna found at such altitude.

Overnight at Lodge in Namche Bazaar.**Meals: Breakfast, Lunch & Dinner included****Day 05: Oct 29, 2020:- Namche to Pangboche [3930 m / 12890 ft] 5-6 hours.**

Today after the breakfast we trek toward to north-east on a direct line to Everest, starting up the hill to the Visitor Centre and continuing on a reasonably flat easy trail high above the Dudh Kosi. Ahead of us we can see one of the most beautiful mountains in the Khumbu - Ama Dablam [6812 m / 22343 ft], Island Peak [6189 m / 20299 ft], [6623 m / 21723 ft] as well as Everest still far off in the distance. We pass through the settlement of Sanasa before making our descent to the Dudh Kosi and the village of Phunki Thanga. Of course, 'what goes down must go up', and from here it is a steep long climb up the side of the hill to the saddle on which Tengpoche monastery is located at 3870m. As we enter the grounds of the monastery we are welcomed by the most magnificent mountain view in the world. The long climb seems well worth it as we gaze upon a panorama of Himalayan giants, including Everest as it peaks above the Lhotse-Nuptse ridge. After having the Lunch, we descent and trek through forests filled with a variety of lush trees – birch, conifers and rhododendrons. This journey again rewards us with tremendous views of Mt. Everest, Lhotse, and Ama Dablam. The picturesque trail dips down to Devuche, crosses the Imja River and takes us to Pangboche. The upper Pangboche trails reward us with a more pristine view of the Himalayas and the Pangboche Monastery.

Overnight at Lodge in Pangboche.**Meals: Breakfast, Lunch & Dinner included****Day 06: Oct 30, 2020:- Pangboche to Lobuche [4910 m/16104 ft] 5-6 hours.**

Today after the breakfast trek moves ahead towards the Imja valley, Lobuche River and ultimately begins climbing up to Dingboche, from where we see a beautiful array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold winds and grazing animals. After having the Lunch trek toward to Dughla at the end of the terminal moraine of the Khumbu Glacier. From here, we climb up a steep trail to Chupki Lhara, where we find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest submitter Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks – Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche.

Overnight at Lodge in Lobouche.**Meals: Breakfast, Lunch & Dinner included****Day 07: Oct 31, 2020: - Lobuche to Gorak-Shep [5170 m / 16957 ft] & Explore to Everest Base Camp [5364 m/ 17593 ft]. 6-8 hours.**

Today after the breakfast our trek start along the western side of the broad Khumbu Valley, through meadows and over scree slopes, as we continue beside the moraine of the huge creaking glacier. after the Lunch we trek to Everest Base Camp. We pass through rocky dunes, moraine and streams before reaching the Everest Base Camp. Upon reaching the Everest Base Camp, we see tents of mountaineers that stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. We get back to Gorak Shep for a good night's rest. Overnight in Gorak Shep.

Overnight at Lodge in Gorak Shep**Meals: Breakfast, Lunch & Dinner included**

Day 08: Nov 1 ,2020: - Explore to Kalapatther [5550 m /18,204 ft] & get back to hotel for breakfast & trek to Pheriche [4280 m /14038 ft] 7-8 hours.

Today we trek towards (which means "black rock") for a fiery, glorious sunrise over Mt. Everest. The day's first light will illuminate your spectacular view of Nuptse Nup, Changtse and Lhotse. This may be, of the whole journey, your most opportune moment to snap amazing pictures of Everest and its neighboring peaks. Afterwards, it's back to Gorakshep for breakfast and trek descend to Pheriche.

Overnight at Lodge in Pheriche.

Meals: Breakfast, Lunch & Dinner including.

Day 09: Nov 02, 2020:- Pheriche to Namche [3450 m] 7-8 hours.

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colorful pheasants and mountain goats. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails then through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.

Overnight at Lodge in Namche Bazaar.

Meals: Breakfast, Lunch & Dinner including.

Day 10: Nov 03, 2020: - Namche to Lukla [2840 m/ 9315 ft] 6-7 hours.

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After our arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Overnight in Lukla. The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After reaching in Lukla get relax.

Overnight at Lodge in Lukla.

Meals: Breakfast, Lunch & Dinner included.

Day 11: Nov 4,2020:- Fly to Kathmandu [1350 m] 30 min. transfer to Hotel, rest of time relax.

Today after the breakfast we fly to Kathmandu with excellent Himalayan view, transfer to Hotel. rest of time get relax. **Overnight at Hotel in Kathmandu**

Meals: Breakfast included.

Day 12: Nov 05,2020: - Free day in Kathmandu or last shopping day.

Overnight at Hotel in Kathmandu.

Meals: Breakfast included.

Day 13: Nov 06, 2020: Final departure to own destination- Home Country.

Today our journey ends. Mountain Go Trekking representative will drop you off at the airport approximately 3 hours before your flight schedule. We will say goodbye and hope very much, that you will have enjoyed your time with Mountain Go Trekking.

Meals: Breakfast included.

JOURNEY ENDS.....

NETT TRIP COST:

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For 2-4 pax: US \$ 1592.00 per person

For 6-8 pax: US \$ 1482.00 per person

THE PACKAGES COST INCLUDED.

Airport pick up & drop by comfortable private tourist vehicle

03 night Hotel in Kathmandu on BB Plan twin sharing room

09 night accommodation at Lodge in Mountain on full board

Airfare from Kathmandu to Lukla and Kathmandu including airport tax

3 time meals a day (Breakfast, Lunch & Dinner) & hot drinks

All ground transportation by private tourist vehicle

An English Speaking Government license holder trek Guide.

2 trekkers: 1 porter including, salary, food and lodging.

4 trekkers: 1 assistant guide, meals, accommodation.

Sagarmatha National park and Local Municipality permit

All staffs and Guide flight, transportation and insurance

All necessary official documents and papers work.

MGT's Duffel Bag and Trekking Maps

All government taxes & service charge.

First Aid Medical Kit

THE PACKAGES COST DOES NOT INCLUDED.

International Airfare and Nepal Visa fee

Travel and Health Insurance

Emergency Helicopter Rescue Insurance

Lunch and Dinner while in Kathmandu

Any Alcoholic Drinks, Boiled & Mineral Water

Tips for Guide and Porters

Hot Shower, Battery Charges, monastery fee.

Other Cost, which is not mentioned in Includes.

Note:

Single Supplement will be serving on request and cost will additional US\$.

The above trip cost is net no commission for group leader and any travel agency.