

COMFORTABLE EVEREST BASE CAMP TREK

Destination: Nepal

Best Season: March- May & Sep- Dec

Max Elevation: 5545 m (Kalapathar)

Trek to Everest base camp is the best trekking on the planet, walking most beautiful places on the Himalayas with spectacular scenery, learning local culture, lifestyle, and enjoying the outstanding views of the magical mountain is truly a life-changing experience for many travelers who are in.

The Comfortable Everest Base Camp Trek Itinerary is a classical journey that allows you to be part of this fascinating, culture, Yak pastures, meadows, lush forest of pines, and rhododendrons, beautiful waterfalls, and striking Himalayas such as Mount Everest, Mt Makalu, Mt. Lhotse, and Mt. Cho Oyu, as well as many other surrounded mountain peaks,

This trek is probably one of the best trekking on earth you will be truly blessed with these rewarding sceneries and friendly welcoming local people of Sherpa, alongside the most dazzling overlooking views of the Mountains.

Our Comfortable Everest Base Camp Trek Itinerary begins at Kathmandu with a historical tour of Kathmandu valley sightseeing, on this guided tour you will be fully surprised not only getting to know about the mountains also getting to know about our fascinating culture diverse and people.

The flight from Kathmandu to Lukla right is about 30 minutes, Lukla is a tiny Sherpa place where you will officially start the journey towards Everest base camp. From Lukla, the trail leads us through the bank of Dud Kosi river, passing some of the most fascinating villages, yaks pastures, farmlands, and surrounded snowy peaks to Phakding, Namche

Bazaar, Tengboche, Dingboche, Lobuche, and Base camp.

The Buddhists monasteries at Tengboche, Everest View Lodge hike from Namche bazaar, Syangboche airport- the highest airport in the world, Sherpa museums, and the World highest bakery are also impressive highlights of the trip,

Kalapathar Hike from Gorakshep

Kalapathar (Black Stonehill), 5555 meters, is considered to be one of the best viewpoints to witness sunrise and a fantastic panorama view of the Himalayas, Kalapathar is just about 2 hours away from Gorakshep, this hill is fabulously surprising to climb in the evening for sunrise and in the morning for sunrise view over the massive Himalayas range of Everest, The views from here is spectacular and sunrise is breathtaking. It's a perfect place to have great photography of the Himalayas.

Is the Everest Base Camp Trek good for beginners?

The trek to Everest Base Camp is a non-technical way to climb any mountain it's just a normal hike to the base camp of the world's highest peak on earth but to make it successfully, you need to be physically and mentality fits and strong, the trail itself an amazing but you will be hiking almost 300-500 meters a day on the mountain, therefore, your physical strength is one of the important factors to be accomplished a goal of a lifetime. If you are passionate travelers who are willing to walk 4-6 hours a day in the mountains then this is the right trip for you. Meanwhile, this trekking tour is suitable for the age of 8 years young to 70 years old with a moderate fitness level. Bank in 2017 we have got an opportunity to organize a trip for the youngest groups of charity programs, the majority of group members were just 8 years old and we successfully made it to Everest base camp without any troubles of mountain sickness. So, now we are very much

confident to take even the youngest groups to the Mount Everest base camp who are keen to do it.

FULL BENEFITS

- Free Airport transportation on arrival and departure days (We will pick you up and drop you off)
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out the accurate health condition while you are trekking in the mountain.
- [WOKI TOKI \(https://en.wikipedia.org/wiki/Walkie-talkie\)](https://en.wikipedia.org/wiki/Walkie-talkie) - for communication during the trek

Highlights

- A Journey to the world's highest Everest base camp, 5364 m
- Visit Sherpa towns of Lukla, Namche Bazaar, Khumjung, Tengboche, Khunde, and Dingboche villages,
- Walk over the world's highest Khumbu Glacier,
- Visit ancient monastery in Tengboche
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Hike to Kala Patthar at an altitude of 5545 meters for a stunning sunrise over the Himalayas

- Reach world's highest airport in Syangboche
- Meet local culture and lifestyles of the legendary Sherpa people

Day to Day Itinerary

Day 1: Arrival at Kathmandu, you will be welcomed by our crew

Day 2: Kathmandu valley sightseeing /Preparation day

Day 3: Kathmandu to Lukla (2,610 m) 35 min by air & trek to Phakding

Day 4: Trek from Phakding to Namche Bazaar

Day 5: Rest and acclimatization day at Namche

Day 6: Trek from Namche to Tengboche

Day 7: Trek from Tengboche to Dingboche

Day 8: Rest/ Acclimatization Day at Dingboche

Day 9: Trek from Dingboche to Lobuche

Day 10: Trek from Lobuche to Everest Base Camp and back to Gorke Shep

Day 11: 2 hrs Hike from Gorke Shep to Kalapather (5,545m/18,187ft)– Pheriche

Day 12: Trek from Pheriche to Namche Bazaar

Day 13: Trek from Namche to Lukla

Day 14: Fly from Lukla to Kathmandu

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on the full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government licensed, English-speaking trekking

guide.

- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Everest national park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 6 or above
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in the both Kathmandu and Lukla airport
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits are desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.

- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kinds of beverages (tea/coffee, coke, beers, water, etc).
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Surplus luggage charges for domestic airport
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high-altitude up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tipping (expected by guide and staffs)
- Any other expenses that are not mentioned in the Price Include section of this trek