

## Overview

### Everest Base Camp Trek

Everest Base Camp Trek is a world renowned excursion to the base of the world's tallest peak. Every adventure lovers passionately seeks to make the trek that was introduced by Tenzing Norgay and Edmund Hillary. The trek begins from Lukla, the Himalayan airport of Nepal and leads you through the enticing Sherpa valley and the alpine landscape of the Sagarmatha National Park.

The trek to EBC offers you a lifetime experience of exploring the incredible beauties of the Everest Himalayas. It is a naturally rewarded destination with 8000 meter peaks, lower Himalayas, Glaciers and Lakes along with the forests and fauna. Mt. Everest, Lhotse, Ama Dablam and the surrounding peaks energize you for the exploration. The sunrise view over those peaks are dramatic that can be explored from 5545 meters, known as Kalapatthar. The Sherpa valley of Everest, which is also popular as Khumbu is culturally a significant zone, which is loaded with the Tibetan Buddhist culture and heritages. Throughout the Everest base camp trekking, you explore various colorful monasteries, chhortens and mani walls. The ancient monasteries at Khumjung, Pangbuche and Tengbuche are some of the representatives among them. The trek is adventurous, which requires acclimatization. March to May and September to November are the best trekking seasons for the Everest base camp. It is the time for the dazzling views and suitable weather.

**Blue Himalayan Tours and Travels** operates Everest base camp trek with professional Everest guide and the assisting team. The excellent services in reasonable trip cost is what we can assure to our clients. Please, do not hesitate to contact us for more details about the trek.

### Itinerary Details

#### Day 01 : Kathmandu – Arrival

On arrival, meet our representative at the Kathmandu airport & transfer to hotel. Check-in at the hotel. O/N stay in Hotel.

#### Day 02 : Kathmandu Sightseeing

After breakfast, meet guide at the lobby of Hotel, for Kathmandu city sightseeing in Pashupatinath, Boudhnath, Swoyambhu & Kathmandu Durbar square Evening free for personal activities. O/N stay in Hotel.

#### Day 03 : Kathmandu - Lukla - Phakding

We take the short but spectacular mountain flight to Lukla (2.800m.), and set off on the first short leg of our trek, heading northwards up the valley of the DudhKosi (or 'Milk

River'). We descend from the small plateau, which only just manages to hold Lukla airstrip, down into the forested valley. The trail crosses several tributary streams and we have some tantalizing views before reaching the small settlement of Phakding (2.650m.). O/N stay in Guest House.

#### **Day 04 : Phakding - Namche bazaar**

We cross the DudhKosi by the first of several bridges built by the Himalayan Trust. Continuing gradually up the valley the trail undulates through the forest through Benkar and Chumoa before reaching Monjo where we will have lunch. After lunch we enter the Sagarmatha National Park and we follow the DudhKosi further north, crossing from one bank to the other. This day's walk takes us through magnificent forests of rhododendron, giant fir and magnolia trees, and both in spring and autumn the ground is bright with flowers. After Jorsale (2.800m.) the trail climbs over a spur and alongside a dripping moss-grown cliff, to cross the west fork of the river, the BhoteKosi, and start the steep climb to Namche Bazaar. About 300 m. up this ascent we should have a first view, cloud permitting, of the summit of Everest appearing behind the great ridge of Nuptse-Lhotse. Another 300m. of climbing brings us to Namche Bazaar, administrative centre of the Khumbu region and headquarters for the Mount Sagarmatha (Everest) National Park. Namche is a prosperous Sherpa town and an important trading centre with a weekly market. O/N stay in Guest House.

#### **Day 05 : Namche Bazar (day hike to Thame Buddhist Monastery)**

We spend today acclimatizing to the altitude, exploring fascinating Namche Bazaar and its surrounding villages like Khumjung, a chance to introduce ourselves properly to the Sherpas and their way of life. But we start the day with a visit to Thame monastery, set high on a hillside above Thame. This is the first Tibetan Buddhist monasteries that we will visit on this trek. The paintings and frescoes that adorn the inside of the temple are spectacular, seconded by only the amazing scenery of the mountains surrounding us. Return to Namche and if there is time in the afternoon visit the National Park museum. O/N stay in Guest House.

#### **Day 06 : Namche Bazar - Thengboche Monastery**

Start to walk up to the spectacular situated Everest View Hotel where we have tea. We will be rewarded with excellent views of the Mount Everest, Lhotse, Nuptse, AmaDablam and many other magnificent Himalayan peaks. The fantastic panorama of mountains surrounding us includes Everest, Nuptse, Lhotse and AmaDablam. Thengboche (3.860m) has long been a sacred spot. The Lama SangeDorje, who first brought Buddhism to the region, is said to have flown from his monastery in Tibet over the Himalaya, landing and leaving his footprints here and at Pangboche. Visitors should be careful to respect the spirit of this special place, particularly by observing the ban on killing or hurting any living creature in the area. Thengboche is home to the region's largest monastery, a destination for monks of all ages throughout the country to practice and study Buddhism. The public is invited to witness their puja ceremonies, where they chant prayers and perform rituals

inside the ornately decorated gompas. O/N stay in Guest House.

### **Day 07 : Thengboche - Pangboche - Dingboche**

Very early wakeup call and visit the impressive morning puja in Thengboche Monastery. Breakfast after the puja and start today's trek to Pangboche. Pangboche, at 3.985m is the highest permanent settlement on the approach to Everest and in the upper village there is a gumpa (monastery) founded by the lama Sange Dorje. Pangboche offers great views on what many people consider as the most beautiful mountain peak in the Himalayas, Mount Ama Dablam. We descend throughout most of the morning into the Imje Khola only to once again gradually ascend as we follow the river northward, past more mani walls and through a few small villages. The valley ahead will begin to open up as we approach the confluence of the Lobuche Khola, descend into the khola and begin the last and steepest climb of the day up to Dingboche (4400m). We are now on the northwest side of Ama Dablam and despite the fact that we have changed our view by 90 plus degrees over the last few days, it still appears as monstrous tooth with incredibly steep sides tapering up to a near perfect pointed peak. O/N stay in Guest House.

### **Day 08 : Dingboche (rest day or day hike)**

We spend a day at Dingboche (4.400m) to continue our acclimatization. Those adapting well to the altitude can climb Nangkartshang Peak at 5.100m for great views of Chaloche, Tawoche and Mount Ama Dablam. O/N stay in Guest House.

### **Day 09 : Dingboche - Lobuche**

Back on the trek again, the trail from Dingboche ascends, emerging onto the terminal moraine of the Khumbu Glacier from where we have a beautiful panorama of the peaks lying on the Nepal-Tibet border. The trail then eases off as we follow the valley to Lobuche (4.900m) a tiny hamlet with a few teahouses. The sunset on Nuptse is not to be missed. O/N stay in Guest House.

### **Day 10 : Lobuche - GorakShep - Everest Base Camp / Gorakshep**

Another long day and again we leave very early. Trekking across a glacier, the trail winds up and down through fascinating ice crevasses to the area known as Everest Base Camp, where, usually in spring, we may see some of the expedition teams as they prepare to climb the mountain. From the Base Camp we get fantastic close up views of the Khumbu Ice Fall and we can appreciate just how difficult it is to negotiate a route through the huge blocks of ice. We descend from the Base Camp to GorakShep O/N stay in Guest House.

### **Day 11 : GorakShep - Pheriche**

Early morning climb up to Kalapathar for best Everest Himalayas view ever, and descent to Gorakshep. Have breakfast and descend into the Pheriche valley with spectacular views

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of AmaDablam. We join the main ImjaKhola Valley, which we follow down to Thuk-La through an alpine meadow landscape with superb views looking back to the great ridge of Lhotse-Nuptse that hides the lower slopes of Everest. O/N stay in Guest House.

### **Day 12 : Pheriche- Namche Bazar**

We started to walk down TengBuche via Somera and Pangbuche and we get back to Thengboche. we descend off the ridge and walk back to Namche Bazaar along a beautiful undulating trail high above the DudhKosi from where we still can see Mount Everest. O/N stay in Guest House.

### **Day 13 : Namche Bazar - Phakding - Lukla**

We descend from Namche Bazaar and will have lunch in Monjo, where we finally leave Sagarmatha National Park again. After Monjo last part of the trail, pass Phakding and just before Lukla climb the short distance to the famous Lukla airstrip. O/N stay in Guest House.

### **Day 14 : Lukla - Kathmandu**

We fly back to Kathmandu and transfer to our hotel. Arrival in Kathmandu and day free for shopping or personal activities. In the evening we will go Typical Nepali cultural program for farewell dinner. O/N stay at Hotel If flight is cancelled from Lukla due to weather, then we have to try to get first flight next day.

### **Day 15 : Departure to international Airport for your onward destination.**

After breakfast, day free till your departure time.