



## Shrivastav Car Rental

WhatsApp: +91 7017071686 | Email: Info@shrivastavcarrental.in

Address: Shiv Murti Gali, near Gujarat Bhawan, Sharvan Nath Nagar, Haridwar, Uttarakhand 249401

# Everest Base Camp Trek

13 Night / 14 Days

Starting From ₹51,999 per person

## Tour Details

- **Stay Plan:** 1N-Kathmandu → 1N- Phakding → 3N-Namche → 1N-Dingboche → 1N-Lobuche → 1N-Gorakshep → 1N-Pheriche → 1N-Namche → 1N-Lukla → 2N-kathmandu →
- **Duration:** 13 Night / 14 Days

## Tour Highlights

- Dudh Koshi River
- Namche Bazaar
- Pine forest
- Everest National Park
- Sagarmatha National Park
- Ama Dablam
- Tengboche Monastery (3870m)
- Lhotse-Nuptse
- Imja River
- Pangboche Monastery
- Khumbu Glacier

## Detailed Itinerary

### Day 1: Kathmandu Arrival

On your arrival at Kathmandu Airport, meet our team and leave for the hotel. Enjoy your leisure time of the day, taking rest and relaxing. Late in the evening go further for trek. Overnight stay in Kathmandu.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 2: Kathmandu - Manthali (Drive) Ramechapp - Lukla (fly) Lukla-Phakding

Early in the morning, you will be picked up from the hotel at 2am and driven to Manthali. On the way, have your breakfast served to you. Reach the beautiful village of Manthali after a drive of 4-5 hrs. Take a mountain flight to Lukla and start your trek towards Phakding. Begin your trek descending towards Dudh Koshi river and enjoy the view there. Then, join the main bazaar in Namche, explore the market. Afterwards, take a peaceful and calming walk to Phakding. Overnight stay in Phakding.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 3: Phakding - Namche

Have your breakfast, go for a trek through the beautiful Pine forest to the trail north up the valley of Benkar. Have fun crossing the flowing Dudh Koshi river and on the way pass Chumao to Monjo, the entrance to Everest National park. Then, by crossing a suspension bridge and passing Jorsale village, take a walk alongside the beautiful and scenic Dudh Koshi and Bhote Koshi rivers. Visit Sherpa Village in the Namche bazaar and listen to the steep ascent of the locals of the region. Overnight stay in Namche.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

#### Day 4: Namche

After breakfast, go on to explore the real charm of Namche bazaar, the main centre of the Khumbu region including government offices, internet, cafes, market and all needs. Start your hike to Sagarmatha National park and in return enjoy an amazing sunrise view along with views of Mount Everest , Nuptse, Ama Dablam and so on. Again, in the day start trekking to the beautiful Khumjung village(12401 ft) in Sherpa. Observe the life of the locals in Sherpa, their hillary school and enjoy the diverse family of flora and fauna at high altitudes. Overnight stay in Namche.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

#### Day 5: Namche to Deboche

After breakfast, we will trek to the northeast directly leading to Everest. Starting trek upwards to the visitor centre on the hill and continue the trek high above the Dudh Koshi. Reaching onto the high altitudes, enjoy the beautiful view of beautiful mountains in the Khumbu like Ama Dablam(22343 ft) , Island peak (20299 ft) , along with a sight of Everest. While going down back to Dudh Koshi and village of Phunki Thanga explore the Tengboche monastery at 3870m and also pass by a settlement of region Sanasa. Exploring the grounds of the monastery , look at the most magnificent mountain view in the world and the panoramic views of Himalayas including Everest peaks above Lhotse-Nuptse ridge. Spent the night in Namche.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 6: Deboche to Dingbouché

Again, start your trek descending between forests filled with a variety of lush greenery and in return you will be able to get the tremendous view of Mt. Everest, Lhotse, and Ama Dablam peaks. Go with the trail down to Devuche, crossing the Imja River in Pangboche. Enjoy the most beautiful view of the Himalayas and the Pangboche monastery. Further trek ahead towards Lobuche river, Imja valley and reach up to Dingboche. Watch the beautiful array of fields of potatoes, barley and buckwheat surrounded by stone walls protected from cold winds and grazing animals. Overnight stay in Dingboche.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 7: Dingbouché to Lobuche

After having breakfast, start to trek towards Dughla, end of the terminal moraine of Khumbu glacier. Then, climb up to Chupki Lhara and learn the history of this place with prayer flags and about Babu Chiri Sherpa's mission to climb Everest. Later, continue to Khumbu glacier moraine and enjoy the view of several great peaks – Khumbu-tse, Pumori and Mahalangur Himal. Then, come back to Lobuche. Overnight stay in Lobuche.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 8: Lobuche- Gorak Shep to EBC & back to lodge at Gorak shep

After breakfast, start trekking to western side of Khumbu valley enjoying through meadows and slopes and reach the moraine of a huge creaking glacier. Have lunch, trek to Everest base camp passing through rocky dunes, moraines and streams. Upon reaching, explore around looking at the tents of various mountaineers in between the monotony of gray surrounding. Enjoy the view of Nuptse, Khumbu-tse and Pumori mountains from camp. Go back to Gorak Shep. Overnight stay in Gorak Shep.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 9: Explore Kalapatther & get back to the lodge & trek to Pheriche

In the morning , start trekking towards Kalapatther for a glorious sunrise over Mt. Everest. Enjoy the view of the beautiful mountains Nuptse Nup, Changtse and Lhotse taking amazing pictures of peaks. After coming back to Gorak shep and having breakfast. Then , trek down to Pheriche. Overnight stay in Pheriche.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 10: Pheriche - Namche

From Pheriche start trekking down to hillside blanketed by rhododendrons and juniper trees. Following the trails, cross the prayer flags over the Dudh Koshi river , going down to Dudh Koshi Gorge through pine forest. Explore the colourful pheasants and mountain goats in the forest around. Later, reach Sansa and enjoy the views of Ama Dablam , Thamserku and Nuptse mountain peaks. Bypass the winding trails through a forest and reach Namche bazaar. Overnight stay in Namche.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 11: Namche to Lukla (7-8 hrs)

Start your trek down to trail and must walk cautiously and continue to battle the rocky terrains. Make your trekking unforgettable by crossing over the suspension bridges over the fast flowing Dudh Koshi and its tributaries. Arrive at Lukla, stretch your sore legs and recall the memories of the last couple of weeks with a free mind and relaxing. Overnight stay in Lukla.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 12: Lukla - Ramechapp (by air) - Manthali to Kathmandu drive

Arrive at the airport and take your flight to Ramechapp. Then , drive back to Kathmandu with a drive of 5-6 hours. Enjoy your Free evening leisure time taking rest and relaxing. Overnight stay in Kathmandu.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 13: Kathmandu - Reserve Day

Arrive at the airport and take your flight to Ramechapp. Then , drive back to Kathmandu with a drive of 5-6 hours. Enjoy your Free evening leisure time taking rest and relaxing. Overnight stay in Kathmandu.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 14: Kathmandu - Reserve Day

Take your Full day time for leisure and rest. Visit to the local Kathmandu sightseeing. Overnight stay in Kathmandu.

**Inclusions:** Meals • Stay • Transfer • Sightseeing

### Day 15: Kathmandu Airport drop- Departure

In the morning after breakfast, you will be dropped off to the Kathmandu airport. Take your flight back to your destination. The journey ends here. In the morning after breakfast, you will be dropped off to the Kathmandu airport. Take your flight back to your destination. The journey ends here.

**Inclusions:** Meals • Transfer

## Contact for Booking

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