



Everest Base Camp Trek - 17 days

Go on 17 days trip for

\$ per person

Sagarmartha (Everest) Base Camp trek takes us into one of the most spectacular regions of Nepal where the Sherpa culture thrives amongst the highest peaks in the world. The Sagarmartha massif as seen from Thyangboche and Kala Pattar is a sight you will never forget, and the hospitality of these tough mountain people will remain with you for a long time. This is the traditional trek to view Sagarmartha, following the historic trail and travelling in true expedition style; it will appeal to those who wish to retrace the steps of history to the base of the highest mountain in the world.

When it comes to spectacular breathtaking mountain panoramas, the Everest base camp and Kala Pattar Trek is without equal, if you like to walk, this is one of the most inspiring places in the world to do it. After exploring the temples, shrines, bazaars and restaurants of Kathmandu we take an exciting mountain flight to Lukla, the gateway to Everest region.

Day 01: Kathmandu.

Your arrival to Tribhuvan International Airport, you will be met by our Airport Representative, and transfer to hotel. Overnight at hotel .

Day 02: Kathmandu.

Sightseeing tour of Kathmandu valley, Briefing and preparation of trek, Overnight at hotel .

Day 03: Kathmandu-Lukla-Phakding

Early in the morning, Flight to Lukla (2804 mtrs.), we begin our trek to Phakding (2610 mtrs.) - 3 hours easy walking. Overnight at Guest House.

Day 04: Phakding-Namche Bazaar.

Trek to Namche Bazaar (3535 mtrs.). Overnight at Guest House.

Day 05: Acclimatization day in Namche Bazaar.

Day 06: Namche Bazaar to Tengboche (3850m).

By reaching Tengboche, we visit a monastery known as Tengboche monastery. Overnight at Guest House.

Day 07: Tengboche to Dingboche (4350 mtrs.).

Trek to Dingboche, Overnight at Guest House.

Day 08: Day trip to Chhukung valley and trek back to Dingboche.

This day we will have trip to Chhukung valley, then we return to Dingboche in the evening. We will take you to Chhukung Ri (5546 mtrs) too. Overnight at Guest House.

Day 09: Dingboche to Lobuche (4950 mtrs.).

Trek to Lobuche, Overnight at Guest House.

Day 10: Lobuche to Ghorakshep (5160 mtrs.) to Everest Base Camp (5400 mtrs.).

Trek to Ghorakshep, Everest Base Camp and return to Ghorakshep, Overnight at Guest House.

Day 11: Ghorakshep-Kalapathar (5545 mtrs.)-Pheriche (4280 mtrs.)

The day starts with a hike up to Kalapathar (5545 mtrs.), an excellent viewpoint to observe the Mount. Everest and innumerable spectacular mountains views. Then trek back to Pheriche (4280mtrs.). Overnight at Guest House.

Day 12: Pheriche to Khumjung (3753 mtrs.).

Trek to Khumjung Village (3753 mtrs.). Overnight at Guest House.

Day 13: Khumjung to Phakding (2610 mtrs.).

Trek to Phakding (2610 mtrs.). Overnight at Guest House.

Day 14: Phakding to Lukla.

Trek to Lukla. Overnight at Guest House.

Day 15: Kathmandu.

Morning flight back to Kathmandu from Lukla. Overnight stay at Hotel .

Day 16: Leisure day in Kathmandu (It's also spare day incase of bad weather in Lukla). Overnight stay at Hotel .

Day 17: Transfer to Airport for your home departure.

What is Trekking?

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote region to see the truth of your dream.

Trekking Styles:

There are very various ways of trekking on foot through Himalayan range of Nepal. Whey is planning a trek you need to think carefully about deferent styles of trekking available. Remember that when hiking in any major renege of the mountains, it makes seems to go with at list on while chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

Typical Trekking Days:

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is

a lot of leasured time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and exploration days are build in to the ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

Private Groups:

Every year, Samrat Tours & Travels operates a tangle of private groups. They may be a small or a big groups, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

School & Collage:

Samrat Groups , which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions)as the camping trek and tea house trek. The company operates specially family as well as student groups . The mentioned regions are suitable to the families for going trek, no trouble on the route.. Departure dates are fixed. of both groups. The company allows families with younger children to travel together..

General Information:

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way ,come across Sherpa yak drivers transporting goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

What is included in the price?

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary
- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes

- Official expense

What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

Trip Fact

- **Trip code**EHCS-17256
- **Destination**Nepal
- **Duration**17 days / 16 nights
- **Season**February to October
- **Group Size**Min. 2pax -12pax + Above
- **activities**Everest Base Camp Trek