

# Everest Base Camp Trekking – Ambition Himalaya Treks

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**Trip Overview:** Everest Base Camp Trekking is the most classic and popular trekking route of Everest Region. We will follow the ancient trails through small villages of Khumbu region. Trekking in Everest is considered as world's famous trekking route and is applicable for beginner to experienced adventure seekers. Everest Base Camp Trekking is one side trekking of Chola Pass Trekking where we will be following almost half route of Gokyo Lake & Chola Pass Trekking. Trekking in Everest offers you a lot to experience and it is sure that it'll be your lifetime experience. The trail offers you numbers of hilly passes, traditional Buddhist monasteries and uncountable numbers of Himalayan peaks. Normal high altitude climb to Kalapatthar is the most enjoying part of the route because the top of the Kalapatthar offers you spectacular views of all peaks of Everest Himalayan Region.

Sagarmatha [Mt. Everest] National Park is spread over an area of 1,148 sq, km in 1976, of the Himalayan ecological zone in the Khumbu region of Nepal. The Park includes the upper catchments areas of the Dudhkoshi and Bhotehoshi Rivers and is largely composed of rugged terrain and gorges of the high Himalayas, ranging from 2,845m at Monjo to the top of the world's highest Himal - Sagarmatha at 8,848m above the sea level. Other peaks above 6,000m are Lhotse, Cho Oyu, Thamserku. Nuptse, Amadablam and Pumori, The famed Sherpa people, whose lives are interwoven with the teachings of Buddhism, live in the region. The renowned Tengboche and other monasteries are common gathering places to celebrate religious festivals such as Dumje and Mane Rumdu. In addition to Tengboche, Thame, Khumjung and Pangboche are some other famous monasteries. For its superlative natural characteristics, UNESCO listed SNP as a World Heritage Site in 1979.

Everest Base Camp Trekking offers you very close views of silver mountains in front of your eyes from numbers of places. We may feel that we are attached with the heard of Himalayan snowy peaks. We may see numbers of mountains world Mount Everest, Thamserku, Mt. Nuptse, Bancharo Peak, Pasang Lamu Peak, Mt. Amadamlam, Mt. Cholatse, Mt. Kangtenga, Mt. Tabuche and many more. Everest Base Camp Trekking offers you numbers of adventurous ways to explore whilst of the trek. The below itinerary is prepared with full acclimatization durations and was prepared by widely experienced trekking guides being experienced for more than 15 years. Please feel free to contact us or talk to us live at any time whether you need further information regarding the prepared route or alternative choices.

## Facts:

<b>Maximum Height</b>	<b>5,545m / 18,192 ft.</b>
<b>Grade</b>	<b>Moderate / Adventurous</b>
<b>Season</b>	<b>Spring / Autumn</b>
<b>Accommodation</b>	<b>Hotels / Tea Houses</b>
<b>Total Duration</b>	<b>16 Days Total / 11 Days Trekking</b>
<b>Trekking Starting Point</b>	<b>Lukla</b>
<b>Trekking Ending Point</b>	<b>Lukla</b>

## Day to Day Itinerary for Everest Base Camp Trek:

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## **Day 01**

### **Arrival in Kathmandu**

Entering the city of Temple; Kathmandu with a panoramic adventure flying on a clear day would definitely be an adventure experience. Our airport representative and driver will be waiting for you to pick you up from airport to your hotel. Our airport representative will take you to your hotel. In the evening you will have briefing about your trip from your guide.

**Accommodation:** Hotel

**Maximum Height:** 1300m / 4265ft.

## **Day 02**

### **Kathmandu valley sightseeing & preparation of your Trek**

Kathmandu is known for its historical and cultural values. One can't say that how many temples exist in Kathmandu valley and how important are they. After having you breakfast, your day will start with our guided tour of Kathmandu valley which includes world heritage listed sites includes Swoyambhunath or The Monkey Temple, Pashupatinath; the famous Hindu Temple, Patan Durbar Square and finally The Kathmandu Durbar Square.

**Accommodation:** Hotel

**Maximum Height:** 1300m / 4265ft.

**Approximate Duration:** 5 – 6 Hours

## **Day 03**

### **Fly to Lukla [2800 meter / 9186 ft.]& Trek to Phakding**

The approximately 30 – 40 minutes scenic flight will take us to Lukla Airport, which is our first step in Khumbu region where you will meet with your porters if you have booked one. As per the time, your guide will arrange breakfast / lunch in a tea house in Lukla. Lukla is very developed town in Khumbu / Everest region. After having our food we will start our trekking to Phakding for around 3/4 hours. The trekking trail is trouble-free and almost flat where we will be walking through Sherpa villages and local agriculture farms. On the way we will meet lots of Yaks carrying foods and equipments. We will be following Dudhkoshi River first and then will be following Thado Khola en-route to Phakding. Phakding is small village and have numbers of lodges for Trekkers. We can see normal to standard lodges in the village. On the way we will see breathtaking views of Kusum Kangaru.

**Accommodation:** Tea House

**Maximum Height:** 2650m / 48694ft.

**Approximate Duration:** 30 – 40 Minutes Flights + 3/4 Hours trek

## **Day 04**

### **Trek to Namche Bazaar**

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Namche Bazaar is the most developed town of whole Everest region and known as gateway to Everest. We may find numbers of lodges in this town offering accommodations and foods for visitors. From Phakding we will cross and re-cross the rivers on high suspension bridges over Dudhkoshi River. Just after Monjo village there is an entrance gate to Everest National Park, where your trekking permit will be checked. The national park was set up to protect the mountain environment in Everest region. Continuing further to Namche through uphill trail we will see the first vision of Mt. Everest [8,848 meters] on a clear day. On the way to Namche Bazaar we will see some mountains like Thameserku, Kusum Kangaru, Lhotse, Tawache etc. Finally after ending a uphill trail we will get a colorful village called Namche Bazaar.

**Accommodation:** Lodge

**Maximum Height:** 3440m / 11,286ft.

**Approximate Duration:** 5 – 6 Hours

## **Day 05**

### **Rest / Acclimatization day in Namche**

We will spend the day in Namche for acclimatizing our health with high altitude. You can discuss with your guide to spend the leisure day. Normally, you can go to Everest View Point Hotel where you will get the wonderful views of numbers of mountains including Mt. Everest, Lhotse, Thamserku, Kusum Kangaru & Amadablam. If you have more free time then you may want to go to Sherpa Museum where you will find numbers of attracting things of Sherpa people. Finally, you will stay overnight at the same hotel in Namche.

**Accommodation:** Lodge

**Maximum Height:** 3440m / 11,286ft.

**Approximate Duration:** ----

## **Day 06**

### **Trek to Tengboche**

We will get our breakfast in the lodge and then start our trek further to Tengboche. Tengboche is a popular place in Everest Region. In Tengboche there is a traditional Buddhist Monastery where lots of visitors come for traditional yoga and meditations. From Tengboche we may see very nice views of sunset over Himalayan Mountains. From Tengboche we can see Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Amadablam etc. This is one of the best places to stay in overall.

**Accommodation:** Lodge

**Maximum Height:** 3850m / 12,631ft.

**Approximate Duration:** 5 – 6 hours

## **Day 07**

### **Trek to Dingboche**

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Dingboche is gateway to Island Peak climbers. Island Peak is one of the very popular trekking peaks in Nepal. Dingboche is a valley situated below hills from all sides. There are numbers of nice lodges in Dingboche which offers you standard to deluxe accommodations and from normal to continental foods. The trail is mostly standard uphill and will be fine to follow. Finally, we will get Dingboche within 5 – 6 hours and then we will prepare for our overnight stay here.

**Accommodation:** Lodge

**Maximum Height:** 4,310m / 14,140ft.

**Approximate Duration:** 5 – 6 hours

## **Day 08**

### **Rest day in Dingboche**

Today is the rest day in Dingboche for acclimatizing your health with high altitude. You can stroll over the village and moreover if you have energy to walk a little you can go to Chukung. Chukung is small village and this is the way to Island Peak. Finally stay in the same hotel and prepare for your next day adventure to Lobuche

**Accommodation:** Lodge

**Maximum Height:** 4310m / 14,140ft.

**Approximate Duration:** --- hours

## **Day 09**

### **Trek to Lobuche**

The day will be a little hard because of the high altitude trekking and uphill trail. There is a graveyard on the way. The graveyard is in the memorial of people who were died in climbing different mountains of Everest region mostly of the Mt. Everest climbers. Lobuche is popular place for staying because many people they stay here and go to Kalapathhar and Everest Base Camp to prevent altitude sickness. The trail goes along the Khumbu Glacier Moraine.

**Accommodation:** Lodge

**Maximum Height:** 4900m / 16,076ft.

**Approximate Duration:** 5 – 6 Hours

## **Day 10**

### **Trek to Gorakshep & Hike to Everest Base Camp [5,316m / 17,440ft]**

We will have our breakfast in the hotel and then start our journey to Everest Base Camp. We may need to walk through moraine of glaciers. The trail is flat but will be hard because of the high altitude and thin air. We will walk along the side of the Khumbu Glacier which is probably one of the most giant glaciers of the world. On the way we may have very close views of Mt. Everest, Nuptse, Lhotse, Mt. Pumori, Mt. Amadamlam & numbers of other small peaks. In the Everest Base Camp, we may see numbers of picture

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on the stones in the memories of died people. Sometimes, the trail goes on false way because of the movements of icefall and glaciers. Everest Base Camp is very busy in main expedition's season. Normally, it takes 3 – 4 hours to reach the Base Camp and approximately same duration to return back to Gorakshep.

**Accommodation:** Lodge

**Maximum Height:** 5130m / 16,830ft.

**Approximate Duration:** 5 – 6 hours total

## **Day 11**

### **Hike to Kala Pathhar [5,545m / 18,192ft] & Trek to Dingboche via Gorakshep**

In the morning we will go to Kala Pathhar for breath taking views of silvering mountains. Kala Pathhar is another most excellent place of our trekking. From here we may see sunrise over the mountains of Khumbu in front of you. On the top you may feel that you are in the place that you weren't imagining. The top of the Kala Pathhar is full of black rocks. From here Everest look imaginative with numbers of other mountains. You may find some people saying Mt. Everest as a shy mountain because it hiding behind 2 mountains and we can see it from very few places. After we finish our hiking to Kala Pathhar we may start our journey to Dingboche returning via Gorakshep.

The trail from Gorakshep is all the way down until Dingboche. On the way we will have our lunch and then continue further down to Dingboche. Dingboche is the entrance gate for Island Peak climbers. Island peak is very popular peak for non technical climbers.

**Accommodation:** Lodge

**Maximum Height:** 4,350m / 14,271ft.

**Approximate Duration:** 6 – 7 hours

## **Day 12**

### **Trek to Namche Bazaar**

First we will finish our packing and then after having breakfast we will go slightly downhill to our next destination Namche. The first part of the trail is downhill and another part is quite ascending. The trail is quite long today and might take 7/8 hours to reach Namche Bazaar. On the way, we may stop for lunch in Tyanboche where we will see very nice Buddhist monastery. This monastery is one of the oldest monasteries of Khumbu region. The trail is not so hard but is up and down numbers of times. Finally, we will reach Namche Bazaar for our overnight stay.

**Accommodation:** Lodge

**Maximum Height:** 3440m / 11,286ft.

**Approximate Duration:** 7 – 8 hours

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## **Day 13**

### **Trek to Lukla**

The trail is easy and mostly it is downhill. We will have breakfast in the hotel and then continue slowly to Lukla via Phakding for our next stop. We will be following the same trail that we used to go up on our first and second day. On the way we will see some mountains and with saying them Bye Bye we will continue further to Lukla. In Lukla, your guide will arrange your hotels and reconfirm the tickets for your Kathmandu flight. You can say bye bye to your porter in Lukla. If you have some then you can give your extra cloths and equipments to him.

**Accommodation:** Tea House

**Maximum Height:** 2650m / 48694ft.

**Approximate Duration:** 4 – 5 Hours trek

## **Day 14**

### **Fly to Kathmandu, Transfer to the Hotel**

You will fly to Kathmandu with your guide today. The flight is as same as we experienced before.

**Accommodation:** Hotel

**Approximate Duration:** 30 – 40 Minutes Flights + 30 – 40 minutes drive to Hotel

## **Day 15**

### **Rest day in Kathmandu**

This is almost your final day in Nepal and if you are interested to do shopping for your memories of Nepal, then you can explore the big Kathmandu city. And on your request your guide will be assisting you to fulfill your shopping desire.

**Accommodation:** Hotel

**Approximate Duration:** On your hand

## **Day 16**

### **Departure to your onward destination or extend your trip**

Fly or drive back to your onward destination.

### **Cost Includes and Excludes:**

#### **Cost Includes:**

1. Airport arrival and departure by private vehicle
2. Deluxe twin sharing accommodation in Kathmandu

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3. Special Immigration Permit required for the trekking
4. All local transportation by private vehicle in Kathmandu
5. Welcome & farewell dinner in Kathmandu
6. Sightseeing trip with city tour guide in Kathmandu as per itinerary & monument entry fees
7. Kathmandu – Lukla – Kathmandu 2 way flight tickets for all crew
8. Meal on full board (breakfast, lunch, dinner, tea & coffee) basis during the trek
9. Accommodation on teahouse/lodge during the trek
10. Trek leader (English speaking, First Aid and eco trained), Sherpa helper and all payments
11. All necessary permits & cards
12. Down jacket and four seasonal sleeping bag
13. Exclusive medical kit bag
14. All government and local taxes

## **Cost Excludes:**

1. Visa fees, intl. airfare & departure taxes
2. Hot shower in the trekking
3. Excess baggage charges
4. Lunch and dinner in city
5. Travel and rescue insurance
6. Personal expenses e.g. phone calls, laundry, bar bills & extra porters
7. Tips for driver, guides and porters
8. Any service does not includes in service inclusive column

**Acclimatization and High Altitude Sickness:** Altitude is defined on the following scale High (8,000 - 12,000 feet [2,438 - 3,658 meters]), Very High (12,000 - 18,000 feet [3,658 - 5,487 meters]), and Extremely High (18,000+ feet [5,500+ meters]). Since few people have been to such altitudes, it is hard to know who may be affected.

**Guide, Porters and Staffs Arrangement:** Ambition Himalaya Treks and Expeditions Pvt. Ltd. has permanent trekking crews who are already trained and licensed from the government of Nepal. We always provide you permanent and experienced crews for your any trip in Nepal. Our staffs are licensed from the government of Nepal, qualified, experienced and eco trained so that they are perfect for your adventure trips in Nepal. We have permanent local staffs working with us who are the backbone of their particular society.

Our guides / leaders have good capacity to speak English language. They will give you chances to practice some of our local greeting which can add your more pleasure on your adventure travel with us.

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Our guides and porters are experienced in the routes, practices local cultures and have great respect of local community.

We would also like to tell you that as our guides and helpers will provide you high respect as if you also reply them the same kind of respect it would be great on your trip.

**Experience, Health & Fitness of You:** Normally, a healthy person who has strong desire of adventure can do adventure travel with us. We suggest you to be well prepared physically and mentally to cooperate with us. We recommend you to say us any kind of previous and current health problems that you have faced or facing on the time of booking your trip with us. That will make us to take decision on your adventure that you are fit enough to experience adventure or not. On something wrong, and if you need medical treatment and rescue then it's your responsibility to pay the expenses and Ambition Himalaya Treks and Expeditions Pvt. Ltd. or any staffs of our company will not be responsible for that. We also recommend you to consult with your doctor before starting your travel. We reserve the rights to check your medical checkup certificates if required.

Normally, trekking is done on high altitude area. Because of that we suggest you to talk with your guide for any kind of new difficulties or health problem you face. Your guide is trained so he might give your required suggestions or medicines for the betterment of your health.

**Pre Trip Meeting in Kathmandu:** Ambition Himalaya Treks and Expeditions Pvt. Ltd. will have a short meeting with you before starting your trip. Normally, we held this meeting before starting your trip with us or most of the time we start this trek on the first evening of your arrival. You will be introduced your trek guide and you can talk with him about your adventure trek, any questions regarding the trip, about his experiences, qualifications or any other things. That means you will have opportunity to talk face to face regarding your trip. He may give you short briefing about your trips.

**Accommodations in Kathmandu and Trek:** Ambition Himalaya Treks and Expeditions Pvt. Ltd. will provide 4 star hotels in Thamel, Kathmandu. Thamel is the most touristic city of Kathmandu. Regarding the trekking, you will have cozy tea house / lodge. We give priority for hygiene, standards of the services, location etc. During the trek, your guide will take you in nice hotel where you might have chances to experience typical Nepalese style and you will be offered hygienic foods. Our accommodations are based in twin sharing facility and if there are difficulties in twin sharing we will provide you extra room without any supplementary charges. But we recommend you to tell us regarding this before booking your trip with us.

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**Toilet Facilities:** In Kathmandu you will have private toilets and bathrooms but regarding the trek in the remote area, you will have common toilets. If there is availability of private toilets, then your guide will give your rooms with private toilets and bathrooms.

**Meals and Fast Foods:** In Kathmandu, your breakfast is included in the itinerary. Lunch and dinners or any other meals are not included. But regarding the trek, all meals on full board basis is included. You will have three meals breakfast, lunch and dinner on a day. You will be given a menu to choose your foods. You will have options to choose Nepalese, Chinese, Italian or continental foods from the menu. Each day, you will have dinner and breakfast in the same tea house / lodge the lunch can be in different lodges. Regarding the welcome and farewell dinner, we will provide your typical Nepalese restaurant in Kathmandu.

**Please remember:** Suchlike itinerary prepared here by Ambition Himalaya Treks & Expedition Pvt. Ltd. is for those trekkers who wish to do the absolute package trip. You can apply for your own type of Itinerary for the trip. We are constantly prepared to serve you as per your demand. If you want to customize your excursion, you can request us at any time. You can demand alternative ways as per the circumstances of your holiday duration, financial situation, private interests etc. If the fixed itinerary doesn't suits per your desire, please fill the 'Customize your itinerary' and send us. We will be delighted to prepare your holiday as per your conditions.



**Itinerary copyright:**

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