



EVEREST BASE CAMP TREKKING

Day 01: Arrival in Kathmandu and transfer to Hotel - 1,300m/4,264 ft

Welcome to Nepal, the Land of the Himalayas! You will be guided to the Api-Saipal homestay by a representative once you arrive at the airport. Rest of the day or evening depending upon your flight, you will have a time to prepare yourself for the trek and you will meet with your guide and receive briefing about the trek.

You can either have meals at our homestay where we provide Nepali food or choose to go to restaurants around.

Day 02: Kathmandu - Lukla - Phakding (2,610m/8,563ft): 3 - 4 hrs.

After breakfast you will be transferred to Kathmandu airport for an early morning flight to **Lukla** (2,800m/9,186ft)- gateway destination from where your trek begins. At the end of an exciting 40 minute flight above the breathtaking green and white mountains, you will land at the **Tenzing-Hillary Airport at Lukla**, This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountain peaks.. Now your trek will begin through the **prosperous village of Lukla** after a short break at airport until you reach **Phakding**. To assist in **acclimatization**, you will only have a short hike today; additionally for refreshment activities you can take a side trip to a nearby monastery. You will have plenty of time to discuss with the guide for the next day's trip.

Day 03: Phakding - Namche Bazaar (3440 m/11,286 ft): 5 - 6 hrs

Starting early morning after breakfast you will trek through a **beautiful pine forest**, along the bank of "**Dudh Koshi River**" through many **suspension bridges**. You will catch wonderful prospects of **the glistening Mt. Thamserku (6618 m)**. Through the settlement of Benkar, Chumoa, Monjo, you come to **the check post** and entrance to '**Sagarmatha National Park**'. A final steep ascent of about two hours and you will get **the first sight of Mt. Everest** peering over **the Lhotse-Nuptse ridge**. You still need to hike for about one and a half hour to reach Namche Bazaar, **the gateway to Mt. Everest** and the main trading center of this region. You stay overnight at a teahouse in **Namche Bazaar** .

Day 04: Acclimatization Day - Namche Bazaar: (3,440m/11,286ft)

Acclimatization is very important . You can either hike to thame or visit khunde which will help you acclimatize more effectively, or you can just stroll around Namche bazaar which has a lot to offer culturally or naturally.

Day 05: Namche Bazaar to Tengboche (3,860m/12,664ft) : 5 - 6 hrs walk

After breakfast you start your trek towards Tengboche enjoying **stunning views of Mt. Everest, Nuptse, Lhotse, Ama Dablam** and close up view of **Thamserku**. Your trek follows on the gradual trail with a few ups and downs overlooking magnificent view of **the great Himalaya**. Along the way, you can spot wild lives like **pheasant, musk deer or a herd of Himalayan Thar**. The trail goes gradually down up

to **Kayangjuma**. The path eventually reaches Sansa which is the major trail junction to Gokyo valley and Everest Base Camp, continuing your trek you through pine forest you will reach Tengboche and stay overnight at tea house.

Day 06: Tengboche to Dingboche (4,410 m/14,300 ft): 5 - 6 hrs

Tengboche looks more spectacular in the morning. At this very moment, you can take pictures of the monastery and the scenery around and start your journey as usual. You choose the upper trail for better views on the way to Pangboche village. You pass through **several Chortens and Mani walls** and **small villages**. The place where you stop for lunch not only serves delicious food but also allows a fantastic **close-up view of Mt Ama Dablam**. In the afternoon, you walk North to Pheriche or take the Eastward trail beneath the towering **North face of Mt Ama Dablam**. The valley gradually unfolds as you approach the confluence of **the Lobuche River**. You descend into the river and begin the last and steepest climb of the day up to **Dingboche**. On arrival at Dingboche, you will see beautiful array of fields enclosed by stone walls to protect **barley, buckwheat and potatoes** from the cold winds and grazing animals. Overnight at Dingboche tea house.

Day 07: Dingboche - Duglha (4,620 m/15,090 ft): 3 - 4 hrs

After breakfast the walk along the arid terrace is rewarding with **awesome views of mountains** on all sides. When you approach near **the yak herders place** called **Dusa**, the valley begins to narrow and you continue through **Phulung Karpo**. Above Phulung Karpo is **Chola Lake**. As you move on, the majestic view of **Mt. Pumori (7138 m/ 23418 ft)** comes into your eyesight. As the trail descends and curves, Mt. Pumori disappears from view and gradually you come across a roaring stream. After crossing a **small wooden bridge**, you ascend to **Duglha**. You can see **the top of Mt Nuptse** from here as well as **Mt Cholatse, Mt Thamserku, and several other magnificent peaks**. Spending a night in Duglha is ideal **for acclimatization purposes**. Overnight with a nature at Duglha.

Day 08: Duglha - Lobuche (4910 m/16,108 ft): 2 - 4 hrs treks

Beyond Duglha, you climb up the steep terminal moraine of **the Khumbu Glacier**. At the top of the ridge, you will find an array of stones with prayer flags used as memorials to **Scott Fischer (American mountaineer)** and **10 times Everest submitter, Babu Chiri Sherpa (a Nepali mountain guide)** who perished on a mission to climb Everest. As the trail drops to the Khumbu Glacier moraine, you will find yourself facing several great peaks - **Khumbutse, Lingtren, Pumori and Mahalangur Himal**. You are now in the vicinity of Everest but the great mountain still remains elusive. **Mt Nuptse** towers to **the right as the trail crosses the Khumbu Glacier**. As we pass along a murmuring stream leaving **the Khumbu Glacier** behind, we now begin to feel a little out of breath due to high altitude. Overnight at Lobuche teahouse.

Day 09: Lobuche - Gorak Shep [5140 m/16,863ft]-Everest Base Camp [5364 m/17,594 ft]-Gorak Shep: 8 - 9 hrs

The trail to Gorak Shep goes ahead through the lateral moraine of **the Khumbu Glacier**. Ahead on the trail, you see crest of north ridge of **Mt. Everest** along with **Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse**, etc. As you reach Gorak Shep, you will find snow-capped mountains

looming all around you including **the top of the world - Mt. Everest**. You probably will have worn out by now so you take some rest and have your lunch and embark on the trail to Everest Base Camp through the once vast Gorak Shep Lake. Gorak Shep for overnight.

Day 10:Gorak Shep - Kala Patthar - Pheriche [5,550m/18,208 ft]: 8 - 9 hrs

Early in the morning, to catch the dramatic views from **Kala Patthar** witnessing the first light of day shining on **Mount Everest**. However, you need to get prepared for an early morning, dark and **cold temperature (-10 to -14 C)** departure beforehand. Further, there is always the potential for **chilly wind** which is quite common. During the ascent to Kala Patthar, you can pause to catch your breath at several **outstanding viewpoints to snap pictures**. Ascending for several hours, you reach Kala Patthar. As you approach the top, you sit on **the Kala Patthar** with an **unbelievable Himalayan Panoramic views**, On being back to Gorak Shep, you will have your breakfast. Rest your fatigue of **acclimatization reflecting the unerasable beauties of the Himalayas at Pheriche. overnight at pheriche.**

Day 11:Pheriche-Pangboche-Tengboche-Namche Bazaar (3,440 m/11,286 ft): 5 - 6 hrs

Today, you trek down through the hillside blanketed by **rhododendron and juniper trees**. If it is **Spring, pink and red Rhododendron flowers** ablaze your surroundings. Crossing **the prayer flag festooned bridge over the Dudh Koshi River**, the trail follows the Dudh Koshi gorge descending rapidly through **the pine forests**. We keep a lookout for wild life such as mountain goats, snow leopards, colorful pheasants, etc, while passing through the forest by the trail. Upon reaching your lodge, enjoy a nice hot shower and have very relaxed sleep in your cozy room in Namche Bazaar. Though you will have some pain around your thigh due to continuous descend, the memories that are stuck **inyour mind and heart slowly cover the pain.**

Day 12:Namche Bazaar-Lukla (2,840m/9,317ft): 6 - 8 hrs

Crossing **the suspension bridges** over the fast flowing "Dudh Koshi River" and its tributaries, the trail becomes more leveled and natural. Although you are travelling the same route down, you feel completely different. You just snap a mixture of **open plains, rhododendron and pine forests, and in the distance snow covered peaks. You will be exposed** through the Sherpa villages noticing impressive faith in **Buddhism and culture of prayer stones and prayer flags** while you walk through the villages. Upon arrival in Lukla, You experience **the culmination of a fantastic trek** and Lots of **memories wriggle around your mind and heart**. You will feel that you have touched **the feet of the Highest Mountain Peak of the world,Mount Everest** and it is leaning down to grace you for **your happy and prosperous life**. Overnight at Lukla.

Day 13: Lukla - Kathmandu

After breakfast, you will fly out to Kathmandu from lukla airport. Transfer to Api-Saipal homestay. You will have a leisure day to freshen up and tie up your loose ends.

After the trek if you would like to visit other city's like Pokhara, Chitwan or Lumbini. We would be delighted to help you organise your tours in Nepal.

Included:

Air fares to Kathmandu- Lukla - Kathmandu
Three meals a day (Breakfast, lunch and dinner)
Accommodation in tea houses through out the trekking.
Conservation area fee's.
TIMS (trekking information management system) card fee's.
Qualified mountain guide.
Guide insurance fee's.
Airport pickup and drop off.

Excluded:

Any personal expenses throughout the trek.
Any drinks or food apart from breakfast , lunch and dinner.

More information?

We always try to meet individual requirements, so please feel free to ask if you have special requirements or needs. Please contact us through the website apisaipaltreks.com or info@apisaipaltreks.com