



Everest Base Camp Trek 12 D/11 N

Pre Trek: Travel to Kathmandu (1,300m):

To ensure all permit paperwork and other necessary arrangements are completed before you trip it is important that you are in Kathmandu at least 24 hours prior to the trek commencement.

The local operator will contact you to collect the required documents early in the afternoon. At 5:00 pm (17:00) a rickshaw will pick you up from your hotel and bring you to the trekking offices for a safety briefing on the nature of the trek, equipment and team composition. You will meet your trek leader and other team members. You can also make your last minute purchases of personal items as you will be flying to the Himalayas tomorrow.

At 6:00 pm (18:00) we will make our way to a welcome dinner and cultural show where you will learn about Nepali culture, music and dance and get to know your trekking team.

Overnight in Kathmandu (self selected)

Included meals: Dinner



DAY 01: Kathmandu to Lukla then trek to Phakding (2,652m):

25 minute flight, plus 3 to 4 hour trek.

After breakfast you will be escorted to the domestic terminal of Kathmandu airport for an early morning flight to Lukla (2,800m), the gateway destination where our trek begins. After an adventurous flight above the breathtaking Himalaya, we reach the Tenzing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountain peaks. Upon arrival at Lukla, we start our trek through the prosperous village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if you are interested in additional activities you can take a side trip to a nearby monastery.

Overnight in Phakding. (included)

Included meals: Breakfast

Day 02: Phakding to Namche Bazaar (3,440m):

5 to 6 hour trek.

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River over many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch wonderful views of the glistening Mt. Thamserku (6618m). Through the settlements of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through forests and over bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get our first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. Upon this juncture, we stop at Chautara to admire the view. We still need to hike about 1.5 hours to reach Namche Bazaar, the gateway to Mt. Everest and main trading centre of this region.

Overnight in Namche Bazaar. (included)

Included meals: Breakfast



Day 03: Namche Bazaar (3,440m):

Rest day

This is the first of the two days set aside for “acclimatization”. Health experts recommend us to stay active and moving during the rest to give our bodies the best chance of acclimatizing correctly. We either spend the day taking a day’s hike to Thame or visiting Khunde or relaxing and exploring Namche Bazaar itself. Namche Bazaar is the main centre of the Everest (Khumbu) region and has government offices, ATMs, Internet cafes, shops, restaurants, a bakery and a colorful market each Friday evening and Saturday. If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. We have the opportunity to go to the Tourist Visitor Center near the headquarters of the Sagarmatha National Park where we can see displays related to the first Everest ascent, Sherpa culture and learn about the various plants and animals of the Everest region.

Overnight in Namche Bazaar. (included)

Included meals: Breakfast

Day 04: Namche Bazaar to Tengboche (3,870m):

5 to 6 hour trek

After breakfast we set out towards Tengboche, enjoying superb views of Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam and close up views of Thamserku. Our trek follows a more or less smooth trail with a few ups and downs that should not bother us as the magnificent view of the Himalayas keeps us company all through the day. Along the way, we can spot many species of native wildlife such as musk deer, Himalayan Thar and multicolored pheasants. The trail goes gradually down to Kayangjuma. The path eventually reaches Sansa, which is the major trail junction to Gokyo valley and Everest Base Camp. The track continues through the pine forests and after we cross a prayer flag festooned bridge over the Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga, we gear up for a slightly tougher climb through the pine forests before we reach Tengboche. Tengboche is a great place for close up views of Mt Ama Dablam, Mt Nuptse, and Mt Everest, and it has the biggest

Buddhist Monastery of the Khumbu region. We pay a visit to the monastery the same day at around 3 pm to witness a ceremony in the principal and popular monastery of Everest region.

Overnight in Tengboche. (included)

Included meals: Breakfast



Day 05: Tengboche to Dingboche (4,360m):

5 to 6 hour trek

With mountains as its backdrop, the monastery at Tengboche looks more spectacular in the morning, so there will be opportunities for photographs before we begin our trek. We choose the upper trail on leaving Tengboche to enjoy the magnificent views along the way to Pangboche village and pass through several Chortens, Mani walls and small villages. The place where we stop for lunch not only serves delicious food but also allows a fantastic close-up view of Mt Ama Dablam. In the afternoon, we walk north to Pheriche or take the eastward trail beneath the towering north face of Mt Ama Dablam. From here the walk is fairly moderate as we enter the Imja Valley that gradually unfolds as we approach the confluence of the Lobuche River. We descend to the river and begin the last and steepest climb of the day up to Dingboche. On arrival at Dingboche, we will see a beautiful array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold winds and grazing animals.

Overnight at Dingboche. (included)

Included meals: Breakfast

Day 06: Dingboche (4,360m):

Rest Day

We spend our second day of acclimatization at Dingboche. A refreshing breakfast while admiring a looming Ama Dablam (6856m) to the south really is fantastic. An ideal acclimatizing excursion is to climb the ridge on the north behind the village to get a better appreciation of Mt Ama Dablam, Mt Lhotse and numerous other peaks visible from Dingboche. Upon reaching the ridge, we can see three of the world's six highest peaks, Mt Lhotse, Mt Makalu and Mt Cho Oyu. To the west, loom the towering peaks of Cholatse (6440m) and Taboche (6542m). As you look northwest, you see an array of peaks rising at the head of the Khumbu Khola valley. The Lobuche West and Lobuche

East peaks are most dominant along with Lhotse which stands over 8500 meters (8501m). From our vantage point high on the ridge, we can scan the sweeping Imja Khola valley as well as the picturesque fields and pastures of Dingboche.

Overnight at Dingboche. (included)

Included meals: Breakfast



Day 07: Dingboche to Lobuche (4940 m):

2 to 4 hour trek

Beyond Duglha, we climb up the steep terminal moraine of the Khumbu Glacier. We pass through boulder-strewn slopes as we ascend Chupki Lhara, an eerie ridge top with dramatic mountain views. At the top of the ridge, we will find an array of stones with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10 times Everest summitter Babu Chiri Sherpa (a Nepali mountain guide) who perished on a mission to climb Everest. As the trail drops to the Khumbu Glacier moraine, we find ourselves facing several great peaks – Khumbutse, Lingtren, Pumori and Mahalangur Himal. We are now in the vicinity of Everest but the great mountain still remains elusive. Mt Nuptse towers to the right as the trail crosses the Khumbu Glacier. As we pass along a murmuring stream leaving the Khumbu Glacier behind, we start to enter the higher altitude, and may start to feel the effects.

Overnight at Lobuche. (included)

Included meals: Breakfast

Day 08: Lobuche to Gorak Shep (5,170m) to Everest Base Camp (5,364m) to Gorak Shep:

8 to 9 hour trek

The trail to Gorak Shep goes ahead through the lateral moraine of the Khumbu Glacier. As we pass through the pyramid sign post, ahead on the trail we see the crest of the north ridge of Mt. Everest along with Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, etc. A small ascent would take us to Thangma Riju from where we have a 360 degree vista of snowy peaks. Climbing steeply up to the top through the torrent of Changri Glacier, we catch our first glimpse of Kala Patthar, a grey-green knoll beneath the Mt. Pumori. As we reach Gorak Shep, we will find snow-capped mountains looming all around us including the top of the world – Mt. Everest. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep Lake.

Continuing straight ahead, we come through the Indian army mountaineers' memorials. Only upon reaching the Everest Base Camp do we really appreciate the Everest climbers who brave the hazardous route through the Khumbu icefall. Mountaineers' tents 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. Everest actually is not visible from here. By now we have met the ultimate objective of our trip.

Overnight in Gorek Shep. (included)

Included meals: Breakfast



Day 09: Gorak Shep to Kala Patthar (5545m/18,192ft) to Pheriche (4280 m/14,070 ft):

8 to 9 hrs trek.

Today is the climax of our trip. We start early in the morning to catch the dramatic views from Kala Patthar and witness the first light of day caress the peaks of the mountains, particularly Mt. Everest. However, we need to be prepared for an early morning departure, amid predawn darkness and cold temperature (-10C to -14C) and there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself. During the ascent to Kala Patthar, we can pause to catch our breath at several outstanding view points from where we can snap great pictures. After several hours of ascent, we reach Kala Patthar. From Kala Patthar, we scramble up to the top of a rocky outcrop marked by cairns and prayer flags. Mind-blowing Himalayan panoramas unfold before our eyes as they wander from one mighty massif to another. You can take as many pictures as you want with your camera, but don't forget to imprint the vista into your mind's eye so that it lasts a lifetime. On return to Gorak Shep, we have breakfast and wait for other participants to return. Those participants who wish to visit Everest Base Camp today will have an early breakfast as the hike to base camp takes longer (4 to 5 hrs) than the Kala Patthar hike. Upon returning to Gorak Shep, the group will have lunch together, then descend in the afternoon and arrive at Pheriche in time for a good night's rest.

Overnight at Pheriche. (included)

Included meals: Breakfast



Day 10: Pheriche to Namche Bazaar (3,570m/11,710ft):

5 to 6 hrs trek

Just after the start of our trek, we cross Khumbu Khola stream. Following the main Everest trail down the beautifully scenic valley, we pass through the villages of Tsuro Wog, Orsho, Shomare and reach Pangboche at the base of Ama Dablam. We cross the bridge over Imja Khola and pass through the Deboche village and reach Tengboche. We spend a brief time at Tengboche monastery, observe its many prayer wheels but unfortunately we cannot explore the altars inside, as the monastery opens only at 3 pm. From Tengboche, a steep descent of about 1500ft/500m leads through rhododendron bushes and fir trees to the Dudh Koshi River. We cross the first bridge over Dudh Koshi on our return trip at Phunki Tenga, then we pass the villages of Tashinga and Sansa before finally reaching beautiful village of Kyangjuma. Upon arrival at this juncture, we appreciate the gorgeous Ama-dablam, Thamserku, Nuptse, Lhotse and Everest!

Overnight at Namche Bazaar. (included)

Included meals: Breakfast

Day 11: Namche To Lukla (2,800m/9,186ft):

5 to 6 hrs

Today we enjoy our last day's walk at lower altitude in the Everest region. Most of today's track is flat although we will still have some undulating terrain with a combination of open plains, rhododendron and pine forests and in the distant

background, Kwangde peak. As we walk through the Sherpa villages, you will notice an impressive display of Buddhism and cultural practices associated with it, as prayer stones dot the landscape and prayer flags flap in the wind. We cross the Dhud Koshi River three times across the prayer flags strewn suspension bridges and also cross one of its tributary, Thado Koshi once. The final ascent of about 45 minutes from Chheplung takes us to Lukla, where we stretch our fatigued legs and recall the experiences of the last couple of weeks. This last evening in the mountains is the ideal opportunity to spend some relaxing moments with the whole crew as some of our group may not be returning with us to Kathmandu.

Overnight at Lukla. (included)

Included meals: Breakfast



Day 12: Lukla to Kathmandu (1,300m)

25 min flight

Today we fly back to Kathmandu after our long mountain journey. We will take an early morning flight as at times, the weather late in the day can affect flight departure. Upon arrival in Kathmandu, you will be escorted to the hotel of your choice. It is best to have a spare day or two before your flight out of Kathmandu. The weather in this untamed area is unpredictable and flights can be delayed or cancelled if the weather is unsuitable for flying. To celebrate the successful completion of our journey, in the evening, there will be a complimentary dinner and a Cultural show hosted by Klook.

Overnight in Kathmandu. (self selected)

Included meals: Breakfast, Dinner

Final Departure

When your journey in Nepal comes to an end please ensure you depart for the airport approximately 3 hours before your scheduled flight to leave enough time to check in and clear customs.

On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal.

