

# Express Everest Base Camp Trek



## TRIP FACTS

Tengboche Monastery visit, Rhododendron forest (flower; March/April), superb mountain views including Everest, picturesque Sherpa settlements, visit of Kalapatthar (5545m) & Everest Base camp (5310m), View of Khumbu Glacier, friendly people and many more..

Trip duration:	10 Days
Maximum altitude:	5545m
Grade:	Strenuous to fairly challenging
Starts in:	Kathmandu
Ends in:	Kathmandu
Accommodation:	Tea House (lodge)
Transportation:	Flights to and from Lukla
Best Season:	Oct- Nov (autumn season)
Very good Season	Mar- May (spring season)
Good season:	Dec-Feb (Winter season)
On luck weather season:	June-Sep (summer/rainy Season)

## ITINERARY:

- **Day 01 Fly to Lukla, trek to Phakding**  
**Altitude: 2640M**  
**Trek Length: 3 Hours**  
**Meal: Lunch, Dinner**

We take an early morning flight to Lukla ,where all Everest treks begin.As we start our Trekking from there we gradually descend towards the village of Phakding with a glimpse of Mt.Khumbila. Overnight at Phakding.

- **Day 02 Trek to Kyangjuma**  
**Altitude: 3550M**  
**Trek Length: 5-6 HOURS**  
**Meal: Breakfast, Lunch, Dinner**

We start our trek after breakfast as we slowly and gradually ascend through the pine forests. We cross Dudh Koshi River as we pass the monjo village as we enter the Everest national park region. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazar which is probably the biggest town in the Everest region. Then we ascend towards the village of Kyangjuma, A typical small Sherpa village. Overnight at Kyangjuma.

(Note: There is optional trek route for acclimatization: we can walk around Khumjung village and descending trek to Imja river following the rhododendron forest ascending all the way to Tengboche)

- **Day 03 Trek to Tengboche**

**Altitude: 3860M**

**Trek Length: 5 Hours**

**Meal: Breakfast, Lunch, Dinner**

As the real quest for the base camp of the Highest Peak in the World takes a turn; we follow our trail with an easy walk until Phunki then ascending towards the village of Tengboche. A village that has its own mythical and cultural importance. Tengboche Monastery is the largest monastery in the Everest region. It offers panoramic views of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamsarku. Overnight in Tengboche.

- **Day 04 Trek to Dingboche**

**Altitude: 4410M**

**Trek Length: 5 Hours**

**Meal: Breakfast, Lunch, Dinner**

Starting the day with downhill through the rhododendron forest. We follow the beautiful ascending trail through the valley enjoying the Flora and Fauna of that area. We walk downhill to Deboche and cross the Imja River to reach Pangboche. We continue our walk to the Imja Valley and Lobuche River before ascending to Dingboche. Overnight at Dingboche.

- **Day 05 Trek to Lobuche**

**Altitude: 4910 M**

**Trek Length: 5 Hours**

**Meal: Breakfast, Lunch, Dinner**

In the morning we will continue our trek as we head for the acclimatization trek for looking at the panoramic views of the highest Himalayan Ranges. Then afternoon trek, we enjoy the panoramic views of the mighty Himalayas as we move closer to the base of the mountains. Passing the campsite of first ever Everest expedition group we bid our goodbye to Mt. Pumori. We cross a stream and ascend to Dughla as the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the village of Lobuche which is located at the foot of giant Lobuche peak.

- **Day 06 Trek to Everest Base Camp and Trek Back to Gorak Shep**

**Altitude: 5310M/5160M**

**Trek Length: 8 Hours**

**Meal: Breakfast, Lunch, Dinner**

The final day for the Base Camp Quest begins as we start our way towards the base Camp standing at 5310M. A long and tiring day yet the most memorable one. We walk alongside the Khumbu glacier. The Everest Base Camp at 5,310m, the closest you can get to Mt. Everest without mountaineering equipment. From the Base Camp, we look at the Khumbhu Icefall which looks spectacular from the Base camp. We return to Gorak Shep. Overnight at Gorak Shep.

- **Day 07 Hike to Kalapatthar and Trek to Pheriche**

**Altitude: 5545M/4371M**

**Trek Length: Sunrise 3 Hours and 5 Hours day trek**

**Meal: Breakfast, Lunch, Dinner**

The Most Difficult day but the most memorable, An early Morning long trek takes us to top of Kalapatthar, As we enter the highest altitude at 5545M. Everest, the highest point on the planet at 8,848 m, towers directly ahead and the other peaks such as Nuptse, Pumori, Chagatse, Lhotse and the whole of Mighty Himalaya range. We make a quick descent to Gorak Shep and then trek down to Pheriche. Overnight at Pheriche.

- **Day 08 Trek to Namche Bazar Via Tengboche**

**Altitude: 3440M**

**Trek Length: 8 Hours**

**Meal: Breakfast, Lunch, Dinner**

We follow the trail back ascending and descending towards the town of Namche Bazar. Namche Bazar being one of the high altitude town you can always enjoy the views and the surrounding around and in the town. Overnight at Namche.

- **Day 09 Trek to Lukla**

**Altitude: 2804M**

**Trek Length: 7 Hours**

**Meal: Breakfast, Lunch, Dinner**

We finally bid our good bye to the Everest area as it is the last day of our trek. We enjoy and celebrate our achievements that we have achieved during the journey as we descend towards the Village of Lukla. Overnight at Lukla.

- **Day 10 Fly to Kathmandu**

**Altitude: 1400M**

**Meal: Breakfast**

We say good bye to the village town of Lukla as we fly back to Kathmandu where our staff will transfer you back to the hotel of Kathmandu. Overnight in Kathmandu.

*This trek has a very high difficulty level, so this trek is not advisable to the beginners!*

**(NOTE: Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)**

#### **Cost Includes**

- International and Domestic airport pickup service and drop service
- Kathmandu to Lukla, Lukla to Kathmandu flight ticket
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek (B=breakfast, L=Lunch, D= Dinner)
- Sleeping bag (only if require)
- Government taxes and service charges

#### **Cost Excludes**

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek

- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Tipping to guide and porter

## EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm ( down or fibre fill )
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

## USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

4000-5000m:

Day: 19 degree Celsius

Night: minus 8 degree Celsius

**Trekking Guide we provide:** English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

**Porter we provide (\*if needed):** Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

**General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).**

**Important note:** Travel insurance is mandatory for each member of your group and must include cover of trekking or high alpine insurance, up to 6000m, including helicopter rescue.

Everest Express Base Camp trek is adventure trek; but we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

**Meals that serve in mostly lodge/tea house:** Nepali, Indian, Chinese, Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

**Electricity facilities in trekking lodge:** Mostly place they have hidro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

**Express Everest Base Camp trek; Room in Tea house:** You will have mountain hut (tea house accommodation). In this trek you can expect high room quality. Mostly time you will have common bath room. At higher elevation trekking lodge rooms are limited. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.

**Lukla flight:** Flight is not guarantee all the time; fly is always depends at on weather; fly service is everyday in between 7 AM to 10 AM. In case regular fly service to Lukla or Lukla to Kathmandu is cancel; there are an option fly with helicopter. Of course you will get back USD 163 per person back from Trekking Team Pvt. Ltd from Lukla flight. Flight baggage limits 10+5 kg per person. You can also take more weight with extra baggage charge.

**Financial Security:**

<https://trekkingteam.com/content/before-booking-a-trip/financial-security.html>