



● Trekking at a Glance

DURATION

14 days

MAX ALTITUDE

5360m

START/END

Nepal

ACCOMMODATION

Hotel/Tea House

THE OVERVIEW

Everest base camp trekking is usually known as the home of Sherpa and Mountains. Mountain Eagle adventure offers Everest Base Camp Trekking package for those who wish to get close to this lofty gigantic mountain and experience the Sherpa Culture. The flight from Kathmandu to world's extreme airport The Tenzing Hillary airport will take you to the small town Lukla. The mountain flight from Kathmandu to Lukla is adventurous in itself as the aircraft hover around the hills and mountains. The trekking towards Namche Bazaar is the most joyous part of this journey as Namche is the hub of Sherpa...

01

Arrival at Kathmandu

Arrive at Kathmandu International Airport. Our representative will meet you at the airport and transfer you to your hotel. You can rest and prepare for the upcoming adventure.

ALT: 1,400m HIKE: 2-3 hrs MEAL: Breakfast , Lunch, Dinner

02

Drive to Ramechap, Fly to Lukla, Trek to Phakding

After an early breakfast, drive to Ramechap (3 hours), then take a short scenic flight to Lukla. Upon arrival in Lukla, begin your trek to Phakding. The trek is easy and enjoyable, as you pass through Sherpa villages and picturesque landscapes.

ALT: 2,600m HIKE: 4 hrs MEAL: Breakfast, Launch, Dinner

03

Phakding to Namche Bazaar

Trek from Phakding to Namche Bazaar, crossing several suspension bridges and walking through lush forests. As you approach Namche, enjoy views of the Everest region peaks. Namche Bazaar is the main hub for the Khumbu region, offering great local culture and markets.

ALT: 3,400m HIKE: 5 hrs MEAL: B,L,D

04

Acclimatization Day at Namche Bazaar

Today is an acclimatization day. You will hike to the Everest View Hotel for a stunning panoramic view of the Himalayas, including Mount Everest. After visiting, trek back to Namche Bazaar.

ALT: 3,800m HIKE: 4 hrs MEAL: Breakfast, Lunch, Dinner

05

Namche Bazaar to Tengboche

Continue the trek to Tengboche, famous for its monastery. The trek passes through alpine forests, offering occasional views of Mount Everest, Lhotse, and Ama Dablam. Visit the Tengboche Monastery and take in the majestic surroundings.

ALT: 3,860m HIKE: 5 hrs MEAL: Breakfast, Lunch, Dinner

06

Tengboche to Dingboche

Trek from Tengboche to Dingboche, passing through beautiful forests, villages, and crossing the Imja River. Dingboche is a small village with views of the surrounding peaks.

ALT: 4,410m HIKE: 5 hrs MEAL: Breakfast, Lunch, Dinner

07

Acclimatization Day at Dingboche

Another acclimatization day at Dingboche. You will trek to Nangkarstang Ri, a viewpoint offering breathtaking panoramic views of the surrounding peaks. Return to Dingboche for the night.

ALT: 4,700m HIKE: 4 hrs MEAL: Breakfast, Lunch, Dinner

08

Dingboche to Louche 4910mt

Trek from Dingboche to Louche, continuing your ascent through the Khumbu region. Enjoy the views of the surrounding peaks and the scenic landscape.

ALT: 4,910m HIKE: 5 hrs MEAL: Breakfast Lunch Dinner

09**Louche to Gorak Shep, 5100mt Everest Base Camp**

Trek to Gorak Shep, then proceed to Everest Base Camp. Reaching the base camp is the culmination of this trek, where you will be surrounded by towering peaks. Return to Gorak Shep for the night.

ALT: 5,100m HIKE: 8 hrs MEAL: Breakfast, Lunch, Dinner

10**Gorak Shep to Kalapatar, Pheriche**

Trek early in the morning to Kalapatar for a spectacular sunrise view of Mount Everest. Then descend to Pheriche for an overnight stay.

ALT: 5,500m HIKE: 7 hrs MEAL: Breakfast, Lunch, Dinner

11**Pheriche to Namche Bazaar**

Trek back from Pheriche to Namche Bazaar. This descent is easier, allowing you to enjoy the beautiful scenery along the way.

ALT: 3,400m HIKE: 7 hrs MEAL: Breakfast, Lunch, Dinner

12**Namche Bazaar to Lukla**

Trek back to Lukla. After reaching Lukla, relax and prepare for the next day's flight back to Kathmandu.

ALT: 2,850m HIKE: 7 hrs MEAL: Breakfast, Lunch, Dinner

13**Fly to Ramechhap, Drive to Kathmandu**

After an early morning flight from Lukla to Ramechhap, drive back to Kathmandu. Once you arrive in Kathmandu, rest at the hotel and enjoy the city.

ALT: 1,400m HIKE: 3 hrs (driving) MEAL: Breakfast

14**Departure**

After breakfast, our representative will transfer you to the international airport for your departure flight.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport arrival – Departures. Transferee
- Hotel Accommodations in Kathmandu with Breakfast (twin sharing).
- Teahouse / Lodge Accommodations During Trek (twin sharing) as per schedule.
- Meals During trek – Breakfast / Lunch / Dinner / Tea or Coffee a day.
- Kathmandu – Lukla –Lukla Kathmandu flight ticket and Airport Departure local government taxes.
- Porters to carry your personal Luggage (2 trekkers equal 1 porter).
- Guide and Porter insurance fee.
- Khumbu pasang Lhamu Enter charge fee.
- Khumbu National Park fee
- Kathmandu Sightseeing Tour
- Duffle Bag
- First Aid Kit
- Filter Drinking Water.

- What's Not Included

- International Airfare
- Nepalese Visa fee
- Travel and Rescue insurance
- Lunch and dinner in Kathmandu
- Tips for Guide, porter and Driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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