



---

---

# EVEREST BASE CAMP TREK

---

---

15 DAYS **\$1555**

PROVIDED BY



# DESTINATION INFO

## NEPAL

---

- **Weather:** The best time to trek in Nepal is October-November and Feb-May
- **Capital:** Kathmandu
- **Safety:** Relatively safe, however exercise precaution
- **Time zone change:** +5:45hrs GMT
- **Dress code:** Avoid clothing that is too revealing. Temples require to cover between shoulders and knees. Whilst trekking appropriate gear is essential
- **Visas:** Visa on arrival for up to 15 days USD 30 or up to 30 days USD 50
- **Covid & Vaccines :** Covid vaccine or PCR test not required. Hepatitis A, Diphtheria, Tetanus and Typhoid
- **Validity of passport:** 6 months



# COUNTRY INFO

## NEPAL

---

Nepal is located in Central Asia and lies in-between China (Tibet) in North and India in South. Country is rich of culture, is home of Buddhism, has many temples and absolutely stunning nature.

Nepal is home to the world's highest peaks including Everest (8848m). It is a very popular trekking destination and dream for the most mountaineers. As many say, Nepal is "the roof of the world" and majority of the country lies in Himalayas.

Climate in Nepal varies from hot summers to freezing temperatures in high altitudes in Himalayas.

There are many popular trekking routes in Nepal such as Annapurna Circuit and Base Camp, Everest Base Camp and Langtang Valley.

## ANNAPURNA REGION

There are 2 treks you can complete - the most popular route in Nepal - Annapurna Circuit or Annapurna Base Camp. To get to Annapurna region you can fly to Pokhara which takes 30 min or take a tourist bus of 7 hours. Full Annapurna Circuit takes 22 days or you can shorten it to approximately 7-12 days. This trek goes around Annapurna Massif and scenery will change every day. You will also be crossing Thorong La pass of 5416 meters. Another popular trek is to Annapurna Base Camp that takes around 7 days and goes to the base camp and back. Both treks are considered to be moderately difficult.

## EVEREST REGION

Everest Base Camp is definitely a dream of many. You can either opt to fly to Lukla, drive or take a helicopter ride - options are endless. Trek takes approximately 14 days but can be shortened if you chose one of the flying options. Everest base camp is located at 5364 meters.

## LANGTANG VALLEY

If you want a relatively easy trek that takes 8 days and is only short 6-8 hour drive away from Kathmandu then Langtang Valley is for you. The hike is simple 3 days up to Kyangjing Gumpa and 3 days back down. On day 4 you can opt to hike Tsergo Ri of 5033m. Langtang Valley was completely demolished in 2015 earthquake but has been rebuilt and you can enjoy amazing scenery along the way.

# EVEREST BASE CAMP

EVEREST BASE CAMP TREK IS THE MOST FAMOUS AND MOST APPEALING 15 DAYS CLASSICAL TREK PACKAGE AVAILABLE IN NEPAL. NEEDLESS TO SAY, **MOUNT EVEREST** IS THE HIGHEST PEAK IN THE WORLD AT **8848M**. THE 15 DAYS TRIP BEGINS WITH A THRILLING 30 MINUTE FLIGHT FROM KATHMANDU TO LUKLA.

ADDITIONALLY, THE JOURNEY OFFERS SPECTACULAR VIEW OF THE HIMALAYAS AND A HISTORIC INSIGHT INTO THE SHERPA CULTURE. HERE YOU WILL ALSO HAVE A CHANCE TO UNVEIL THE EVER MYSTERIOUS EXISTENCE OF YETI, THE ABOMINABLE SNOWMAN.

THE NEXT HALT FOR YOUR TREK WILL BE AT **NAMCHE BAZAAR**. IT IS THE MAIN TRADING CENTER AND HUB FOR THE **KHUMBU REGION**. NAMCHE BAZAAR IS ALSO POPULAR AMONG TREKKERS FOR ALTITUDE ACCLIMATIZATION. THERE ARE GERMAN BAKERIES, LITTLE CAFES AND MANY RESTAURANTS IN THE TOWN. MOREOVER, THERE IS ALSO AN IRISH PUB, SAID TO BE THE HIGHEST AND MOST REMOTE IRISH PUB IN THE WORLD. A POPULAR LOCAL MEAL IS YAK STEAK. ON SATURDAY MORNINGS, A WEEKLY MARKET IS HELD IN THE CENTER OF THE VILLAGE.

**THE TENGBOCHE MONASTERY** HIGHLIGHTS THE NEXT REMARKABLE LANDMARK OF YOUR JOURNEY. NONETHELESS, IT IS THE OLDEST AND BIGGEST MONASTERY IN THE KHUMBU REGION. FURTHERMORE, THERE IS A BELIEF THAT THE MOUNTAINEERS AND TREKKERS PRAY FOR A SUCCESSFUL TRIP HERE BEFORE PROCEEDING TOWARDS THEIR FINAL DESTINATION.

**GORAKSHEP** IS A SMALL SETTLEMENT THAT SITS ON THE EDGE OF A FROZEN LAKEBED COVERED WITH SAND IN NEPAL. IT IS FOUND AT AN ELEVATION OF 5,164M.

**THE EVEREST BASE CAMPS** ARE RUDIMENTARY CAMPSITES AT THE BASE OF MOUNT EVEREST THAT ARE USED BY MOUNTAIN CLIMBERS DURING THEIR ASCENT AND DESCENT. SUPPLIES ARE SHIPPED TO THE BASE CAMP BY PORTERS, AND WITH THE HELP OF ANIMALS, USUALLY YAKS.

A NOTABLE LANDMARK, **KALA PATTHAR** (5,644.5M) IS LOCATED ON THE SOUTH RIDGE OF PUMORI ABOVE GORAKSHEP. KALA PATTHAR IS VERY POPULAR WITH TREKKERS AS IT PROVIDES THE MOST ACCESSIBLE CLOSEUP VIEW OF EVEREST.

FINALLY, THE 15 DAYS EVEREST TREK ENDS WITH A HIKE BACK TO **LUKLA**. THE ROUTE MOSTLY FOLLOWS THE SAME TRAILS THAT WERE FOLLOWED BEFORE.

# ITINERARY

## **DAY1 - ARRIVAL IN KATHMANDU (MAX ALTITUDE: 1350M)**

---

- On the first day of your trip, you will be arriving in Kathmandu via Tribhuvan International Airport. A Cordial Trek representative will greet and pick you up from the airport. You will then check into a hotel and be briefed about your upcoming trek and get introduced to your guide. In the evening, you will be enjoying a Cultural Program with Nepali Dinner.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Dinner

## **DAY2 - SIGHTSEEING & PREPARATION IN KATHMANDU (MIN ALTITUDE: 1350M)**

---

- On the second day of your trip, you will be taken on a tour around the main highlights of Kathmandu Valley including Swayambhunath, the Monkey Temple, Pashupatinath, Boudhanath and Kathmandu Durbar Square. You will also be preparing for your trek the same day.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast

## **DAY3 - FLY TO LUKLA AND TREK TO PHAKDING (MAX ALTITUDE: 2800M)**

---

- On the third day of your trek you will be taking a 30 min flight from Kathmandu to Tenzing Hillary airstrip at Lukla, one of the most challenging airports in the world. Here you will meet with your support staff (porter). You will then trek down to Phakding for about 3-4 hours. Phakding is a small town that lies on the banks of river Dudhkoshi.
- You might as well have a small detour to the monasteries and explore the town of Phakding in the afternoon.
- **Approximate Trek Distance:** 7 km / 4.3 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY4 - TREK FROM PHAKDING TO NAMCHE BAZAAR (MAX ALTITUDE: 3438M)**

---

- On the fourth day of your trek you will be hiking from Phakding to Namche Bazaar that takes an approximate 6 hours with a max altitude of 3438 m / 11280 ft. Here you will be exploring the Manjo village, the entrance to Sagarmatha National Park. On your way, you will cross over the river Dudh Koshi to Thaple Danda via Hillary Bridge, one of the highest suspension bridges in Nepal. Here you will also be getting your first glance at Mount Everest. Namche Bazaar, the home of Sherpas and gateway to Everest Base Camp (EBC) will be your halt for the night.
- **Approximate Trek Distance:** 8 km / 4.9 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY5 - ACCLIMATIZATION DAY AT NAMCHE BAZAAR (MAX ALTITUDE: 3438M)**

---

- The day is to explore Namche Bazaar and get acclimatized to the altitude of 3438 meters. Acclimatization must be considered as an essential part of your journey to Everest Base Camp. Here you will be guided to Everest View Hotel, the highest altitude (3800 m) placed luxury hotel in the world that gives you a spectacular view of a wide range of peaks including Mt. Amadablam, Mt. Thamserku, Mt. Tabuche, Mt. Lhotse and Mt. Everest itself. The halt for the night will again be at Namche Bazaar.
- **Approximate Trek Distance:** 3 km / 1.8 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY6 - TREK FROM NAMCHE BAZAAR TO DEBOCHE (MAX ALTITUDE: 3820M)**

---

- On day six you will be trekking from Namche Bazaar to Deboche. The trek spans over approximately 6 hours and takes you to an elevation of 3820 m / 14305 ft. On your way you will be exploring the Monastery of Tengboche, the ethnic village of Sherpas and chatting with the buddhist monks.
- **Approximate Trek Distance:** 9 km / 5.5 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

---

**DAY7 - TREK FROM DEBOCHE TO DINGBOCHE (MAX ALTITUDE: 4360M)**

---

- On day seven you will be trekking from Deboche to Dingboche. The trek spans over approximately 5 hours and takes you to an elevation of 4360 m / 14305 ft. On your way you will be passing through river Lobuche and river Imja to Imja valley itsElf before ascending towards Dingboche.
- **Approximate Trek Distance:** 9 km / 5.5 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

---

**DAY8 - ACCLIMATIZATION DAY AT DINGBOCHE (MAX ALTITUDE: 5000M)**

---

- The day is to explore Dingboche and get acclimatized to the altitude of 4360 meters. Acclimatization must be considered as an essential part of your journey to Everest Base Camp. Here you will be guided to Nakarsang hill. The hill is famous for its magnificent and up close view of Mt. Lhotse, Mt. Makalu, Mt. Amadablam, Mt. Thamserku, Mt. Tabuche among others. The halt for the night will again be at Dingboche.
- **Approximate Trek Distance:** 3 km / 1.8 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

---

**DAY9 - TREK FROM DINGBOCHE TO LOBUCHE (MAX ALTITUDE: 4940M)**

---

- On day nine, you will be trekking from Dingboche to Lobuche over a span of 4-5 hours and reach a max altitude of 4940 m / 16208 ft. Lobuche, a mountain which lies close to the Khumbu Glacier and the settlement of Lobuche have two main peaks, Lobuche East and Lobuche West.
- **Approximate Trek Distance:** 7 km / 4.3 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY10 - TREK FROM LOBUCHE TO GORAKSHEP TO EBC (MAX ALTITUDE: 5364M)**

---

- On day ten you will be trekking up from Lobuche to Gorakshep, a small settlement at an elevation of 5,164 m (16,942 ft) to the final destination of your trip, the Everest Base Camp(EBC) at an altitude of 5364 m / 17599 ft. The base camps are rudimentary campsites at the base of Mount Everest that are used by mountain climbers during their ascent and descent. You will be returning back to Gorakshep in the late afternoon for a night halt.
- **Approximate Trek Distance:** 12 km / 7.4 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY11 - TREK FROM GORAKSHEP TO PHERICHE (MAX ALTITUDE: 5545M)**

---

- In the early morning of day eleven, you will be taking a 3 hour round trip to Kala Patthar from Gorakshep. Kala Patthar, a notable landmark located on the south ridge of Mt. Pumori provides the most accessible closeup view of Mt. Everest. It also provides a panoramic view of Mt. Nuptse, Mt. Changtse and Mt. Lhotse among others.
- You will then have your breakfast at Gorakshep and trek towards Pheriche in the early afternoon over a span of 4-5 hours.
- **Approximate Trek Distance:** 12 km / 7.4 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

#### **DAY12 - TREK FROM PHERICHE TO NAMCHE BAZAAR (MIN ALTITUDE: 3438M)**

---

- On day twelve of your trip you will be trekking back to Namche Bazaar from Pheriche via Tengboche over a span of 6-7 hours. You will then be enjoying the local pubs and cafe at Namche Bazaar and stay overnight for the halt.
- **Approximate Trek Distance:** 19 km / 11.8 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

### **DAY13 - TREK BACK TO LUKLA (MIN ALTITUDE: 2800M)**

---

- On day thirteen of your trip you will be trekking back to Lukla via Phakding over a span of 7-8 hours. You will then be enjoying the local bazaar at Lukla and stay overnight for the halt. In the evening you will also be celebrating the successful completion of your trek journey with your guide and supportive staff.
- **Approximate Trek Distance:** 15 km / 9.3 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

### **DAY14 - FLY BACK TO KATHMANDU (MIN ALTITUDE: 1350M)**

---

- On day fourteen you will be bidding a final farewell to the supportive staff of the crew in Lukla and board a flight back to Kathmandu. You will then check into your hotel room and get your free time in the evening.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast, Lunch and Dinner

### **DAY15 - FINAL DEPARTURE**

---

- On day fifteen you will be awarded with a Trip Certificate and be bidden a final farewell. We will then drop you back to the airport three hours before your final departure.
- **Meals:** Breakfast



# PRICE INCLUDES

## INCLUDED IN THE PRICE:

---

- Accommodation in Kathmandu
- Flight KTM-LUA-KTM
- Airport Transfers - you will be greeted by Cordial Trek representative at arrivals
- Breakfast in Kathmandu
- Farewell Dinner in Kathmandu
- Full Board Meals (Trekking Days) - vegetarian options are available
- Guide and Porter (weight limit is 25kg between 2 travellers so 12.5kg per person)
- Mountain Guest House
- Necessary Equipment (sleeping bag, walking poles)
- Travel and Trekking Permits (you will not need any additional permits)
- Trekking Map

## EXCLUSIONS:

---

- Beverages
- Gratitude for Guide and Porter
- Insurance (recommended with helicopter rescue)
- Lunch & Dinner in Kathmandu
- Nepal Visa (can be purchased on arrival)
- Personal Expenses

## FAQS

---

- For solo travellers, an additional USD 250 will be charged
- This is a comparatively challenging trek

## FLIGHT TO LUKLA

---

- Luggage allowance over mountainous regions for domestic flight is 15kg per person
- There is a maximum chance for a scheduled flight (KTM-Lukla-KTM) to get canceled due extreme and unpredictable weather conditions. However we may assist you to book (with additional cost) a Helicopter ride to and from KTM-Lukla or Lukla-KTM the same day as well.
- The helicopter ride (one way) will cost you an additional of USD 500 per person (a pax of five required). The extra cost incurred may however be claimed from your travel insurance (compulsory). We will provide you with any necessary documents.

*Note: Any extremely unfavorable weather conditions may result in cancellation of all flight schedules.*

# TREK MAP



# PACKING LIST

## CLOTHING

---

- Clothing (leggings, shorts, hiking pants, fleece pants for sleeping and layering on colder days)
- Fleece jumper
- Rain jacket and rain pants
- Light dune jacket
- Hat and a beanie
- Gloves
- Hiking boots (I also had a pair of trainers) and flip flops for evenings and going to a shower
- Some t-shirts and long sleeve thermo layer
- Socks and underwear In lower altitudes you can wash your clothing and air dry or in higher altitudes hang it in the common room over the fireplace.

## HYGIENE

---

- Quick dry towel
- Sheet pocket soap and fabric wash (most outdoor stores sell them)
- Wet wipes and hand sanitiser
- Toilet paper (most places will sell it on the trek, but you will not find any in the toilets)
- Personal hygiene items (toothbrush, deodorant etc)
- SPF
- Mosquito spray

## HIKING SPECIFIC AND OTHER

---

- Headlamp (for evenings going to outside toilet)
- Water bottle
- Backpack
- External battery and adapter (most places have outlets however not all)
- Water purification tablets (you can refill your water bottle along the way in any tea houses, however it is recommended to use water purification tablets)
- Sleeping bag (company may provide you with one) - we used them at higher altitudes
- First aid kit (plasters, medicine, altitude sickness tablets)
- Neck scarf
- Hiking poles (we did not use them but many people did)
- Camera, phone

*\*If you have forgotten to buy something, you will find most things in Kathmandu to buy.*