

## **EVEREST BASE CAMP TREK**

### **Trip's Summary**

Everest Base Camp. Two little syllables that conjure up dreams as immense and powerful as the Himalayan Mountains themselves. This 15-day trekking trip is your chance to make these dreams come true, to challenge yourself and discover both the majesty of the mountains and your own potential. Walk among giants of nature and revel in the sense of freedom that comes from leaving Wi-Fi and Netflix behind for card games in tiny teahouses, learning about Sherpa life and watching the sunrise over Everest. Plus, Intrepid's commitment to the rights and fair treatment of porters and trekking guides means you can rest assured knowing you're doing the trek of a lifetime the ethical way.

### **Why you'll love this trip?**

- Scenic mountain flight from Kathmandu to Lukla with a bird-eye view of the mountains
- Walk through the Sagarmatha National Park full of natural wilderness
- Get around the world's highest airport at the Syangbuche (3780 meters)
- High suspension bridges, colorful prayer flags, mani stones, prayer wheels on the way to base camp
- Get a chance to see the wildlife like Musk Deer, Snow Leopard, beautiful Pheasants, and Himalayan Thar
- Visit Namche Bazaar and Tengboche Monastery on the way to Everest Base Camp Hike
- Unforgettable views of high mountains, Khumbu Glacier, and Khumbu Icefall
- Glorious sunrise view of Everest and many mountains from the Kala Patthar
- Lifetime memorable sunset and sunrise views from the top of the Kala Patthar
- Experience the different cultures and traditions of the Sherpa people

### **ALTERNATE ITINERARY:**

In case of weather conditions leading to cancellations or delays in included flights, this trip will operate on an alternate itinerary. Please see day 1 of the itinerary for more details.

### **ALTERNATIVE ITINERARY DUE TO FLIGHT CANCELLATIONS:**

Weather conditions in the Himalayas can change rapidly, which can result in the need for changes to be made to our intended itineraries. Flights throughout Nepal – particularly in high mountain areas – are often delayed or cancelled due to poor weather conditions. Flights between Kathmandu/Ramechhap and Lukla are particularly prone to these delays which has the potential to vary the itinerary of our tour departures. Our contingency plans in case of bad weather preventing the fixed wing aircraft flight from Kathmandu/Ramechhap to Lukla are as follows:

**Day 2** – We will attempt to board our booked fixed-wing plane as per the itinerary. If this flight is cancelled, we will return to our hotel in Kathmandu/Ramechhap for an additional night.

**Day 3** – We will again attempt to board our booked fixed-wing plane. If this flight is cancelled we will endeavour to charter a helicopter to transport the group, provided helicopters are available and weather does not prevent them from flying to Lukla. There may be delays for helicopter flights due to limited availability of safety audited helicopter operators.

Travellers will need to use their emergency fund to cover the cost of the chartered helicopter. The exact cost will depend on how many travellers are in your group and could be up to US 450 per person. It is common practice for the helicopter company to charge varying prices, so you may pay different amounts to others on the flight. If we reach Lukla on day 3 by either fixed wing aircraft or helicopter we will then follow the same itinerary to Everest Base Camp but descend over one less day in order to take our return flight from Lukla on day 14.

**Day 4** – If both fixed-wing planes and helicopters are unable to reach Lukla on the morning of day 3, then on day 4 we will travel by road to Phaplu (an approximately 9-hour drive by private vehicle) and then trek to Tengboche on the Everest Base Camp route via Lukla. While we will not be able to reach Base Camp itself on this altered itinerary, but our travellers have still found it a highly enjoyable trek with superb views of the ranges and Everest itself. Travellers will need to use their emergency fund to cover the cost of the extra transport needed. Approximately 70 USD per person.

We also advise allowing a few extra days in Kathmandu at the end of your trip should your return flights from Lukla be delayed due to weather conditions.

### **Special information**

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. If you are going to be late please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

Flights going to and from Lukla may be operated out of Ramechhap Airport, in an effort to alleviate congestion at Kathmandu's Tribhuvan International Airport by the Civil Aviation Authority of Nepal. In such case, any departures affected will need to wake up quite early on Day 2 to drive the 130 km (approximately 5 hours) from Kathmandu to Ramechhap Airport. A private vehicle transfers will be provided at no additional cost. Your local leader will give you the most up to date information regarding delays to flights.

### **DAY 1 : KATHMANDU**

Namaste! Welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting at 3pm today. If you arrive with time to spare, maybe check out the storied stupas and pagodas of Swayambhunath (Monkey Temple) or take a walk around the local Durbar Square.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

### **DAY 2 : PHAKDING(2610m / 8563ft)**

Early morning flight to Lukla. Sitting at 8848 m, Mt Everest, the highest peak in the world, is one of the greatest trekking destinations. Locally known as Sagarmatha, the mountain has long been revered as the home of the gods. First conquered by Tenzing Norgay and Sir Edmund Hillary in 1953, Everest has traditionally been the ultimate goal for mountaineers. On this trip you will take on the challenge of reaching the mountaineer's base camp and gain an insight into the world famous Sherpa culture. You will cross glaciers and broad plains, traverse valleys and climb high passes to reach the picturesque Everest Base Camp. Our accommodation comprises small, basic teahouses along the track. These basic but cosy remote houses are operated by the mountain Nepalese to cater for trekkers and also offer simple yet filling and delicious meals to sustain our efforts. This is a challenging trip and involves difficult trekking at high altitudes but the whole experience is simply awe-inspiring!

Today we have a very early flight from Kathmandu to Lukla. If the weather is good, the views of the Himalayas from the small plane are amazing! After breakfast in Lukla (2840 m), a short safety talk and an introduction to your porters, gear up and commence your trek. Today is a fairly gentle introduction, following the milk-white Dudh Kosi River approximately three-hours to Phakding (2610 m).

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Flight : 25minutes

Trek Distance: 8.5 km

Approximate Duration: 3 hours

Ascent: 350 m

Descent: 560 m

Please note that in peak travel times domestic flights to/from Kathmandu may arrive/depart from Ramechhap (also known as Manthali) Airport. The airport is located 130 km (a 4 to 5 hours drive) from *Kathmandu*.

### **DAY 3 : NAMCHE BAZAAR(3440m / 11286ft)**

Today you'll trek around 7 hours to Namche Bazaar, where you'll spend a couple of days acclimatising to the altitude. You might also get your first look at Everest itself. From Phakding you'll cross the river and head up the valley, following in the footsteps of the porters loaded with supplies for Namche Bazaar. The trail, lined with blue pine forest, follows the river valley and is especially spectacular in spring when the rhododendron flowers are bright in bloom. Cross the Dudh Kosi River at Benkar, and look way up above 6,000 metres to see the peaks of snow-capped Kusum Kanguru (6369 m) and Thamserku (6623m). Press on to Monjo (2835m), a good place to break for lunch. From here the walk starts to get a little tougher, with a steep ascent to Namche Bazaar. Enter into the national park, cross the river through the village of Jorsale (2805m) and then continue upstream. Cross another spectacular suspension bridge and begin the ascent to Namche Bazaar. Get your camera out as now there will be your first glimpse of the peaks of Everest, Lhotse, Nuptse and Taweche. Namche will be your last chance to check your equipment and hire any additional gear for the high altitudes from Dingboche onwards. Namche Bazaar is also the last chance to enjoy the local nightlife or take to the pool hall and video parlours.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 10 km

Approximate Duration: 7 hours

**Ascent: 1090 m**

**Descent: 335 m**

### **DAY 4 : NAMCHE BAZAAR(3440m)**

You'll stay at Namche Bazaar for another night so that you can properly acclimatise to the altitude. One of the best ways to do this is to take strenuous walk up to a high altitude then come back down to sleep – Take an optional hike, visiting Sagarmatha Next along the way, who support local communities to create and implement a sustainable waste handling system in the region. There's an optional walk to see views from the national park headquarters above the village. This stunning vista includes a super panorama of the Khumbu peaks and great views of Everest. The national park headquarters are home to interesting displays about Sherpa lifestyle and culture, and the local flora and fauna. Namche gained its importance during the period when Tibetan salt was traded for the lowland grains of Nepal. Rugs,

clothing, salt and dried meat still all do a roaring trade in the village centre, so haggle for any extra supplies you might need.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Included activities**

- Namche Bazaar - Acclimatisation Hike

#### **Special information**

Trek Distance: 5 km

Approximate Duration: 3.5 hours

Ascent: 465 m

Descent: 465 m

#### **DAY 5 : PHORTSE (3810m / 12500ft)**

Today you'll trek for about 9 km from Namche Bazaar to Phortse. This route offers amazing insight into the life and culture of the sherpas, and that night we stay in a village that is home to a number of sherpas who have reached Everest's summit. Looking out from Phortse, the views of Amadablam are great.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 10 km

Approximate Duration: 7 hours

Ascent: 970 m

Descent: 550 m

In the winter season (Dec, Jan & Feb) trek to Tengboche instead of Phortse Village.

#### **DAY 6 : DINGBOCHE(4410m / 14469ft)**

Climb above the tree-line and trek approximately seven hours covering the distance of 12 kms to Dingboche. Here you'll find a beautiful patchwork of small fields enclosed by stone walls. These walls protect crops of barley and potatoes from the cold winds. The scenery is once again spectacular and although Everest will be hidden behind the Lhotse-Nuptse Ridge, the huge peaks that tower above the eastern end of the valley are more than worthy. If the weather's right, then there will be gorgeous

sunsets illuminating the peaks – Ama Dablam, the south face of Lhotse to the north, and also Island Peak in the centre of the valley.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 14 km

Approximate Duration: 7 - 8 hours

Ascent: 920 m

Descent: 410 m

#### **DAY 7 : DINGBOCHE(4410m)**

Today is another acclimatisation day. Staying the night in Dingboche you'll take day hikes to Nagarjun Hill or Chukkhung.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Included activities**

- Dingboche - Acclimatisation Hike

#### **Special information**

Trek Distance: 4 km

Approximate Duration: 3 hours

Ascent: 425 m

Descent: 425 m

#### **DAY 8 : LOBUCHE (4910m / 16109ft)**

From Dingboche, ascend the small ridge behind the village above the Pheriche valley. From the stupa at the top, Taweche and Cholatse (6440 m) make for a pretty striking scene – they seem to lean forwards from across the valley in the west. To the north, Lobuje Peak (6119 m) and the snowfields of the Cho La are the kings of the skyline. The walking will now be fairly flat on wide-open fields, but remember that there's no rush – take your time and ensure you're well hydrated. Late in the morning you will cross the Khumbu Khola at Dughla and take a light lunch at the foot of the huge terminal moraines of the Khumbu Glacier flowing off Everest. In the afternoon, there will be a solid and quite steep climb on a rocky trail to the top of the moraines. On the crest of the ridge, you'll pass a line of memorial cairns (stacks of

stones), built in memory of the Sherpas and climbers who have died on various Everest expeditions over the last fifty or so years. From here the view is downright spectacular once again, with Pumori (7145 m), Lingtren (6697 m), Khumbutse (6623 m), and across the border in Tibet, Changtse (7550 m), surrounding you. Then follow the valley stream to the lodge at Lobuje, arriving early afternoon.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 8 km

Approximate Duration: 5.5 hours

Ascent: 660 m

Descent: 85 m

#### **DAY 9 : GORAKSHEP – EVEREST BASE CAMP (5140m / 16864ft)**

This is the big one, the day of Everest Base Camp. From Lobuche, follow the broad valley that runs parallel to Khumbu Glacier, with a gradual ascent enabling you to build the slow, steady rhythm required when walking at high altitude. When you reach the moraines of Changri Nup Glacier, you will make a series of small ascents and descents over a rocky trail lined with cairns that eventually leads to the surprising glacial sands of Gorak Shep (5160 m) – reached after about three hours of walking. Now's the time to grab a quick bite, gear up appropriately, and then head off towards Everest Base Camp. The trek to the base camp can be achieved in around three hours, and if trekking in the popular climbing period of March to May, you will almost certainly encounter yaks and porters supplying food and equipment to expeditions here. From Everest Base Camp you will not get views of Mount Everest, but you are able to see glorious glaciers, lakes, caves, and the notorious Everest Ice Fall that flows from the Western Cwm. It's regarded as technically the hardest and most dangerous section of the mountain. The return journey from the Base Camp to Gorak Shep takes the same amount of time. You will have an early dinner so that you are able to get up early the next day for awe-inspiring views of the Himalayan giants from Kala Patar.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 8 km

Approximate Duration: 8 hours

Ascent: 500 m

Descent: 270 m

Your teahouse in Gorak Shep is situated at 5180 m (16,995 ft). Due to its remote location and high elevation, all materials must be carried up to this altitude (or back down) by foot or by yak as there are no roads. While the views of Everest and the surrounding Himalayas are spectacular, the amenities are understandably basic.

#### **DAY 10 : KALA PATTAR –PHERINCHE (4240m / 15191ft)**

Today you witness some of the Himalayas most recognisable sights. You'll make an early start to avoid the early morning clouds and trek to Kala Pattar (5545 m) to witness the best views of Everest. Don't be surprised if you get a little tear in your eye when you soak up the views of Everest. Embrace that emotion and spend as long as you like here to savour this extra special moment. To get there from the lodge the ascent is quite steep, so start very slowly and try to ascend at a steady rhythmic pace. Kala Patar is the rocky hilltop below Pumori. It's a tough walk because of the altitude, but the view from the top will surpass your wildest imagination. It will probably take a good hour and a half to reach the summit from Gorak Shep, although lower viewpoints can provide views that are almost as good. Pumori, Nuptse, Changtse, Ama Dablam, Taweche, Kantega and Everest – they're all here. About three kilometres away and some 200 metres below, the area of the Everest Base Camp can be seen in a bowl at the bottom of the Khumbu Ice Fall. Then it's all downhill from here – the descent to Gorak Shep is easy and when you arrive back at the lodge you will have a quick drink and head off to the rooms to pack your kit bags while breakfast is being prepared. After breakfast you will set off to Lobuche and Thugla, where you will stop for lunch. Then you'll cross the Khumbu Khola and head down the valley below Cholatse to Pheriche, where you will stop for the night.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Included activities**

- Gorak Shep - Kala Patthar Sunrise Trek

#### **Special information**

Optional Trek from Gorakshep to Kalapathhar & back

Trek Distance: 4 km

Approximate Duration: 3 hours

Ascent: 440 m

Descent: 440 m

#### **Trek from Gorakshep to Pheriche**

Trek Distance: 12 km

Approximate Duration: 6 hours

Ascent: 70 m

Descent: 950 m



### **DAY 11 : TENGBOCHE (3860m / 12664ft)**

Descend through the small settlements at Orsho and Shomare before passing through Lower Pangboche. Here you'll reach the suspension bridge over the Imja Khola River, then ascend back to Tengboche to visit the monastery. According to legend, Lama Sange Dorjee, who came from Tibet's Rongphu Monastery, founded Thyangboche Monastery in the 17th century. Tengboche was destroyed by an earthquake in 1933, rebuilt and again badly damaged by a fire in 1989. Construction of the present monastery was completed in 1992. Spend a bit of time visiting the monastery and the Sherpa Heritage Foundation museum.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Included activities**

- Tengboche - Monastery

#### **Special information**

Trek Distance: 10 km

Approximate Duration: 4 hours

Ascent: 665 m

Descent: 1740 m

### **DAY 12 : CHUMO (2860m / 9383ft)**

Descend steeply through beautiful forest of juniper, rhododendron and fir. Cross the Dudh Kosi River and ascend to Trashinga. From here the trail contours high above the valley through Shanasa and on to Namche Bazaar, before descending steeply down to the large suspension bridge over the Dudh Kosi River. You'll follow the trail through Jorsale and back to Chumo, where you'll stop for the night.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 15 km

Approximate Duration: 8 hours

Ascent: 665 m

Descent: 1740 m

### **DAY 13 : LUKLA (2840m / 9318ft)**

You've done it, your last day of trekking! Today you'll walk back to Lukla via Benkar through blue pine and rhododendron forest, with great views of Kusum Kangaru. From here, make the final climb up to Lukla, where you'll say goodbye to your Sherpa crew. Celebrate with a hot shower and a few drinks with your group before flying back to Kathmandu tomorrow morning.

#### **Accommodation**

- Teahouse (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Trek Distance: 12 km

Approximate Duration: 6 hours

Ascent: 725 m

Descent: 640 m

#### **DAY 14 : KATHMANDU**

Weather permitting, you'll take a short early morning flight from Lukla to Kathmandu. Return to the hotel and have free time during the afternoon for further sightseeing or shopping. Shop in some of Kathmandu's many markets for clothing, embroidery, carpets or ceramics. If shopping is not your thing, take a trip over the Bagmati River to the adjacent city of Patan, with its abundance of temples and monasteries. Enjoy a final night together, reliving the trek and our extraordinary achievements.

#### **Accommodation**

- Hotel (1 night)

#### **Meals**

There are no meals included on this day.

#### **Special information**

Your travel time today will be approximately 5 hours.

If there is bad weather or low cloud conditions our flight back to Kathmandu may not go, giving us an extra day in Lukla to relax or do a day walk. In this case, we will return to Kathmandu by late morning on day 15 and the trip will end with an arrival transfer back to our hotel.

Please note that in peak travel times domestic flights to/from Kathmandu may arrive/depart from Ramechhap (also known as Manthali) Airport.

#### **DAY 15 : DEPARTURE**

Say 'Namaste' for memories that will last a lifetime. There are no activities planned for today and you are able to depart the hotel at any time. If you'd like to stay longer, just speak to your booking agent.

#### **Meals**

There are no meals included on this day.

## Trip Details

### Price

\$1300usd (twin share)

### Trip length

- 15days 14nights
- Trip starts and finishes in Kathmandu, Nepal.

### Meeting point

Kathmandu, Nepal

### Departure point

Kathmandu, Nepal

### Group size

Maximum 12

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## Included

- 14nights Accommodation in hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide
- Driver, guide,Porter & luggage transport
- 2 x domestic flight(ktm –lukla and Lukla to ktm)
- Sagarmatha national park permit fee.
- Pasang lamu municipality permit fee.
- Transportations.

## Not included

- International flights
- Travel insurance (compulsory)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included breakfast,lunches and dinners
- Tip to guide and porters.
- Personal expenditure
- Hiking equipment
- Pre or post-trip accommodation