EVEREST BASE CAMP TREKKING



Trip Overview

The region on “top of the world”, Mt. Everest-Sagarmatha in Nepali and Chomolungma in Tibetan-is one of the most popular destination for trekkers, explorers and climbers. As well as the world’s highest mountain, it is also famous for its magnificent scenery, Sherpa villages, the fascinating cultural life of the people, and beautiful monasteries. Treks in this area can be as short as 5 days or longer than a month depending on your fitness, interest and the time you have available. The treks to Everest Base Camp, Kalapathar and Gokyo lake treks are very popular.

For those people who are interested in the wildlife, a further attraction is Sagarmatha National Park. The route passes through spectacular forests of blooming rhododendron in March/ April, as well as forest of blue pine, fir and juniper.

Trekking in Everest region is breathtaking (literally) and requires good walking experience, good health and good physical fitness. Hard physical work is rewarded

with panoramic view of Everest (8848m), Cho Oyu (8152m), Lhotse (8516m), Makalu (8463m) and Ama Dablam (6456m). You can visit famous Sherpa villages like Namche Bazaar, the Buddhist monastery at Tengboche, Khunde, Khumjung and many others.

The Everest region is world renowned for its glorious and highest mountain Mount Everest or Sagarmatha as it is locally known. The Sherpa people predominantly live in this region which has much to offer to the tourists. Everest Base Camp,and Kalapathar, Highest point (5545m) and highlight of your trip. No doubt, you can fulfill your dreams of trekking and climbing in the highest place on earth in this trek. As well as the much loved stunning views of the mountains like- Lhotse, Nuptse, Baruntse, Ama Dablam and Makalu, this trek also provides thrill of adventure and widens your experience of the peak climbing expedition beyond trekking in Nepal

Gallery



Trip Itinerary

- Day 01 - Flight to Lukla and trek to Phakding (2610m)
- Day 02 - Phakding to Namche Bazaar (3440m)
- Day 03 - Acclimatization Day in Namche Bazaar (3440m)
- Day 04 - Tengboche (3860m)
- Day 05 - Dingboche (4410m)
- Day 06 - Lobuche (4910m)
- Day 07 - Trek to Everest Base Camp and back to Gorakshep(5140m)
- Day 08 - Trek to Kala Patthar (5545m) and back to Pheriche (4240m)
- Day 09 - Kyangjuma (3550m)

- Day 10 - Monjo (2810m)
- Day 11 - Lukla (2840m)
- Day 12 - Early morning flight back to Kathmandu (1350m)

Cost Includes & Excludes
Includes

- Airport transfers in Nepal
- All relevant surface transfer
- All hotel accommodation with breakfast – can be arrange for you as Himalayan Sunrise has negotiated extra price in some cooperating hotels or you can book it individually
- All meals on trek
- All internal flights (with Goma Air, Tara/Yeti Air or Buddha Air), inclusive Airport Taxes and 15kg free luggage Permit, National Park Entrance/Conservation Fees, personnel insurance
- Guide and porters on lodge trek
- 12 kg free luggage carried by porter
- Quality service and trek equipment
- Oxymeter
- Oxygen Set

Excludes

- International flights
- Sightseeing with entrance fees, guide and vehicle – we can arrange for you comfortable day with experienced city guide
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Beverages
- Excess baggage charge (beyond 12 Kg each)
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)