



CORPORATE ADVENTURE TREKS PVT. LTD.

P.O. Box: 23877, Kathmandu, Nepal, Tel: +977-1-4700939

Trip Introduction

Mt. Everest (8848m), first conquered by Sir Edmund Hillary and Tensing Norgay in 1953, inspires many worldwide. Because of this, the Everest Base Camp Trek offers an exhilarating journey, introducing trekkers to delightful Sherpa villages and monasteries. It also immerses you in the culture of Nepal.

When you interact with the Sagarmatha National Park, its elements make the journey pleasant amid the Himalayas in the Everest vicinity. Additionally, a direct flight to Lukla airport takes only 40 minutes from Kathmandu.

The flight to Lukla itself is an adventure. Indeed, Lukla airport has a mountain at one end and a huge drop-off at the other, making for a thrilling welcome. The trek starts as soon as you land at Lukla.

As you pass through the Dudh Koshi valley, you head to Namche Bazaar. This is the starting point for panoramic views of the mountains. Moreover, throughout the journey, you will see spellbinding glimpses of the Himalayan range in the Khumbu region.

Next, the trek continues through culturally rich Sherpa villages like Tengboche, Deboche, Dingboche, and Pheriche. You then ascend to Lobuche, followed by another climb to Gorakshep.

Furthermore, exploring Everest Base Camp reveals the grandeur of the Khumbu Glacier and Icefall. The skyline is filled with countless peaks. Finally, hiking to Kalapatthar offers a stunning sunrise view over Everest, Lhotse, Makalu, Lhotse Shar, and Cho Oyo.

This trek is ideal for climbers who are physically fit and seek adventure. The best times to visit Everest Base Camp are early-March to mid-May and early-September to mid-November.



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Trip Highlights

- Witness the divine Himalayan exhibition including the Mt. Everest (**8848m**) from Kalapatthar viewpoint.
- Relish the sights of Khumbu Ice- fall and Khumbu Glacier from Everest Base Camp.
- Experience the intriguing Sherpa culture and visit Sherpa monasteries including Tengboche Monastery.
- Enjoy the bio-diversity in the Sagarmatha National Park.
- Experience the enthralling landing at the Lukla airport.

Is this Trip Suitable for You?

- Everest Base Camp Trek is a moderately/ Challenging graded trek. If you are reasonably healthy, can climb stairs and you have no trouble walking for a couple of hours, then you can easily do this trek.
- You spend 11 Night 12 days on the trail. The maximum time spent walking on the trail is 8 hours and a minimum of 3 hours.
- While trekking there will be an elevation gain of 400 to 600 meters each day.
- The highest point you will reach during your trek is Kala Patthar at 5,550m and Chukkung Ri 5530m.
- The route is gentle with some steep portions and downhill descents. You walk on an unpaved gravel path. No technical manners involved, just easy walking.
- You will stop for food and rest at local mountain lodges.



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Detailed Day to Day Itinerary:

Day 1: Flight to Lukla and trek to Phakding. (2,640m)

Duration: 4-5 hours trek

Flights to Lukla airport are scheduled in the morning to avoid unclear weather conditions in the afternoon. On your flight, you will get to see a spectacular view of the Everest region. On your way to Phakding, you will cross **Dudh Koshi** River on a couple of occasions and witness breathtaking views of Kusum Khangkaru and Kongde ranges.

Overnight stay at Phakding.

Day 2: Trek to Namche. (3,440m)

Duration: 6-7 hours

Trek onwards from Phakding and reach Monjo village, considered as the entrance of Sagarmatha National Park. Starting with an uphill climb to Jorsalle, you will walk with a glimpse of Kusum Khangkaru (6367), Thamserku (6608m), Nuptse (7861m) and the Mt. Everest (8848m) as well. Further, ascend to Namche Bazaar. This trade hub of the Everest region is perhaps the most famous destination for a brief stop.

Overnight stay at Namche Bazaar.

Day 3: Trek to Khumjung. (3780m)

Today, you take a short hike to Khumjung village above Namche to adjust your body in the high altitude. Rest of the day is for you to rest and enjoy the majestic view of Everest (8848m), Nuptse (7861m), Ama Dablam (6856m), Taboche (6367m), Lhotse (8414m) and many more. Trek towards the neighboring villages of Khumjung and Kunde, which provide insights into Sherpa culture and offer panoramic views of Everest, Ama Dablam and other Himalayan peaks. Visit the famous Hillary School and the Khunde Hospital, both of which were established by Sir Edmund Hillary.

Overnight stay at Khumjung.



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Day 4: Trek to Deboche. (3820m)

Duration: 6-7 hrs

You start your trek climbing towards the Sagarmatha National Park Museum and follow the main trail above the river for about two hours and descend to cross Dudh Koshi to Phunki Tenga. The trail climbs through a forest of rhododendrons to Tengboche and ultimately reaches Deboche. You can even get to see Danphe (Impeyan Pheasant), musk deer and Himalayan Thar along the trail to Deboche.

Overnight stay at Deboche.

Day 5: Trek to Dingboche. (4410m)

Duration: 6-7 hrs

Continue your trek to Dingboche, a picturesque village located in the Chhukung Valley. Marvel at the majestic Ama Dablam and other towering peaks that dominate the horizon, while experiencing the charm of this high-altitude settlement. Engage in short hikes to nearby viewpoints, interact with fellow trekkers and soak in the pristine beauty of the surrounding landscapes.

Overnight stay in Dingboche.

Day 6: Acclimatization at Pheriche.

Today you head towards Pheriche a small village located in the Khumbu region at an altitude of 4358m. A popular route for trekkers and climbers on their way to Everest. The village is home to a number of guesthouses and lodges and is also famous for its trekking and climbing equipment shop. While in Pheriche you will be greeted by the Sherpa community known for their warm hospitality and friendly nature. Enjoy the scenic views of Himalayan mountains range including Mt. Everest, Ama Dablam, Lhotse etc. get acclimated to the altitude as you stay for the night.

Overnight in Pheriche.



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Day 7: Trek to Lobuche. (4910m)

Duration: 6-7 hrs

The trail from Lobuche is a narrow path between the glacial moraine and the mountains walls with a glimpse of Khumbu glacier from the edge of the moraine. Continue your journey to Lobuche, a significant milestone on the Everest Base Camp trail. Traverse through rugged terrains, witness glaciers, and feel the thrill of getting closer to the mighty Everest.

Overnight stay in Lobuche.

Day 8: Trek to Gorakshep. (5140m) and explore Everest Base Camp.

Duration: 7-8 hrs

Today, you'll reach the pinnacle of your adventure as you trek to Gorakshep, the last stop before reaching Everest Base Camp. After a brief rest, prepare for the ultimate highlight of your journey – the hike to Everest Base Camp. Follow in the footsteps of legendary mountaineers as you navigate through the Khumbu Glacier and rugged terrain. Feel a surge of achievement as you finally set foot on the iconic Everest Base Camp, surrounded by the awe-inspiring Himalayan peaks. Capture breathtaking photos and savor the incredible moment before retracing your steps back to Gorakshep.

Overnight stay in Gorakshep.

Day 9: Hike to Kalapatthar (5550m) and trek to Pheriche. (4240m)

Duration: 7-8 hrs

Rise early to embark on a challenging hike to Kala Patthar, a renowned vantage point offering unparalleled panoramic views of Everest, Nuptse, and Lhotse. Witness the magical spectacle of the sun rising over the majestic Himalayas, casting golden hues upon the snow-capped peaks. After capturing the awe-inspiring beauty of the Everest region, descend to Pheriche, a charming Sherpa village nestled amidst the mountains.

Overnight at Pheriche.



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Day 10: Trek to Namche. (3440m)

Duration: 7-8 hrs.

Bid farewell to Pheriche as you retrace your steps back to Namche Bazaar. Enjoy the familiar trails, savor the breathtaking landscapes, and reminisce about the incredible experiences you've had during your trek. Reach Namche Bazaar and take a well-deserved rest, relishing the memories of your journey.

Overnight stay at Namche.

Day 11: Trek from Namche to Lukla (2840m)

Duration: 5-6 hrs

Continue your descent as you trek from Namche Bazaar to Lukla, your final destination in the Everest trek. Traverse through charming Sherpa villages, cross suspension bridges, and immerse yourself in the peaceful surroundings. Upon reaching Lukla, celebrate the successful completion of your Everest Base Camp trek, and spend the evening reminiscing about your remarkable adventure you had during your trip.

Overnight stay at Lukla.

Day 12: Fly back to Kathmandu (1300m) from Lukla.

Duration: 35 mins flight

You will have a flight back to Kathmandu as scheduled. Prepare yourself for a slight change in plan in case of bad weather in Lukla as it might delay and or cancel the flight. The flight will offer final views of the Himalayas and upon landing once again at the capital, you head to the hotel for rest and recreation. You also can celebrate the success of the trek in your final day of the journey.

Overnight stay at a hotel in Kathmandu.



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What's Included

- Airport pick up & drop off service in a private vehicle.
- Best available clean and comfortable Tea house accommodation during the trek.
- All meals (breakfast, lunch and dinner) with tea/coffee during the trek and Kathmandu breakfast.
- Seasonal fruits during the trek.
- Domestic flights (Ramechhap– Lukla – Ramechhap)
- Highly experienced, English-speaking, government-licensed, trained in first-aid Trek Leader. (Guide)
- Porter service to carry your main luggage during the trek. (2 trekkers : 1 porter)
- Staff cost including their food, accommodation, salary, flight, insurance, equipment etc.
- Sagarmatha National Park Entry Fee and Community Fee.
- First Aid kit, Pulse Oximeter and essential medicines (Paracetamol, Diamox etc.) carried by the Trek Leader.
- Rent available down jacket and sleeping bag (per day USD2 respectively to be returned after trek completion) | *Note: if you have own jacket and sleeping bag bring yourself.*
- All Local and Government taxes, administrative charges. [13% Government Tax]



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What's Not Included

- Nepalese visa fee.
- Excess baggage charge(s).
- Extra night accommodation in Kathmandu due to post and pre arrival/departure, early return from mountain (due to any reason) than the scheduled itinerary.
- Extra Lunch and evening meals in Kathmandu.
- International flights.
- Travel insurance, covering trekking over 4000m, evacuation, hospitalization and repatriation.
- Personal expenses. (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide(s), porter(s) and driver(s).