



Fixed departure dates on website or Private Trip
EVEREST BASE CAMP TREK



We like...

- All the features of a trek in Nepal: suspended foot-bridges, a Buddhist monastery and obviously, the amazing Himalayas
- The view of four 8,000 meters summits including Everest, the highest mountain of the world
- The evenings in lodges where you will huddle around the communal fire with other trekkers and climbers
- Trekking and sharing an acclimatization climb with our Everest Expedition team (April) or our Ama Dablam Expedition team (November)
- Dal Bhat, the traditional Nepalese meal, with lentil soup and steamed rice

Trip Facts

Maximum elevation:	5,644 m / 18,519 ft
Location:	Nepal Khumbu Valley region
Group Size:	2 – 12 people
Number of days:	17
Type of trek:	Quite large path, no exposure, strenuous

Rating

Difficulty	▲▲▲▲▲
Fitness	▲▲▲▲▲



View of Island Peak and Lhotse from Dingboche

Why trekking with World Sherpas?

- + The combined experience of clients and leading mountain/trekking guides into a single company
- + An exceptional quality of services at the best price
- + The guarantee of a small group
- + A knowledgeable and timely customer service
- + The production of beautiful photos and videos to always remember an extraordinary trip



Fixed departure dates on website or Private Trip
EVEREST BASE CAMP TREK

Price

US\$2,500

Private trip price
 on request

- Deposit: 30% at booking
- Balance: 70% one month before the departure date

<i>Included</i>	<i>Excluded</i>
<ul style="list-style-type: none"> • All arrival and departure transfer services to and from airport (both domestic and international) • Return domestic flight ticket Kathmandu / Lukla • Transport of 1 duffle bag of a maximum weight of 20 kgs during the trek to Base Camp and on domestic flights • 4 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost) • Accommodation in lodges during the trek • Necessary staff including experienced trekking guide(s) and porters • Three meals a day (breakfast, lunch and dinner with tea or coffee) • All permits required by the local regulations • First aid medical kit • Satellite phone for emergencies (available to members as a paying service) • Garmin InReach satellite tracker for the group • Welcome dinner in Kathmandu • World Sherpas T-Shirt 	<ul style="list-style-type: none"> • Tips for staff (standard tip: US\$150 per person) • Lunch and dinner in Kathmandu (except welcome dinner) • Extras hotel charge at Kathmandu (bar bills, laundry, additional nights) • Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks • Additional nights in lodges during the trek not planned by us • Internet access during the trek (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet) • Personal trekking equipment • Personal medical, travel & evacuation insurance (mandatory) • International airfare • Nepal entry visa fee



Fixed departure dates on website or Private Trip
EVEREST BASE CAMP TREK

Trek Itinerary

Trek location



Everest Base Camp trek route
 with the position of the four 8,000m peaks of the region





Fixed departure dates on website or Private Trip
EVEREST BASE CAMP TREK

Day	Program
1	Arrival to Kathmandu (1,350 m / 4,430 ft) and transfer to hotel
2	Preparation day in Kathmandu Spend day at leisure in Kathmandu and picking up last few items for trek.
3	Flight to Lukla (2,860 m / 9,317 ft) Trek to Monjo (2,835 m / 9,300 ft) – 12.6 km / 7.8 miles We will make an early morning start for the Twin Otter flight to Lukla (2,840m / 9,317 ft), the gateway to the Khumbu Valley. This is an exciting flight, which should give a glimpse of Everest in the distance. In Lukla, we will set off straight away for our first night's stop at Monjo. Situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region. This small hamlet is on the main trade route through the area and there are a number of clean, well-built lodges where we can spend the night.
4	Trek to Namche Bazaar (3,340 m / 11,155 ft) – 4.1 km / 2.6 miles We will continue up the banks of the Dudh Kosi and we will enter the Khumbu National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar (3,400 m/11,155 ft). This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans cross the nearby border to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artifacts. Just across the valley to the east stand the peaks of Thamserku and Kangtega, both very impressive mountains.
5	Acclimatization day in Namche Bazaar We will spend two nights in Namche Bazaar. During this critical acclimatization phase, we will spend time resting and trekking to higher altitudes. This will allow our bodies to become acclimatized. On the first morning, we will do an acclimatization walk. The afternoon can be spent sampling the delights of the Namche bakery!
6	Trek to Pangboche (3,930 m / 12,893 ft) – 15.1 km / 9.4 miles From Namche, the Everest trail contours around the side of the valley high above the Dudh Kosi. As we follow the path, we will get our first really good views of the great peaks of the Khumbu: Everest, Lhotse, Nuptse and Ama Dablam. Passing by several villages and numerous tea shops, we will cross the Dudh Kosi River and make a steep climb to Tengboche monastery. We have plenty of time to look around Tengboche (and have a cake at the bakery!), and then onwards to Pangboche (3,930 m / 12,893 ft) for the night.
7	Trek to Dingboche (4,410 m / 14,470 ft) – 7.0 km / 4.3 miles Contouring up the valley side, we will re-cross the river and turn up the Imja Valley to reach the picturesque farming village of Dingboche (4,410 m / 14,465 ft).



Fixed departure dates on website or Private Trip
EVEREST BASE CAMP TREK

8	<p>Acclimatization day in Dingboche</p> <p>Dingboche is a good location for acclimatization, prior to our ascent up the upper section of the Khumbu Valley. While in Dingboche, we can attend a seminar about high altitude at the hospital in nearby Pheriche, run by the Himalayan Rescue Association. The walk over to Pheriche and back will also serve as good acclimatization training and so make the walk doubly worthwhile.</p>
9	<p>Trek to Lobuche (4,940 m / 16,210 ft) – 10.7 km / 6.6 miles</p> <p>We make our way up towards the plateau between Pheriche and Dingboche. From here we have a great view of Lobuche straight in front of us and the spectacular north face of Tawache to the left. As we make our way towards Lobuche, we drop down to the small village of Dugla (4,620m / 15,153 ft) for a rest and some lunch. After lunch we make the steep ascent up beside the glacier moraine. If people wish, we can visit the Sherpa and climbing memorials. It is just a couple of hours walk and relatively flat ground to the village for the evening Lobuche.</p>
10	<p>Trek to Gorak Shep (5,345 m / 17,536 ft) – 4.3 km / 2.7 miles</p> <p>Optional walk to Kala Patthar for sunset (5,644m / 18,519 ft)</p> <p>The trek to Gorak Shep is short with a lot of small hills and boulder fields to negotiate. There is the option to trek up to Kala Patthar at sunset for amazing views of Everest, Lhotse, Nuptse and surrounding peaks. The other option for Kala Patthar is to trek to summit on day 12 for sunrise.</p>
11	<p>Trek to Everest Base Camp (5,345 m / 17,536 ft) – 3.5 km / 2.2 miles</p> <p>Night at Gorak Shep</p> <p>From Gorak Shep, we start our day on a nice flat section below Kala Patthar, before making our way to a small ridge line to the left of the Khumbu glacier. There are spectacular views up the glacier towards base camp. Pumori stands to the left of us while Nuptse is on the right. After spending some time in Base Camp (visiting our Expedition camp, only in April/May), we retrace our steps back to Gorak Shep for the evening.</p>
12	Trek to Pheriche (4,371 m / 14,340 ft) – 9.6 km / 6.0 miles
13	Trek to Namche Bazaar (3,340 m / 11,155 ft) – 14.3 km / 8.9 miles
14	Trek to Lukla (2,860 m / 9,317 ft) – 17.9 km / 11.1 miles
15	Scheduled flight Lukla/Kathmandu & transfer to hotel
16	Visit of Kathmandu (or reserve day in case of flight delay)
17	Transfer to airport for departure

The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the trekking guide will deem necessary.



Trekking Kala Patthar (5,644 m / 18,519 ft)



Ama Dablam from the Tengboche Monastery