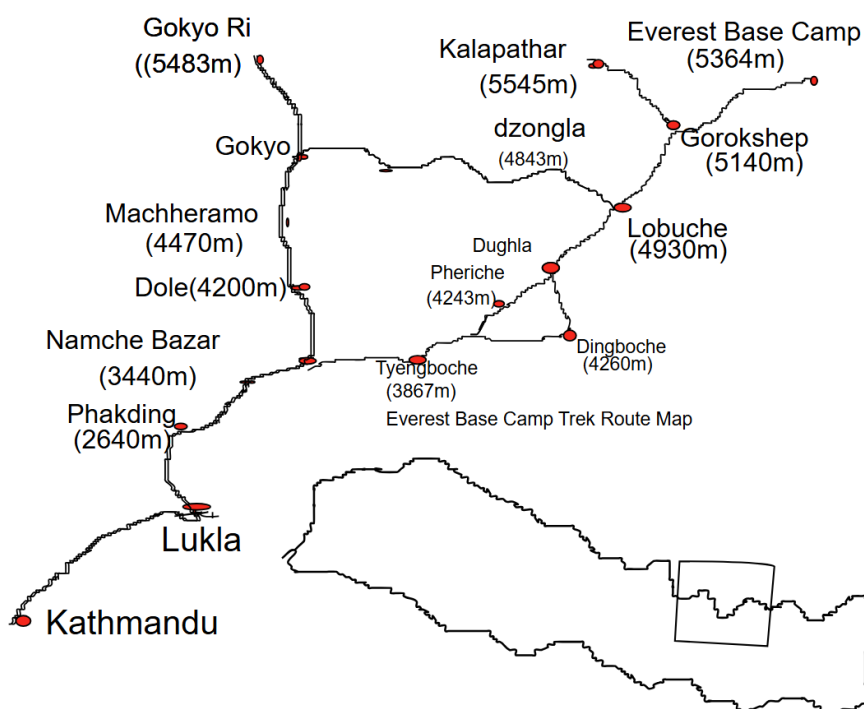




14 Nights/ 15 Days **EVEREST BASE CAMP TREK**

“Dream – Discover – Explore”



Trek to **Everest Base camp** is the dream destination of every trekker as it is not just about the destination, but more about the experience during the trek. This trek takes you closer to Mount Everest and offers you mesmerizing view of the tallest peak on Earth. Along with Mount Everest, you also get a magnificent view of another 3 of the six highest peaks in the world, including **Mt. Makalu**, **Mt. Lhotse**, and **Mt. Cho Oyu**. Apart from this you may encounter the magnificent view of adjacent smaller peaks like **Ama Dablam**, **Nuptse**, **Kangtega**, **Pumori**, **Thamserku**. As you continue the trail, you get to experience the beauty unmatched views of towering snow-capped peaks, deep valleys, and glacial rivers. The stunning views throughout the trek will be your motivation to keep trekking as you spot the mighty **Mount Everest** multiple times during the journey. Trekking at an altitude of over 5,000 meters is not an ordinary experience & once you reach the base camp, the sense of accomplishment can never be described in words.

Program Itinerary:

Day 1 |

Arrival in Kathmandu

Once you arrive in Tribhuvan International Airport, you will be warmly greeted and welcomed with “Khada” by our representative who will assist and transfer you towards your hotel. After check-In, all necessary travel documents will be handed over to you along with a short briefing on your tour.

Overnight stay at a hotel in Kathmandu.

Day 2 |

Sightseeing of Pashupatinath Temple & Boudhanath Stupa, sacred walk at Boudhanath Stupa.

After breakfast, we'll visit **Pashupatinath Temple**, one of the most significant Hindu temples in the world, located on the banks of the Bagmati River. Here, we'll witness Hindu rituals and cremation ceremonies, which take place on the banks of the river.

Next, you will visit **Boudhanath Stupa**, also known as KhastiChaitya, another UNESCO World Heritage Site, located about 11km from the center and northeaster outskirts of Kathmandu. It was built in the 5th century and is surrounded by devotees who whirl prayer wheels 108 times enchanting mantras.

Boudhanath Sacred Walk, Blessing with monks

As a daily ritual, crowds of people circle the stupa multiple times -- usually at least three but often many more -- while repeating the mantra, "Om manipadme hum" either silently or aloud. The tradition is to walk clockwise around the stupa and spin the prayer wheels clockwise also. One lap around the stupa is about 150 meters or just under 1/10th of a mile. At Boudha on a daily basis, you'll see a LOT of Buddhist monks and nuns dressed in the traditional deep red robes. During festivals, it's more like a sea of red robes. You can seek blessings with these monks.

Overnight stay at a hotel in Kathmandu.





Day 3 |

Drive to Ramechhap, Fly to Lukla (2,804m) and Trek to Phakding- 3 hours

Distance: 8 km (5 miles)

Duration: 3 hours

Elevation: 2,804m to 2,610m

Difficulty: Moderate

In the morning, you will depart from the hotel and drive to Ramechaap, where you will board a flight to Lukla. Upon arrival at the Lukla airport, your guide will brief you on the trek and introduce you to your porters. While your Sherpas prepare and load the trekking equipment, you will have some time to explore Lukla. The trek will commence with a descent to the DudhKoshi River, followed by a gentle hike to Phakding.

Overnight stay at Local Tea House/Lodge.

Day 4 |

Phakding to Namche Bazaar (3,441 m) - 5.5 hours

Distance: 11 km (6.8 miles)

Duration: 5.5 hours

Elevation: 2,610m to 3,441m

Difficulty: Moderate to Difficult

We continue trekking along the banks of the DudhKosi, crossing the majestic river many times on exciting suspension bridges laden with prayer flags. After entering the Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar

(considered the Gateway to Everest) is home to many quality restaurants, hotels, lodges, shops, money exchange services, internet cafes and bakeries. Namche is the biggest town along the Everest trail.



Overnight stay at Local Tea House/Lodge.

Day 5 |

Namche Bazaar Acclimatization Day (3,441 m).

Duration: 4-5 hours

Elevation: 3,441m

Difficulty: Easy to Moderate

We will spend a day in Namche Bazaar in order to acclimatize and adjust to the thinning air. We will trek a short distance to a museum that is celebrated for its exhibits of the traditional customs of Sherpa people. We will also hike up the Syangboche Airport and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, enjoy rewarding views of the Himalayas including Mt Everest.

Overnight stay at Local Tea House/Lodge.

Day 6 |

Trek to Debuche. 3,800 meters (12,467 feet) – 5-6 hours.

Distance: 10 km (6.2 miles) ; **Duration:** 5-6 hours

Elevation: 3,441m to 3,800m

Difficulty: Moderate

Starting early from Namche Bazaar at an elevation of 3,440 meters, your trek to Debuche, situated at 3,800 meters, begins with a hearty breakfast. The initial phase takes you through pine forests, leading to the small settlement of Sanasa, where a brief rest is recommended. Following this, descend steeply to PhunkiThenga, crossing the DudhKosi River via a suspension bridge, and take a longer break or early lunch at one of the teahouses. The trail then ascends steeply through lush rhododendron forests to Tengboche, home to the renowned Tengboche Monastery. After visiting the monastery and enjoying panoramic views of Everest, Nuptse, Lhotse, and AmaDablam, continue for about 30 minutes to Debuche, passing through serene forested areas. Upon arrival in Debuche, check into your lodge, rest, and acclimatize, taking short walks to keep active. End the day with dinner and an early night's rest, preparing for the next leg of your journey.

Overnight stay at Local Tea House/Lodge.

Day 7 |

Trek to Dingboche (4,350 m) – 5 hours.

Distance: 8 km (5 miles) ; **Duration:** 5 hours

Elevation: 4,350m to 4,940m

Difficulty: Moderate to Difficult

From Debuche, crosses another exciting suspension bridge on the ImjaKhola, and climbs to Pangboche amongst thousands of mani stones. Our uphill trek continues, taking us to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and AmaDablam. We take our time, so we avoid getting affected by the altitude.

Overnight stay at Local Tea House/Lodge.

Day 8 |

Trek to Lobuche (4,910 m) – 5 hours.

Distance: 7 km (4.3 miles) ; **Duration:** 5 hours.

Difficulty: Moderate.

Elevation: 4,350m to 4,910m.

Today, 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. Some breathing problems may arise today due to the altitude.

Overnight stay at Local Tea House/Lodge.



Day 9 |

Trek to Everest Base Camp (5,365 m) and then back to GorakShep (5,180 m) – 8 hours

Distance: 12 km (7.5 miles)

Duration: 8 hours

Elevation: 4,940m to 5,365m (Base Camp) to 5,180m (GorakShep)

Difficulty: Difficult

This is a big and difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5,365 m, the closest you can get to Mt. Everest without mountaineering equipment. During spring, there will likely be expedition teams about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to GorakShep for the night.

Overnight stay at Local Tea House/Lodge.



Day 10 |

Hike Up to Kala Patthar (5,555 m) early in the Morning and Trek Down to Pheriche (4,200 m) - 7 hours.

Distance: 10 km (6.2 miles) ; **Duration:** 7 hours

Elevation: 5,180m to 5,555m (Kala Patthar) to 4,200m (Pheriche)

Difficulty: Difficult

This will be one of the most difficult yet rewarding days of the trek. Most of the morning is spent climbing Mt. Kala Patthar, a small peak at 5,555 m. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 8,848 m, towers directly ahead and on all sides loom the giants such as Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to GorakShep and have hot breakfast, and then trek down to Pheriche.

Overnight stay at Local Tea House/Lodge.

Day 11 |

Trek to Debuche (3,800 m) - 3 hours

Distance: 12 km (7.5 miles) ; **Duration:** 3 hours

Elevation: 4,200m to 3,800m

Difficulty: Moderate

Bid goodbye to the Pheriche valley and the surrounding giants and head off to Debuche. Upon arrival in Debuche, check into your lodge, rest, and acclimatize, taking short walks to keep active. End the day with dinner and an early night's rest.

Overnight stay at Local Tea House/Lodge.

Day 12 |

Trek to Namche Bazaar (3,441 m) - 4 hours

Distance: 12 km (7.5 miles)

Duration: 4 hours

Elevation: 3,800m to 3,441m

Difficulty: Moderate

Following the up and down trails from Tengboche, we will return to Namche Bazaar. It has a proper shower facility and you can finally take a hot bath and rest

Overnight stay at Local Tea House/Lodge.

Day 13 |

Trek to Lukla (2,804 m) - 6 hours

Distance: 19 km (12 miles)

Duration: 6 hours

Elevation: 3,441m to 2,804m

Difficulty: Moderate to Difficult

This is our last day of trekking as we return to Lukla where the trek began. We enjoy this time to reflect on the trek as a group and the personal achievement of all those who took part. The afternoon is free, so you can wander about, relax and enjoy a hot shower! In the evening, have a few celebratory drinks and dance with your trekmates.

Overnight stay at Local Tea House/Lodge.

Day 14 |

Morning Flight from Lukla to Ramechhap. Drive back to Kathmandu. Free Day at Leisure.

Duration: 30-minute flight, 3-4 hours' drive

Elevation: 2,804m (Lukla) to Ramechhap to 1,400m (Kathmandu)

Savor the final breathtaking views of the mountains before you prepare to depart. You will then take a flight from Lukla to Ramechhap, where you can enjoy the scenic vistas during the journey. Upon landing at Ramechhap Airport, you will embark on a drive back to Kathmandu, soaking in the picturesque landscapes along the way. Once you arrive in Kathmandu, you will be met and transferred to the hotel where your adventure began, allowing you to reflect on the experiences of your journey in the comfort of familiar surroundings.

In the afternoon, you can stroll around or explore Kathmandu /Thamel area for shopping on your own. You can also enjoy massage therapy in a spa at Tranquility Spa.

OPTIONAL - TRANQUILITY SIGNATURE MASSAGE:

A truly indulgent spa journey that begins with foot ritual, followed by a combination of traditional Nepali and Western techniques that focuses in reducing stress, relieve muscle tensions and invigorates the body taking you on a journey to tranquility.

Overnight stay at hotel in Kathmandu.

Day 15 |

Final departure transfer from Kathmandu:

Early in the morning, you will check out from your hotel and drive to the Tribhuvan International Airport for your flight back home. You will be transferred to the airport in a private vehicle, accompanied by our representative. The trip concludes with wonderful memories of Nepal's beautiful cities and landscapes.

[Note: This program is given as an indication according to the indications known to date. It may be subject to changes on site due to local data. These changes will always be made in the best possible way, in the spirit of the original program.]

****END OF SERVICES****

*****HAPPY JOURNEY*****

14 Nights / 15 Days
EVEREST BASE CAMP TREK

PER PERSON PACKAGE COST BASED ON TWIN/DOUBLE SHARING ON Bed & Breakfast basis except during Everest Base Camp Trek where package cost is based on All Three Meals daily:

Validity :
01 March 2026 to 31 May'2026
&
01 Aug'2026 to 30 Nov'2026

CITIES	NIGHTS	MEALS	HOTELS - I	HOTELS - II	HOTELS - III
Kathmandu	02 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Trek	11 N	AP	Local tea house/lodge	Local tea house/lodge	Local tea house/lodge
Kathmandu	01 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 2520	USD 2560	USD 2630
Cost Based on 03 Pax			USD 2580	USD 2620	USD 2695
Cost Based on 04 Pax			USD 2520	USD 2570	USD 2640
Cost Based on (05-09) Pax			USD 2470	USD 2500	USD 2580
Cost Based on (10-14) Pax			USD 2410	USD 2465	USD 2550
Cost Based on (15-19) Pax			USD 2350	USD 2390	USD 2465
Cost Based on (20-24) Pax			USD 2355	USD 2400	USD 2470
Cost Based on (25-29) Pax			USD 2330	USD 2370	USD 2440
Single Room Supplement			USD 100	USD 165	USD 220
MAP (Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 81	USD 100	USD 100
AP (Lunch & Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 165	USD 190	USD 190

Extras	
Spa & Massage Therapy on at Tranquility Spa	USD 140 Per person for 90 min.
Ramechhap - Lukla - Ramechhap Flight	USD 520 Per person
Kathmandu - Lukla - Kathmandu Flight	USD 630 Per person
Note: Airfare are subject to change at the time of booking.	

14 Night / 15 Days
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Trek	11 N	AP	Local tea house/lodge	Local tea house/lodge	Local tea house/lodge
Kathmandu	01 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 2898	USD 2945	USD 3025
Cost Based on 03 Pax			USD 2967	USD 3015	USD 3099
Cost Based on 04 Pax			USD 2898	USD 2960	USD 3040
Cost Based on (05-09) Pax			USD 2840	USD 2875	USD 2970
Cost Based on (10-14) Pax			USD 2775	USD 2835	USD 2935
Cost Based on (15-19) Pax			USD 2705	USD 2750	USD 2835
Cost Based on (20-24) Pax			USD 2710	USD 2760	USD 2840
Cost Based on (25-29) Pax			*USD 2680	USD 2730	USD 2805
Single Room Supplement			USD 115	USD 190	USD 255
MAP (Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 95	USD 115	USD 115
AP (Lunch & Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 190	USD 220	USD 220

Extras	
Spa & Massage Therapy on at Tranquility Spa	USD 165 Per person for 90 min.
Ramechhap - Lukla - Ramechhap Flight	USD 595 Per person
Kathmandu - Lukla - Kathmandu Flight	USD 725 Per person
Note: Airfare are subject to change at the time of booking.	

WHAT'S INCLUDED

- ✓ Welcome and assistance in Kathmandu,
- ✓ Accommodation in hotels mentioned or similar in DBL/TWIN rooms on BB Basis.
- ✓ Welcome drinks in the hotels.
- ✓ Necessary tours & transfer using A/C Vehicle.
- ✓ Service of an Excellent English Speaking during sightseeing tour at Kathmandu and Trek.
- ✓ 11 Days Everest Base Camp Trek Package with Licensed English Speaking Guide, 01 Porter for 02 Pax, 03 Meals a day & necessary Permits & TIMS.
- ✓ Necessary Monument Entrance Fees
- ✓ Bottles of Mineral Water in the vehicle.
- ✓ Sanitizers, Wet wipes & Tissue box in the vehicle.
- ✓ Assistance and transfers airport – hotel & vice versa,
- ✓ Taxes.

WHAT'S NOT INCLUDED

- ☒ Any Domestic & International Flights
- ☒ Visa & Visa Fee
- ☒ Items of personal nature such as drinks, alcohol, laundry, tips and equipment renting charges etc.
- ☒ Extra Meals, Drinks & Beverages other than mentioned in programs,
- ☒ Emergency Transportation / Evacuation.
- ☒ Extra cost for unseen & unstoppable circumstances (natural disaster, strike etc.)
- ☒ Elements not mentioned in above inclusions.

Physical Considerations before Base Camp Trek

Preparing for the Base Camp Trek is essential to ensure that you have a safe & enjoyable experience. This trek takes you through varied landscapes, challenging terrains, and high altitudes, demanding both physical and mental preparation. Training for the trek should begin at least two months in advance, focusing on building cardiovascular endurance through running, swimming, or cycling. Strength training for your legs, core, and shoulders is also necessary, besides flexibility exercises like yoga or stretching to prevent muscle injuries. Practice hiking on uneven terrain with a loaded backpack to simulate actual trekking conditions.

Gear preparation involves breaking in hiking boots, practicing with trekking poles, and wearing layers to ensure comfort in diverse weather. Always Carry a first-aid kit, as well as altitude sickness medication, & other essentials like water purification tablets. Keeping in mind that packing smartly and keeping your load light will make the trek more manageable.

Trekking at high altitudes can be physically taxing, so develop resilience through long hikes and by familiarizing yourself keeping in mind challenges of remote areas, as well as Learning about altitude sickness symptoms and how to handle them is crucial.

Nutrition and hydration are key to building endurance and staying fit on the trail. Maintain a balanced diet during training and stay hydrated to mimic trekking habits. Before the trek, get a medical check-up to ensure you are fit for high-altitude trekking related symptoms, especially if you have history of fluctuating health conditions.