

EVEREST BASEMENT CAMP TREK: 11 DAYS (KTM - KTM)

Cost per person: \$1,240

Description

EVEREST BASE CAMP TREK 11 Days is at more rigorous, and a more challenging activity to do. Trekking is in the between hiking Mountain expedition and Peak climbing. It will test one’s physical and psychological ability, endurance, and even in their mental or psychological caliber. You have to be decently fit to carry out most trek trails. Trekking guide is highly advisable because the trails are steep, altitude and altitude sickness also check at those who are not used at trekking. Treks usually begin in 3 days and go up at 21 days. In trekking explores camp or stay in tents or stay at tea houses or small lodges at the trail of the trek. For trekking, your gears have to be specific and equipment that could. You got to follow the packing list. Some of the requirements are Jackets, Trekking Shoes, Trekking pants and so on Nepal is very well known for trekking and adventure activities.

Trip Information

- Duration:** 11days
- Activities:** Trekking
- Arrival City:** Kathmandu
- Departure City:** Ramechap
- Best Season:** Winter
- Max Altitude:** 5545M

Gallery

Itinerary

Day 01: Fly to Lukla from Kathmandu Trek to Phakding (2620 m.) 35 min Fly and trek to Phakding

This is first step of Everest base camp trek 11 Days as We'll transfer to the domestic airport for our scenic 35 minutes flight to Lukla from Kathmandu. It'll be an amazing and brilliant flight as we'll be able to see some of the majestic views of Himalayas. Upon landing at Lukla, we'll begin our trek at Phakding. Our trail then follows the side of Dudhkoshi river & we continue our trek as we walk at the sideways of the river. Throughout our trek, we'll be crossing several suspension bridges. On the way, we'll be able to get the full magnificent views of several mountains. Overnight in Phakding.

Day 02: Phakding to Namche Bazaar (3440m.) 4-5 hours walk

The trail goes through the pine forest and along the Dudh Koshi River while crossing the suspended bridges through the Sherpa villages of Benkar, Chumoa, Monjo and Jorsale, entrance at the Sagarmatha National Park and permit checkpoint with peaceful vies of glistening Thamserku. The trails also continue at the river bed which is the confluence of both Bhote and Dudh Koshi rivers. It then climbs steadily, crossing the high Tenzing- Hilary suspension bridge with awesome glimpses of Everest and Nuptse- Lhotse ridge. The final three hours ascent through the pine forest which leads to prosperous trading and happening town of Sherpa filled place known as Namche Bazaar.

Day 03: Rest Day at Namche Bazaar.(3440 M)

On this day we will take a small rest at Namche Bazaar. We will take a short hike and will mingle with the local Sherpa people there. In these towns, there are several luxurious things that you can purchase. We can go to the monasteries of this region and enjoy the serene environment over there.

Day 04: Trek to Tengboche Monastery (3860m.) 5 hours.

Today's trail descends at Debuche which is a scattered stone village with a nunnery, chortens and several long mani wall. You can cross the suspension bridge at over the Imja Khola and gradually moved down to Pangboche with views of towering Ama Dablam (6,856m/22,495ft perhaps the most beautiful mountain in the Everest region). The trail then follows at the the river fairly closely as it gradually rises to its confluence with the Lobuche Khola and continues up at Dingboche: the last year-round Sherpa settlement at the region. Different views of Ama Dablam rise above the terraced fields of barley, buckwheat and potatoes. The fields are walled to protect crops from icy winds and animals at the short growing season.

Day 05: Trek to Dingboche (4350m.) 5.30 hours.

This second scheduled rest day that will assist your fitness and oxygen intake at the higher altitudes to follow. An enjoyable 3-4hr, 400m climb at Nangkartshang Gompa, north of Dingboche affords views of Makalu (8,463m) the fifth highest mountain and awesome views for Ama Dablam.

Day 06: Trek to Lobuche (4910m.) 5 hours.

The trail climbs at the ridge providing towering views of Taboche Peak and Cholatse and continues all through Yak pastures before crossing at the wooden bridge at over a roaring stream to Duglha (4,620m/15,158ft). The trail then moves up steeply for an hour, up the gravely terminal moraine of the Khumbu Glacier. On the summit is a large group of stone-pile memorials at the lost or deceased Sherpas and climbers. It also affords great border-views that also include Khumbutse, Lingtren, and Pumori. Everest is also hidden behind the towering wall of Nuptse and Lhotse. Follow the valley upstream for about an hour to Lobuche.

Day 07: Trek to Everest Base Camp (5365 meters) then back to Gorak Shep (5180m.). 6-7 hours.

A long but rewarding day. Follow the windblown and rocky path along the barren moraine for the Khumbu Glacier at the last village at Gorak Shep. After an early lunch, set out at the feint trail to the world's highest Base Camp, on the Khumbu Glacier: opposite the dreaded icefall – the most dangerous section of an Everest ascent.' In April/May the trail is all busy with porters carrying in supplies and the site is a riot of colourful tents perched at the dirty ice. For the rest of the year it is a bleak and lonely place set below the impressive ice walls (and avalanches) for the Mahalangur Himal along the Tibetan border. From west to east, the main peaks are Pumori, Lingtren, Khumbutse and Nuptse. Everest are there. Trek back to Gorak Shep for the night to be at Lodge.

Day 08: Hike up to Kala pattar (5545m.) early in the morning and trek down to Pheriche (4120m.). 7 hours.

The very early morning climb of 2-3 hours up till Kala Patthar from behind the village, offers a sunrise awakening for the Himalayan chain. First Everest (8,848m/29,028ft), and its surrounding peaks: Pumori (7,145m/23,443ft), Lingtren (6,697m/21, 973ft), Khumbutse (6,623m/21,730ft), Changtse (7,550m/24,772ft), Lhotse (8,516m/27,941ft) and Nuptse (7,861m/25,792ft). Plus, Cho Oyo (8,201m/26,907ft) at the west and Ama Dablam will be at the south: amidst countless other peaks that crowd the borders in all directions. Drop at Gorak Shep for breakfast, and then retrace your steps down to Lobuche. Return at the snout of the Khumbu glacier, dropping down the moraine and continuing on to the village of Pheriche for a lower and warmer night

Day 09: Trek to Namche (3440 meters) 4 hrs.

Today's trail gradually descends at the Deboche before a mild rise through rhododendron forest to the hilltop village of Tengboche which has an important monastery and great views in all sort of directions. The very long descent leads to Phunki Thenga (3,250m/10,663ft) which is the Imja Khola: the trek's lowest point north of Lukla. The path which climbs at the Sanasa (where the trail forked to Gokyo) beyond which it broadens for the pleasant contour walk back at the Namche Bazaar.

Day 10: Trek to Lukla (2840m.) 7 hours.

From Namche, the trail move down to more comfortable altitudes, passing all through the friendly farming villages of Jorsale , Monjo, Phakding, then will be crossing the suspension bridge at Thado Koshi before rising to Ghat and Cheplung. Round off the adventure with the final 700m, 35min ascent to Lukla: and say goodbye to your beloved and loyal porter people.

Day 11: Morning flight back to Kathmandu. 30 minutes.

This is the last day of the Everest base camp trek 11 Days. On this day, after a mouthful of breakfast. You will return to the capital city of Kathmandu and will be going back to your designated hotel.

Cost Inclusion

- Arrival and Departure by private vehicle
- Three meals a day during the Trek (Breakfast, Lunch, and Dinner)
- Accommodation in Tea House during the Trekking.
- Trekking Guide and a porter (sharing by two clients) with Insurance, food, and accommodations.
- Flight ticket for Clients Kathmandu/Lukla/Kathmandu
- Flight ticket for guide Kathmandu/Lukla/Kathmandu
- First Aid kit.
- Trekking permit (Conservation fee).
- Tims card (Trekking information management system) is like a permit.
- Trekking equipment like sleeping bag, down jacket, trekking stick, rain poncho.
- All needed official fee.
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Cost Exclusion

- International Flight ticket
- Your travel insurance.
- Nepal Visa fee (US\$ 40 for 30 days and US\$ 25 for 15 days you should get a visa open on your arrival)
- Any kind of drink, (like Tea, coffee, drinking water, soft drink, hard drink etc)
- Items of personal expenses like hot shower, battery charge, telephone, Porters,
- Tips for Guide and Porters
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Frequently Asked Questions

1. What is the best time to do the Everest Base Camp Trek?

The best times are Spring (March-May) and Autumn (September-November). During these seasons, the weather is more stable, and you'll have clear views of the Himalayas. Avoid trekking in the monsoon season (June-August) as the trails are wet and slippery.

2. How difficult is the Everest Base Camp Trek?

The trek is considered moderate to challenging. The altitude and steep ascents make it physically demanding. Proper preparation, including cardio exercises, and proper gear is essential. Some altitude acclimatization days (like in Namche Bazaar) help reduce the risk of altitude sickness.

3. Will there be Wi-Fi or phone signals during the trek?

Wi-Fi is available at most Tea Houses, but it may be slow and unreliable. You can also get local SIM cards in Kathmandu, which will provide mobile service along most of the trek route.

4. Do I need travel insurance for this trek?

Yes, travel insurance is required for trekking in the Himalayas. Ensure it covers medical treatment, emergency evacuation, trip cancellation, and lost luggage.

Map

