Kathmandu Holiday Tours & Travels Pvt. Ltd.

Everest Base Camp Trek

Duration: 13 N/14 D

Tour Plan

Day	Details
Day 1	**Kathmandu Arrival** Arrival at Kathmandu Airport, welcome by our office representative and transfer to hotel. Further program briefing and preparation for the trip. Overnight at Hotel.
Day 2	**Kathmandu -Lukla - Phakding** Early morning transfer to Airport/fly to Lukla (2800m). This flight provides a magnificent entree to the trek region. Upon arrival set up your baggage's and start your first day trek. It is an easy walk through several villages to Phakding, or Monju where you will stay overnight.
Day 3	**Phakding to Namche(3440m)** You follow the Dudh Kosi for about 2 hour and then climb slowly up a steep trail to Namche. As you climb, you enjoy our first views of Everest (8848m), Nuptse (7879m) and Lhotse (8383m).Overnight at Namche.
Day 4	**Acclimatization day in Namche Bazar** Free day for acclimatization.
Day 5	**Namche Bazar – Thyangboche (3867m)** Trek along a very pleasant trail under the soaring peak to Thamserku and steadily descending to the Imja River where there are a series of water driven prayer wheels. You climb steadily for about 2 hours to Thyangboche Monastery (3875m) and the views from here are magnificent. The Monastery is literally surrounded by mountains. Yaks graze on the small meadow and the monks drone through their prayers. Yes, this is one of the most beautiful spots in the world.
Day 6	**Thyangboche –Dingboche (4530m)** Trek up to the Imja river valley to Pangboche (3900m) where you stop for lunch and visit the Monastery. In the afternoon continue your trek to the summer village of Dingboche (4360m). The scenery all day is superb.

Day	Details
Day 7	**Acclimatization day in Dingboche** Free day for Acclimatization.
Day 8	**Dingboche – Lobuche (4930m)** Today the trek begins with a gentle climb toward the Pheriche Valley. Trekking above the valley floor, we pass through alpine scrub and yak pastures. On display are Tawoch and Cholotse, with Ama Dablam behind us. From here, it appears Ama Dablam is rising directly from the valley floor. The trail continues on to Thokla Pass, where the ascent is challenging. Again a photographer's paradise as there are panoramic views of Nuptse, Lhotse, Lhotse Shar, and a few other 7,000-plus meter peaks! After crossing the pass, we reach Lobuche. Not a very attractive settlement in itself, but the scenery surrounding it is beautiful and dramatic.
Day 9	**Lobuche – Everest base camp (5364m)** Today, you walk to Everest base camp, the actual distance is not so far but you take it very slowly to compensate for the altitude stopping at Gorakhshep (5288m) for a light lunch and continue trek to Everest base camp 5330m following nice and ice-sizzle ring trail. You then take the same way back to Gorakshep for overnight.
Day 10	**Gorakshep –Kalapather (5545m) –Labuche (4930m)** Early morning (4.30AM) climb up to Kalapather from where you can see the Everest Base Camp is just down. This is a hard pull but the view from top surpasses anything you can imagine. All around us flow huge glacier ice. The mountains of PUMORI (7145m), LINGTREN (6697m) and Khumbutse (6623m) separate you from Tibet, and just over the Lho La pass. You see the huge rock of Changtse (7550m) in Tibet itself. But the queen of them all – Sagarmatha (Mt. Everest 8848m) towers over everyone. Overnight in Labuche.
Day 11	**Lobuje – Thyangboche (3867m)** You retrace our steps along the glacier to Pheriche (4260m) and stop for lunch. In the afternoon, take the lower trail to Pangboche and Thyangboche.
Day 12	**Namche to Lukla** In the earlier part of the day, take a good final look at the magnificent Himalayan mountains, and say goodbye to the Khumbu Valley and Mount Everest. Then put your head down as we make a final long ascent into Lukla.

Day	Details
Day 13	**Lukla to Kathmandu (Flight)** This morning says goodbye to Mt Everest and the Khumbu Region as we board our flight back to either Kathmandu or Manthali Airport. Depending on which airport is open at that time and, of course, weather conditions, either we will be back in Kathmandu for brunch or in the early afternoon. Then there is time to do some shopping before our farewell dinner in the evening.
Day 14	**Departure** After breakfast, our representative will take you to Tribhuvan International Airport in time for your onward flight. Should you stay longer in Nepal or have a late flight, please note that the hotel check-out time is 11 am.