

# Nepal Trekking Everest Base Camp (EBC)

## 13 days 12 nights

### **Day 01: Arrive at Kathmandu**

On arrival in Kathmandu you are met by our representative who will transport you to your hotel in the heart of Kathmandu for the night.



### **Day 02: Flight to Lukla from Kathmandu. Trek to Phadking (2700m)**

You have a scenic flight of 30 – 35 minutes to Lukla (2800m) from Kathmandu. In Lukla you can see the airline office and numerous lodges. The trail from Lukla leads you to Chablung (2700) and it descends steeply to the Tharo Kosi which is also known as Kusum Kangru Khola (river). Beyond the Tharo Kosi Bridge, the trail climbs to Ghat (2590) and again climbs to Phadking. In Phadking you can climb to the gompa to see your first view of the high peaks. Now you will really feeling like you have arrived in the Himalayan Kingdom.



### **Day 03: Phadking to Namche Bazaar (3420m)**

From Phadking the trail follows the Dudh Koshi River and reaches Zamphuti. From here you can see excellent views of Thamserku peak. Then the trail climbs to Chomoa, the site of an agricultural project, an interesting place to have a look around and gain an insight into the farming way of life of these people. From Chomoa, the trail again climbs to Monjo (2840m) and enters the Sagarmatha (Everest) National Park (1148sq km, established in 1976). Walking some distance up hill you will be at Jorsale (2830m) and after a long climb with views of Mt. Everest peeking over the ridge of Nuptse (7879m) the trail reaches the street of Namche Bazaar.



#### **Day 04: Acclimatization in Namche (3420)**

After having breakfast take some sightseeing around Namche Bazaar. Then you can hike to the Everest View Hotel, the ideal place to overview some of the outstanding mountains such as Mt. Everest, Ama Dablam, Thamserku, Lhotse etc. Make sure you have your camera to capture this moment. You can walk around the Khumjung valley, Hillery School and Khunde Hospital and then return back to Namche. In the centre of Namche you can visit the mountaineering museum and visit the Sagarmata Pollution Control Committee (SPCC). In Namche Bazaar you can spend some time interacting with the fun-loving Sherpa and Rai people. In Namche above the police check post you will see Sagarmatha National Park headquarters and if you want to look at the visitor centre it is open from 8am to 4pm except Saturdays and holidays. Stay at Guest house

#### **Day 05: Namche to Tengboche (3850m)**

From Namche Bazaar the trail climbs up and down to Sanasa where the trail descends gradually to Teshinga and then it drops steeply to Phunki Thanga.

Climbing two hours from Phunki Thanga you will reach Tengboche. Tengboche is a religious place for the Sherpa people and the entire Solukhumbu area. Here you will see the Tengboche Monastery which is one of the oldest monasteries in Nepal. Maybe you can get a chance to see the monks chanting and singing.



#### **Day 06: Tengboche to Pheriche (4240m)/Dingboche (4350m)**

From Tengboche you will reach the tiny village of Devuche and after climbing some magnificently carved stones you will be at Pangboche (3860m). Walking the lower route from Pangboche and entering the alpine meadow you will be at Shomara. The trail then passes to Orsho. Beyond Orsho the route divides to Dingboche or Pheriche (4240m). Pheriche is the windiest place of the Khumbu area, here you will find the Health post and Himalayan Rescue Association. Stay at Guesthouse – Lunch, Dinner and Breakfast. O/N at Pheriche or Dingboche.

#### **Day 07: Pheriche to Lobuche (4930m)**

The trail ascends from Pheriche/Debouche and after crossing some bridges you will reach Duglha. From Duglha the trail steeply goes up to the Khumbu glacier and drops a bit to the valley of Lobuche (4930m). Stay at Guesthouse

– Lunch, Dinner and Breakfast. O/N at Lobuche.

### **Day 8: Lobuche Everest Base camp via Gorak Shep (5360m)**

The trail from Lobuche progresses gradually upwards providing splendid views of Mt Pumori. In the afternoon you will reach Gorak Shep and having lunch in Gorak Shep then to go E.B.C. After explore the E.B.C. to back to Gork Shep. which is surrounded by mountains. Stay at Guesthouse – Lunch, Dinner and Breakfast. O/N at Gorak Shep.



### **Day 9: Early Morning to go Kalapattar and back to Pheriche**

Early in the morning hike to Kalapattar (5545m) which is the most exciting part of the trip and take in panoramic views of Mt. Everest, the way of the South Col Khumbu, the icefall and glacier and Pumori as well. Return to Gorek Shep, After that , you prepare to go down at Pheriche.

### **Day 10: Pheriche to Namche**

Trek back to Tengboche. Stay at Guesthouse – Lunch, Dinner and Breakfast. O/N at Tengboche.

### **Day 11: Namche to Lukla**

Trek back to Lukla. Stay at Guesthouse – Lunch, Dinner and Breakfast. O/N at Lukla.

### **Day 12: Lukla to Kathmandu**

Fly back to Kathmandu. In After having Lunch enjoy a guide sightseeing tour around Kathmandu valley. You will visit many Buddhist and Hindu temples which reflect the local culture and tradition of Nepalese society. In the evening you will return to the Hotel, B.B. O/N at Kathmandu.

### **Day 13: Departure day in Kathmandu.**