



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

12 days Everest Base Camp Trek

OVERVIEW

The Everest Base Camp Trek is a classic hike to the foot of breathtaking Everest, the world's highest mountain. Besides taking you close to the world's highest mountain, it also gives you a great insight into the local Sherpa culture and the high Himalayas.

Starting from Lukla, this trek follows the classic route to the Base Camp of Mt Everest and Kala Patthar. Only a few people will ever get to ascend Mount Everest – climbing Everest takes more than 2 months, costs in excess of \$50,000 and requires superhuman strength and courage. As for Everest Base Camp Trek, two weeks, \$853 and half the strength brings you face to face to Sagarmatha, Mother of the Universe.

Your trek begins in Lukla, where you fly into from Kathmandu. From Lukla you'll follow the 'Himalayan Highway' along the Dudh Koshi Valley, through several dozen villages, for about 40 miles to the base of Mount Everest. After nine days of trekking, you'll reach Gorak Shep, the Base Camp of the historical 1953' Everest Expedition and the site where Peace Nepal Treks had successfully organised the 2009' Everest Cricket Match.

After you make it to the base camp you can also ascend Kala Patthar (5,600m), a big brown peak with its summit providing spectacular views of Everest, Lhotse and Nuptse. It is Kala

Patthar and not the base camp that offers a panoramic view of Everest – due to the structure of this snow giant, it cannot be seen clearly from the base camp. You'll spend two days around Gorak Shep, base camp and Kala Patthar, where you'll get plenty of opportunities to take some photographs you can really be proud of. From Gorak Shep, you'll retrace your steps to Lukla via Pheriche, Tengboche and Namche Bazaar, walking downhill throughout most of the trail. The hair-raising flight back to Kathmandu will mark the end of your two week adventure.

ITINERARY

▪ Day 1

Arrival at the Tribhuvan International Airport. Transfer to Hotel.

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in checking in.

▪ Day 2

Flight to Lukla (2,840m) and Trek to Phakding. O/N in Phakding (2,652m).

The flight from Kathmandu to Lukla is 40 minutes of pure mountain experience until we reach the Tenzing-Hillary Airport. Our trek begins in Lukla as we descend towards the Dudh Kodhi River before following the trail leading to Namche Bazaar.

▪ Day 3

Phakding to Namche Bazaar. O/N in Namche Bazaar (3,446m).

The trek to Namche Bazar is a steep climb through forests of rhododendron around the Sagarmatha National

Park. After crossing several suspension bridges and four hours of walking we reach the Sherpa market of Namche Bazaar.

- Day 4

Rest day in Namche Bazaar. O/N in Namche Bazaar (3,446m).

Two days of rest in Namche Bazaar helps us in acclimatisation and prepares us for our journey ahead. Namche, the trading capital of the Khumbu region was once the trading grounds of Tibetan Salt. Even today we can see Tibetans selling rugs, clothing, salt and dried meat in the region. Namche is believed to be one of the best places on earth to see the sun rise and set between the snow clad Himalayas.

- Day 5

Trek to Phortse (3,810). O/N in Phortse (3810m)

After breakfast, we walk through many mani walls and stay beautiful village phortse. We can see the beautiful himalays scenery from here.

- Day 6

Trek to Dingboche. O/N in Dingboche (4,350m).

we follow the Imja Khola through Pangboche until we reach Dingboche.

- Day 7

Rest day in Dingboche (4,350m).

Today is a day of leisure where we take in all of Dingboche from Chukkung (4,970m). We stay for the night in Dingboche.

- Day 8

Trek to Lobuche (4,930m).

Today we ascend to Lobuche passing through the terminal moraine of the Khumbu glacier. We camp at Lobuche for the night.

▪ Day 9

Trek to Gorak Shep (5,165m). Kala Pathar (5,545m) ascent 2 hours.

Gorak Shep, is the Base Camp of the historical 1953' Everest Expedition and the site where Peace Nepal Treks had successfully organised the 2009' Everest Cricket Match. We have a time climbing the famous Kala Pathar peak (5,545m) in the evening and next early morning visit the Everest base camp.

▪ Day 10

Trek back to Pheriche/Pangboche (4,240m) or Pangboche (3930m)

Early morning, we walk towards the Everest base camp (5,364m) and return Gorakshep. From Gorak Shep we return to Lobuche and continue heading down the Khumbu valley until we reach Pheriche. Near the Khumbu glacier we come across memorials for climbers who died while attempting to conquer Mount Everest.

▪ Day 11

Trek back to Namche Bazaar (3,440m).

The trail now descends to Namche Bazaar which offers superb views of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peaks. We stay overnight at Namche, a perfect place to celebrate the success of our two week trek.

▪ Day 12

Trek back to Lukla (2,800m). 0/N in Lukla.

On our way back, we cross suspension bridges over the Dudh Koshi River, make our way through steep descends and walk past numerous tea houses before finally arriving at Lukla.

▪ Day 13

Lukla-Kathmandu

Again, 40 minutes of pure mountain experience on our flight to Kathmandu marks the end of our journey.

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International and Domestic airport to your hotel.
- One night stay at the Hotel in Kathmandu with breakfast include
- All government taxes and Everest National Park entry fees.
- TIMS CARD (Trekking Information Management System).
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- 12 days porter wages and his insurances/meals/accommodation/equipments
- 12 days guide wages and his insurances/meals/accommodation/equipments
- Local taxes in Everest
- 11 nights best Lodge accommodation during the trek on tea house services.

- Rescue arrangement in emergency situation & worst weather condition
- necessary ground transportation depending upon your request (via tourist bus or private vehicle).
- Flight tickets: Kathmandu – Lukla – Kathmandu for guide.
- Guest flight ticket: Kathmandu – Lukla – Kathmandu.
- Trekking poles, sleeping bag, down jacket/duffle bag (we provide these if necessary).
- All necessary Domestic airport taxes.
- Trekking maps.
- Rubbish disposal.
- PNT service charge and government taxes.

Medical support: An emergency first aid kit is carried by the support staff at all times.

Accommodation and meals: During tea house treks our guests pay for their food (breakfast/lunch/dinner) at the lodge while we provide guides/accommodation/necessary permit and transportation. It can be USD \$25 per person each day for food (Lunch/dinner/breakfast)

Water: Mineral waters are available at all stops during tea house treks. You can also use tap water if you choose to use water purification tablets.

EXCLUDES

- All meals in Kathmandu and on trek.
- extra nights hotel stay in Kathmandu.
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, such as ground transportation & Heli rescue/medical/hospitalization.medical etc).
- Your International flight ticket airfare
- energetic chocolate/energy drinks/alcohol/mineral

- water/cigarettes/packing food snacks etc
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal expenses and any other unforeseen expenses, such as Laundry/WIFI on trek/phone call
- Personal trekking equipment.
- Nepal entry visa fees which can get up on your arrival in Kathmandu airport
- Services not mentioned herein

Travel Insurance

Travel Insurance is mandatory for all clients who choose to trek or climb with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while traveling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Once you inquire about any trekking itinerary we'll email you regarding the best season for that particular trek.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards

- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are needed during the Climbing period:

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(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tex Jackets)