

## **Everest Region.**

Mount Everest is the highest point on the planet which is situated at the elevation of 8848 metres from the sea level. Mount Everest is located in Sagarmatha national park, the mountain remains as a declaration to the spirit of humankind and their endeavour to overcome nature's Obstacles. Among the 14 highest mountains above 8000 metres in the world, 8 of them surprisingly located in Nepal. The mount Everest is named after Sir George Everest, the British surveyor-general on India. Everest is known as Chomoulungma in Tibet and Sagarmatha in Nepal. Newry and New Zealand Sir Edmund Hillary and Nepali Tenzing Norgay Sherpa step the first foot on the top of the world in May 29, 1953 from the Southeast Ridge course. Then after, Junko Tabei turned into the first lady summit Everest from of the south East edge. Nepali Appa Sherpa holds the records of most Everest rising with 18 times. Likewise, sherchan Nepali Min Bahadur is the oldest climber of the Mount Everest who summit at the age of 77. Ms. Lakpa Sherpa is the main lady to summit Everest thrice.

Mt. Everest has been shouting to trekkers and climbers since the first showed up in the telescopes of mountain surveyors, and the trails that ascend through the foothills of the world's highest mountain still offer the absolute challenging trekking in Nepal. The area of Solu and Khumbu have been widely modernized for trekking, well maintained trails with abundant hotels.

## **Everest Base Camp Trek. (14 days).**

Everest Base Camp Trek is life vital, popular and mostly visited trek to Everest region including Kalapatthar climbing(5545m) and stunning view of four world's six tallest tops in Everest area including Holy lake Gokyo, the fascinating view on Mt. Everest, Lhotse, Cho oyu, Makalu and enjoy the stunning Panoramic view of more than 100 snowy capped mountains. The trekking trails from Shivalaya is above 4000 metres. So, acute altitude sickness will be the serious problem. Therefore, It is necessary to rise slowly and take the suggested rest day (acclimatization rest) to prevent from acute altitude sickness.

This Trekking begins from Kathmandu to Lukla flight and via Namche Bazaar and goes into Khumbu region. SoluKhumbu is the habitat of the Sherpa people who have well renowned for the skilled-mountain guides for the trekkers and climbers. The trekking gives you brilliant experienced lifestyles and cultures of Sherpa and Bhotes. Trekking to Everest Base Camp gives the awesome experience of Tibetan cultures with beautiful view of red rhododendron forests.

### **Day 01: Arrival in Katmandu.**

Landing in Nepal (Kathmandu Airport) and our staff will take you to the lodging in Thamel (15 minutes' drive by private vehicle). What's more, your guide will brief you with all data required for 14 days Everest Base Camp Trek. You will have welcome dinner with our representatives.

### **Day 02: Fly to Lukla from Kathmandu (2,820m) and trek to Phakding 2,640 M (30 minutes flight and 3 hours walk).**

The trek beginning by departure from kathmandu to Lukla, this is gateway to Everest Base camp Trek and Khumbu region. As a first day of trekking after the flight will meet our Porter in Lukla then we will proceed with our trek to Phakding through downhill with the view on Chaurikharka (Hilary) School and lovely monastery. Passing Choplung and Thado Kosi river to Phakding which is cultivated land and you will be pleased with the view of Dudh Kosi River and a few mountains.

### **Day 03: Phakding to Namche Bazaar (3446m) 6 hour.**

The second day of trail is to go to Namche Bazaar, the biggest Sherpa town the walk continues Dudh Kosi River and crossing a few suspension bridges to past the Benker and Monjo Colourful town and entering Sagaramatha National Park assigned in 1974, the world heritage and highest park in the world. From here strolling on the river bed and after that an ascending for couple of hours with beautiful views on Kongde, Thamsherku, and Mt. Everest, gradually brings you at Namche Bazaar. Here you can access with banks, ATM, Post office, Stores, and numerous shops with digital bistro. Namche Bazaar is the well-known for Saturday's market from where every goods and needs are supplied to mountains for tourists and local people.

### **Day 04: Rest Day at Namche Bazaar.**

We will take breakfast and whole day explore the places. Namche Bazaar is the biggest Sherpa Town where you can access with banks, ATM, Post office, Stores, numerous shops, digital café and a colourful market. Also, you can make a short hike up to Khumjung from where you can enjoy spectacular views of the mountains. Then, the trail reaches to Sagarmatha National Park where you can enjoy the dazzling views of sunrise over the Himalayas including Mt. Everest, Lhotse, Nuptse, AmaDablam, Thamserku, Kongde etc. After you can stroll to Khumjung village and visit the Hillary School and a monastery.

### **Day 05: Namche Bazaar to Tengboche (3867m) 5 hour.**

From Namche Bazaar for couple of hours the trail continues on progressive like zigzag way with unbelievable views on Mt. Everest and other Snowy Capped mountain, as the walk descends to the Imja Khola at Phunki Thaga village, from where a gradual pass through the full-bloomed Rhododendron and alpine woods for couple of hours brings you at pleasant and beautiful town with biggest Thyangboche monastery of Khumbu valley, where you can observe the astounding views of sunset and visit the Monastery and see the Buddhiest prayers. This Monastery likewise holds an incredible occasion called Mani Rimdu in every October, where a surprising dance is performed by Lama and monks.

### **Day 06: Tengboche to Dingboche (4300m) 5 hour.**

Toward the beginning of the day, you will observe the great views on the mountains and after that walk downhill through tranquil forest and Diboche village coming to at a metal bridge over Imja Khila, from here begins ascend to Pangboche which is the last Sherpa village before Everest Base Camp, as our walk keep on Somare for lunch with super outlooks on Amadablam at close displacement. After slow short climb you will reach at Imja Khola valley. The Dingboche town at 4,360 meters situated inside excellent Imja valley with close North Face perspectives on Amadablam including Lhotse and staggering Island peak towards east.

### **Day 07: Rest day at Dingboche for acclimatization and outing.**

In Dingboche another significant rest day for appropriate acclimatization before going to Everest base camp and move up to Kalapathar, Dingboche with many fine hotels with some cyber internet. At Dingboche, one can go for short acclimatization strolls up Nagarjuna slopes for super outlooks on mighty mountains with Mt. Makalu towards the further east.

### **Day 08: From Dingboche Trek to Lobuche 4,930 m - 5 hrs.**

With the wonderful outlooks on high snowy-capped mountains with Amadablam, as our trek starts heading up the slope around an hour to a ridge and after that on steady up with amazing outlooks as the walk continues Thukla, where Khumbu icy mass (glacier) melts into a furious river here with rest and lunch at move up to Thukla ridge, You can see a lot of memorials of climbers and mountaineers who have been missing and passed away on Everest expedition including different peaks inside Everest region.

After rest a bit while, an hour of high elevation walk carries you at Lobuche with 08-10 great lodges to remain overnight confronting Nuptse and Lobuche peaks.

**Day 09: From Lobuche Trek to Everest Base Camp 5,364 meter and come back to Gorak Shep 5,180 miter - 06 hours.**

Today a main and the final day to our ambition coming at the foot of world highest Mt. Everest Base Camp, morning walk leads you to the steep short climb begins to stroll on the Khumbu glacier and the glacier brings you at Gorak Shep which is last village to go to Everest Base Camp and Kalapatthar. There are only 4-5 pleasant teahouse for overstay night, from where our walk leads over glacier and moraine (glacial residue) then, coming to at base camp of Everest over 5,364-meter-high with clearing views on Khumbu Ice Fall and glacier.

Mountaineers, during the peak climbing season this area is overflowed with climbers-guides, supporter staffs and Yaks (Yaks will supply the prerequisites like Cooking gas, Tents, Foods). You will explore the lifetime experience of this heavenly place and return to Gorak Shep where your overnight stay remains.

**Day 10: From Gorak Shep Hike up to Kalapathar 5,545 miter and trek to Pheriche 4,240iter - 5 hours.**

After breakfast, you will be ascending up to highest point of Kalapathar, the top most spot experience at over 5,545 m high offering stunning scene views on mountains with Mt. Everest and magnificent mountains at very close distance, then we will descending to Gorak Shep for breakfast and proceed with trek on a similar way till Thukla. From there our course redirects towards Pheriche windy valley on close dimension ground with spectacular views during the walk to Pheriche for overnight stay. The Pheriche town with numerous great nice accomodation here you can visit HRA (Himalayan Rescue Association) office with a little medical post.

**Day 11: From Pheriche Trek to Namche Bazzar- 6 hours walk.**

After breakfast, we will be long descending with a few climbs as the route leads towards Pangboche village and then to the bridge, after the bridge back into greenery and tree lines as the route ascends up to Thyangboche Monastery, with downhill stroll to Phunki Tenga on crossing a wooden bridge climb uphill to Lousasa and Sanasa little villages with gradual twisting path to Kyanjuma.

The beautiful spot with a few lodges facing Everest, Amadablam and Thamserku peaks, from here the chance of seeing some wildlife like Himalayan Thar, Musk deer and the colorful Danphe

(Impeyan pheasant, the national bird of Nepal). After a pleasant and refreshing short rest stroll leads towards Namche Bazaar for the overnight stay.

#### **Day 12: From Namche Bazaar Trek to Lukla - 4 hrs.**

Everest Base Camp treks finishes up with a strolling back to Lukla, as the trail leads on a similar route following delicate way past Jorsalle, Benker, Phakding and Ghat towns with a ascend to reach Lukla, where you can appreciate each other's on the last night in Everest region.

#### **Day 13: From Lukla Fly back to Kathmandu and transfer to your Lodging.**

Early morning you will be taken to Lukla air terminal for short trip to Kathmandu with breathtaking picturesque aerial views of white and green mountains.

#### **Day 14: Final Departure/Farewell.**

Today is the final day of our trip. You will never forget the lifetime experience and those momentum. On that day, our agent will drop you to the Airport 3 hours before your planned flight. We wish for your safe and great flight. Hope See you next time.

**Please Note:** The cloud and turbulent weather is a regular phenomenon along the Himalayan range. It is thus possible that domestic flights from Kathmandu to/from Lukla may have to be delayed for a few hours or even cancelled for a day or more. Fortunately, this does not happen frequently during the high seasons of March to May or September to November: but you need to plan for this possibility.

As a safeguard, we recommend that you add on a couple of extra days after your trek before you fly from Kathmandu to your onward destination.

### **Trip Facts:**

- Trip Region: Everest Region
- Trip Duration: 14 days
- Best season: monsoon season
- Starting point: Lukla
- Ending point: Lukla
- Accommodation: Best lodge/Tea house /Three star rated Hotel available.
- Meals: Breakfast, Lunch and Dinner during the trek
- Maximum altitude: 5545m.
- Grade: Moderate to Adventurous
- size: 2 to 10
- **Cost: USD \$1390**
- An exciting mountain flight of Kathmandu / Lukla.
- Namche Bazaar, the gateway of Mt. Everest
- Sherpa culture and lifestyle in Khumjung
- Everest panoramic view from Syangboche.
- Climbing to Kala Patthar (5545m)
- Great view of Mt, Everest, Mt Lhotse and other mountains from Kala Patthar.
- Scenic flight to and from Lukla

- Explore the Sherpa museum in Namche Bazar
- Panoramic view from Syangbuche
- Experiencing life as the "mountain people" live, in the heart of Himalaya
- Visit Tyangboche Monastery
- Remarkable views of Khumbu Icefall and glaciers
- Climbing Kalapatthar at an elevation of 5,555m
- Spectacular Mt. views from Kalapattar.

➤ **Cost Info:**

**Cost Includes:**

- 2 nights' Accommodation service in Kathmandu and 2 nights in Pokhara.
- All accommodation and meals (Breakfast, Lunch and Dinner) during the trek.
- Transfer both two ways flight Kathmandu to Lukla and Lukla to Kathmandu.
- An experienced and governmental licenced English-speaking trek guide and Sherpa porters to carry luggage including their salary, insurance, equipment, food and lodging.
- Porter 1:2 ratio. 1 porter for 2 people weighing around 15-20 kg of weight.
- Sleeping bags and duffel bags, Walking Sticks if necessary.
- First aid kit will be available if necessary.
- Trekking maps.
- Our Company provides Adventure Trekking Certificate.
- Our administration charge and government charges.

**The Trip Cost Excludes:**

- Food in city like Kathmandu and Pokhara
- Extra Hotel Lodging Charges in Kathmandu because of Early arrive or late departure. early arrive from mountain than our schedule Itinerary.
- Tips to Guides and porter.
- Additional charge in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, like (ground transportation & Heli rescue/medical/hospitalization. Medical etc).
- Your International flight ticket airfare.
- Chocolates/energy drinks/alcohol/mineral water/cigarettes/packing food /snacks etc.
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal and any other expenses such as Laundry/WIFI on trek/phone call.
- Personal trekking equipment.