

- Mt Everest is the tallest mountain in the world.
- Khumbu glacier is the famous glacier in the world.
- The exciting mix of natural beauty, fascinating Sherpa culture, and village, a personal sense of achievement makes the world's most unforgettable holidays.
- Enjoy the stunning view of the world's highest mountains above 8000 meters: Everest, Lhotse, Makalu, and Cho-Oyu.

Mt Everest is the tallest mountain in the world. Its Nepalese name is Sagarmatha, "sky head" and its Tibetan name is Chomolungma, the mother goddess of the earth. To the rest of the world, it is the most renowned mountain of all people. It has fascinated adventurers since the 1920s. When exploiting people like George Mallory, Sir Edmund Hillary and Tenzing Norgay put the mountain on the map. Since then, thousands of people have followed in their footsteps.

Mount Everest is not only popular for climbing. It is also popular for Everest base camp trekking. Enjoy with snow-capped the world's highest mountains above 8000 meters: Everest, Lhotse, Makalu, Cho- Oyu, and Neighbor Mountain like Amadablam, Pumori, Nuptse, etc. Khumbu glacier is the famous glacier in the world, the exciting mix of natural beauty, fascinating Sherpa culture, and village, a personal sense of achievement make Everest Base Camp Trekking one of the world's most unforgettable holidays.

This trekking package is specially designed for those who are looking for the budget trek option. Budget Everest Base Camp Trekking package also offers a full board package by paying less amount. We carefully design our itinerary with a few rest days offers a special way to acclimatize safely.

HOW DIFFICULT EVEREST BASE CAMP TREKKING ((DISTANCE)

Many people as daunting as the name(Mt Everest) hear sounds, The Everest base camp trekking is not a difficult most the trek over 6 thousand meters. The trek requires no mountaineering skills and technical experience. It is basically a long walk at altitude.

Everest base camp trekking total length is (130m). The distance quite long, but can consider that the typically guided trek. Trekkers walk only 9 days out of the 12 trekking time. Every day the trekkers walking 15km (average) SLOW DOWN YOUR PACE, You will be trekking, rock and sometimes snowy landscape (Depending on altitude and season)

WHEN IS THE BEST TIME (EVEREST BASE CAMP TREKKING)

If you want to Everest base camp trekking in the Khumbu region and thinking when is the best time. We can say September to November and March to May then the critical issue in planning when to trek is the monsoon

Trip Facts

Price:

USD 1685

Duration:

16 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse(Lodge to Lodge)

Meals:

Breakfast in kathmandu/All the meals during trekking

Max. Altitude:

5555m Kalapather

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December

Daily walking Hour:

5 to 7 hours

Transportation:

Car/ Van/ Plane

period which runs from June to August. During the monsoon period, there is still excellent trekking as these largely lie in a rain shadow. However, you need to be ready for serious rain; generally, this is confined to shorter storms in the afternoon. The period around Christmas and New Year is cold, but with good thermals, this can be a great time to trek as the trails are much quieter.

HOW DO YOU GET TO EVEREST BASE CAMP

There is only one entryway to EVEREST BASE CAMP and the Khumbu Region, through the mountain town of Lukla, fly a 40-minute flight into the mountains. Glacier Adventure includes these domestic flights in the trip price. If trekkers are lucky and the weather is clear during flight, may be able to see Mt Everest. The incredible journey through the Khumbu region is a wonderful acclimatization hike before you take on Everest base camp. All of our itineraries include two nights in Namche Bazaar and two nights in Dingboche on the way up the trail to EVEREST BASE CAMP.



Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. The traveler meets Trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to lukla to Phakding(2650m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, Brand new day. Travelers are entering Sherpa Land. Early morning after breakfast drive to Kathmandu airport, then short flight (40m) from Kathmandu to Lukla with beautiful mountain scenery. After Lukla, the trail descends until Thado Koshi then ascends to Phakding. Explore Amazing Sherpa village with beautiful mountains.

Day 4: Phakding to Namche(3450m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the exciting day for the travelers. First-time trekkers see Mt. Everest. After breakfast trekkers start walking for Namche. The trail follows the Dudh Koshi River and cross suspension bridge several times to reach Jorshalle. The Jorshalle is the entrance place to Everest National Park When the cross Hillary Bridge, then trail ascends until Namche. Namche is a beautiful village surrounded by beautiful mountains.

Day 5: Namche Acclimatization day!

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a acclimatized day for adjusting the thin air. Namche is the main center of the Everest base camp trekking. There are a government office, Banks, ATM, Shops and Restaurants. After breakfast traveler goes for hiking to Khumjung Village (3840m) through Sangboche airport and Everest view hotel. On the way, the traveler enjoys with the blend of traditional customs of Sherpa indigenous peoples, views of snow-capped Himalayan range like Mt. Everest, Lhotse, Thamserku, and Amadablam.

Day 6: Namche Bazaar to Tengboche(3870m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Tengboche. The trail ascending until Sanasa then trail descends until Phugi Thaga after that the trail ascending until Tengboche through pine and rhododendron forest. This place has the biggest monastery in this region. The traveler sees the beautiful mountain views Mt Everest, Lhotse, Nuptse, Amadablam, Thamserku among many others.

Day 7:Tengboche to Dingboche(4260m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail slights down and slights up until Dingboche via Pangboche along the Imja Khola through many Sherpa villages. The traveler sees mountains views of Mt. Everest, Lhotse, Ama Dablam, Island peak among others. Dingboche is a beautiful Sherpa village. Evening time visit around.

Day 8:Dingboche Acclimatization day!

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today also acclimatization day for adjusting the thin air. Dingboche is a beautiful Sherpa village. After breakfast trekker takes day hikes to Nagarjuna Hill or Chukkhung Valley (way to Island Peak) for great views of Makalu, Lhotse, Cholatse, Tawache and Ama Dablam and others mountains.

Day 9:Dingboche to Lobuche(4930m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers walk for Lobuche. The trail gradually ascends to Dhugla (Thukla) Before Dhukla cross wooden bridge Over Khumbu glacier after that the trail ascending to Chupki Lara. Where trekkers see memorials place that dies in Everest climbing time. Today trekkers enjoy panoramic mountain views of Nuptse, Pumori, Amadablam, and Twache etc.

Day 10:Lobuche to Gorek shep(5180m) (Everest Base camp (5355m)

Walking hr: 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach Everest base camp. Convert dream to reality. Early in the morning after breakfast start the walking. Take care, some part of the trail very difficult over Khumbu glacier. The trail follows the rocky moraine and icy glacier pond to the Gorek Shep. When reach Gorekshep drop bags in the room and eat lunch, then continue to Everest base camp. Enjoy and take your time after that back to Gorekshep.

Day 11:Gorek shep to Kalapather (5555m)to Pangboche(4015m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, go to Kalapather to see the sunrise views. The trail ascends to Kalapather. Enjoy golden mountain views of Mt Everest, Lhotse, Nuptse, Khumbtse, Lirung, Pumori and Amadablam and many others. Take your time after that back to the hotel, eat breakfast and continue back to Pheriche or Pangboche.

Day 12:Pangboche to Namche(3450m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. When trekkers reached Everest base camp, then the trail distance longer down. Today cross few suspension bridges, rhododendron forest, beautiful Sherpa village. Enjoy in Namche with hot

and good shower, good food etc.

Day 13: Namche to Lukla (2850m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast trekkers start to walk. Today is the last day of your adventure Everest base camp trekking. The trail descends to Jorshalle then continue to Thado Koshi after that the trail ascending to Lukla. When reaching Lukla re-confirm ticket and visit around Lukla in the evening time.

Day 14: Lukla to Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early in the morning after breakfast walk to Lukla airport, then the short flight to Kathmandu, transfer to hotel in Kathmandu, Your adventures finished take a rest and relax. Enjoy the day.

Day 15: Leisure day in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Today is leisure day, in case of bad weather in Lukla. If, Trekkers cannot fly on scheduled date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

Day 16: Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Everest base camp trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they can change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation two/three star hotel in Kathmandu breakfast included (4 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour Guide and Entrance fees
- Government license experience English speaking Guide. Two People one porter and 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.

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- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Sagarmatha National Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Kathmandu to Lukla to Kathmandu/airport tax
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral water or boiled water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which not included in Price.
- Excess baggage charges.
- Lunch and dinner in Kathmandu (and also in the case of the early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and the early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above itinerary. Everest base camp Trekking located in a remote area in the Khumbu region. Glacier Adventure can't guarantee it such as weather conditions, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd the day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Everest base camp trekking. The pre-trip meeting covers personal equipment, acclimatization, and to introduce you to another team member. Glacier Adventure hopes pre-trip meetings have excellent, informative, supportive, and fun.

Acclimatization

Glacier Adventure's Everest base camp trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. The higher mountain area is less oxygen in the air. If, trekkers are wanted safe Everest base camp trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their

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doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Everest base camp Trekking is a remote mountain in the Khumbu region. This is suitable for physically fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk, but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which has a long walk in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have accident mountains?. Trekkers should be careful in choosing a policy; however, some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable, and memorable in your Everest base camp trekking. They are innocent, helpful, experienced, and Careful. Your trips led by the best and most professional leader. He had a long experience. He has knowledge of the Culture, Ecosystem, flora and fauna, geography, and history of Nepal. Glacier Adventure's leader trained in the following things

English Language.
Trekking guide training.
First aid course.
Conservation & Biodiversity

Porter care

Trekking is an adventure. Porter's job is a hard-working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains of the Khumbu region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters in dangerous situations. For the porter's sake, we require all trekkers to keep their bag weight of 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Everest base camp trekking are twin sharing basic included in the trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip.

Standard tourist hotel in Kathmandu and during the treks, Trekkers spend standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

