



Above the Himalaya Trekking (P) Ltd.

Banasthali, Kathmandu, Nepal

WhatsApp: +977-9851095800, www.abovethehimalaya.com

Itinerary of Everest Base Camp Luxury Trek

DAY 01 : Arrival at Kathmandu transfer to hotel

We will meet you at Tribhuvan International airport Kathmandu and transfer you to the Hotel via private coach. After you have some rest and freshen up, We will have meeting for the final arrangements. We will have a short briefing about the trekking and check for the equipment required. If you arrive at night, this would be done on next day morning.

Altitude Kathmandu (1,400m)

DAY 02 : Sightseeing tour of Kathmandu valley

After breakfast, we will leave for the cultural tour of Kathmandu valley. Kathmandu Valley Sightseeing Tour includes visiting Patan the city of fine art, Swoyambhu Nath (Monkey Temple), Pashupatinath Temple, and Boudhanath Stupa. Returning to the hotel, enjoy the local streets with a leisurely walk and get involved in the local lifestyle. Prepare for the trek to be started the following day.

Meals: Breakfast

Accommodation Hotel

Altitude Kathmandu (1,400m)

DAY 03 Flight from KTM to Lukla and trekking to Phakding

Today we will fly to Lukla to start the trek, In season time from Mid March to Early May and October to November the flight is from Ramechhap Airport., It is 4 hour's drive from Kathmandu. At other times flights are from Kathmandu to Lukla. We get fantastic views of the mountains, including Mt Everest as we enter the deep gorge of the Dudh Kosi valley.

Here we meet our other crew members and after some packing and arrangements, we start our trek through the prosperous village of Lukla to Phakding The entire walk to Phakding is mostly easy walking over gentle up flat level work today with the view of Mout Kongde. Spent your night at one of the good luxury lodges here, enjoying the local tradition and culture.

Multiple 40 min. Flight, 3 hrs Trek

Accommodation Lodge

Meals Breakfast, Lunch, Dinner

Altitude Phakding (2,652m)

DAY 04 : Trek to Namche Bazaar

After early breakfast, begin with a slight climb to Jhorsalle, passing waterfalls and other culturally and naturally occurring items of interest. Today is quite steeply uphill but this is a scenic part of walking through the beautiful Pine forest and from some point can be seen the 1st view of Mt. Everest.

Thamserku (6648m), Kwangde Ri (6187m) and Khumbila (5707m) surround the natural bowl that Namche sits in. A steep climb up to the beautiful village of Namche bazaar (3440m) will afford you further spectacular views. Namche Bazaar is the gateway to Mt. Everest and the main trading center of this region. We stay overnight in Namche Bazaar at another luxury hotel.

Walking 6 hrs

Accommodation Hotel

Meals Breakfast, Lunch, Dinner

Altitude Namche Bazaar (3,445m)

DAY 05 :Namche Bazaar Rest day hiking to Hotel Everest view and back to Namche

Today is our rest day. It is important as we are gaining more height. Namche is a small town and you have plenty of things to do here, Enjoy walking the local shops, bar, and coffee house, We will make a short day hiking to The route to Everest view hotel from Namche Bazar is straight uphill via the village and forest.

The surrounding Everest view hotel is very beautiful with the fir trees on the side. You can have a cup of tea or coffee there and come back to Namche Bazaar.

Accommodation Hotel

Meals Breakfast, Lunch, Dinner

Altitude Namche Bazaar (3,445m)

DAY 06 : Namche Bazaar trekking to Deboche

The trek continues along the rushing glacial waters of the Dudh Kosi with magnificent views of the mountains. The trek will end at an altitude of 3,930m / 12,893ft. On reaching Tengboche you will see the local monastery.

Inside, the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. From Tengboche, the trail drops to Deboche and crosses another exciting suspension bridge on the Imja Khola. We will spend overnight at Deboche today.

Walking 6 hrs

Accommodation Teahouse

Meals Breakfast, Lunch, Dinner

Altitude Deboche (3,820m)

DAY 07: Trek to Dingboche

Today is an easy trekking day to Dingboche as it takes about 3 to 3 and half hours walking. the trail is also less crowded today as most of the people make Tengboche to Dingboche. You will get the best view of Amadablam mountain on your right side and it looks so beautiful in a Sunny morning. you will be amazed to see the french bakery shop here. Overnight at a good lodge at Dingboche.

Walking 3-4 hrs

Accommodation Teahouse

Meals Breakfast, Lunch, Dinner

Altitude Dingboche (4,410m)

DAY 08 : Rest day in Dingboche for the acclimatization

Today is our acclimatization day in the 4000 m height. Another rest day should spend at Lobuche and a solid day's walk to a higher altitude is better than just resetting at your guest house.

There are several hiking spots nearby Dingboche. the hike to Nangkartshang Gumpa on the ridge north of Dingboche. Excellent view of Makalu (8463 m) from here. Some trekkers try to trek to Chhukung (4,730m) also which is about 4/5 hours walking.

Accommodation Teahouse

Meals Breakfast, Lunch, Dinner

Altitude Dingboche (4,410m)

DAY 09 :Dingboche Trekking to Lobuche

Today we are walking a downhill path to the Village of Pheriche It joins the trail below Thungla with beautiful views of Cholatse.

The Everest base camp trek trail goes directly up the terminal moraine of the Khumbu Glacier for about an hour then let into a monorail area known as Chhukpilhara, before reaching the summer village of Lobuche. the altitude is cold here and the crowding combines to ensure less than restful nights. like yesterday today we will have more close view of Mt Tawache, Amadablae, and the north Pokalde and Kongma tse.

The path follows a pleasant, grassy valley. A windswept collection of huts tucked in a narrow meadow between the glacier and the Lobuche peak.

Walking 4-5 hrs

Accommodation Teahouse

Meals Breakfast, Lunch, Dinner



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Altitude Lobuche (4,940m)

DAY 10 : Lobuche to Gorakshep then trek to Everest Base camp and back to Gorak shep

Today's walk is slow and go easily to Gorakshep and have a rest and lunch after the exciting journey takes you to the Everest base camp in the afternoon. We will see the view of the Khumbu glacier after passing the mountain walls.

The trail is windy but the best mountain view of Pumori and Nuptse gives you more relaxation. We will check in at our guest's house and enjoy your lunch here distance between both ways is about 7 km long. a memorable time in life is here, et the best pictures enjoy the base camp cold and trek back to Gorakshep for the overnight stay.

You will visit the Everest base camp and make lifetime photography. you can see some tents over the base camp in Camp 1 which are set up for climbers, especially from March to May time. you can't see the view from the base camp people go here for photos and you have a great feeling you are in the base camp of the world's highest mountain of Mount Everest.

Walking 7-8 hrs

Accommodation Teahouse

Meals Breakfast, Lunch, Dinner

Altitude Gorak shep (5,170m), Everest Base camp (5,364m)

DAY 11:Gorak Shep trekking Kala Patthar and back to Pheriche

Our Everest base camp trek journey starts Today very early morning we will begin walking to Kalapattar is worth seeing the impressive view of Mount Everest, glaciers, lakes, and its surroundings. trekkers feel the best moment of their life after seeing the stunning sunrise and mountain view.

The mesmerizing beauty of the Khumbu region gives amazing memories and pleasure forever. Most of the trekkers hike to Kala Patthar Everest base camp Kalapathar trek let's discover the Kala Patthar view of Mount Everest early in the morning around 4:30 am to see the sunrise view.

Morning hiking is chilly and cold. After spending some time on top of Kalapatthar then the sun starts to beat the mountain areas and go warm slowly. There are a few trekkers also hiking in the daytime for the sunset view.

This famous landmark Kalapatthar is situated on the south ridge of Mount Pumori. It takes longer to go to the black rock but you will be back quickly. The Gorak shep to Kalapatthar trek distance is about 2 to 3 hours.

The elevation of Kalapatthar is 5550 meters / 18208 feet above sea level. Kalapatthar is the highest point of classic Mount Everest base camp hiking trips to Nepal and the Himalayas. Cross Gorakshep to Kala Pattar distance by walking to see sunrise and sunset over Mount Everest then descend to Gorak Shep and Pherichei for your sleeping stop tonight.



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Walking 6-7 hrs

Accommodation Teahouse

Meals Breakfast, Lunch, Dinner

Altitude Kala Patthar (5,545m), Pheriche (4,280m)

DAY 12 :Pheriche Trekking back to to Namche Bazaar via Pangboche and Tengboche

Today we retrace the step down to Namche Bazaar via Tengboche. the trails are mostly downhill and it is faster work than you went up. walking down the steep trail can hurt your knees and the trail is busy and dusty also. Today's hiking is long but as we are trekking to the lower altitude so you are feeling more oxygen in the air and warmer.

You can again visit the Tengboche monastery which looks amazing in the middle of the Himalayas. the down trail to Phungi thanga is steep between the small jungle. We will stop here for our lunch break today and continue another steep climb before meeting the flat and easy trail to Namche Bazaar.

Walking 7-8 hrs

Accommodation Hotel

Meals Breakfast, Lunch, Dinner

Altitude Namche Bazaar (3,445m)

DAY 13 : Namche Bazaar trekking back to Lukla

Today is our last day trekking and lost long day as we will cover our 2 days hiking at the start. So we will have an early breakfast and start descending to the Jhorsally which is s hard and steep. You will see lots of trekking coming up and going down lining the trekking trail.

you will pass many donkeys and Jokpeys making the trail more dust. There are lots of Rhododendron trees and pine forests along the trail and you will pass the waterfalls with lofty hills and lush trees. We will stop on the first night to spend village Phakding for the lunch break. when you will see the down part from the trail the beautiful village scenery is amazing.

We are also passing a smalls Sherpa village before arriving in Lukla. check in to the local guest house, have a shower, and enjoy your time with other trekkers with your success story. Lukla is a small town with good hotels coffee shops and bars. You can also go to check some local handicraft products and try to have a mountain coffee here.

Walking 7 hrs

Accommodation Hotel

Meals Breakfast, Lunch, Dinner

Altitude Lukla (2,850m)



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DAY 14: Flight from Lukla To Ramechhap and drive to Kathmandu and drop off to your hotel.

Today is the final day and we will be back in Kathmandu from your Everest base camp trek. The airport is just a five minutes walk from your guest house. There are numerous flights to Ramechhap in season time. If you fly to Ramechhap in season time (March to May, October/November). You will take 4 hour's drive to Kathmandu. If we get direct flights to Kathmandu it is a 40-minute flight.

After reaching to Kathmandu your guide will drop you off at your hotel and say a final goodbye. If you have more time in Nepal don't forget to ask us to arrange your rest of the time.

Transport: Multiple 25 min. Flight & 4 hrs drive

Accommodation Hotel

Meals Breakfast

Altitude Kathmandu (1,400m)

DAY 15: Final Departure, We will take you to Airport.

Our Everest base camp luxury trek is ended officially and sadly we will say good-bye. we really hope you will return your hope with good memory and a happy face. We will take you to the airport and wish you a

Booking Information

To confirm the trip, we need 25% booking amount.

For Manual booking we need your passport copy and trip details which trip you want to book and if needed any extra services after the trip.

[Payments can send to our following banking account.](#)

Account Name: Above The Himalaya Trekking (p) Ltd

US Dollar Account No: 01601010003592

Paying Bank: Nepal Investment Mega Bank Ltd

Thamel Branch, Kathmandu, Nepal

SWIFT CODE: NIBLNPKT

Bank service charges should be paid by the clients themselves at the time of deposit.

Also, the client can make a payment by credit card. For the payment by credit card, we accept Master Card, Visa card and American Express. A 4% extra will be paid by the clients themselves as a card processing fee.

Similarly, you can pay by Western Union Money Transfer or via Money Gram also. For this you can use name: Purushotam Timalsena



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You can book online via website and pay online also

<https://abovethehimalaya.com/payment>

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